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## COVER STORY

11 Cover Artist: Susan Smith



## AROUND THE HOUSE

- 16 Does My Computer Need More Ram?  
– James Bowman
- 37 Prepare Your Home for New Puppy  
– Sam Mazotta
- 39 Recipes from "Something New for One or Two"
- 48 Savannah Holly's Berries Beautify Winter Landscape – Eddie Smith



## COMMUNITY

- 38 Calendar Highlights
- 50 Community Calendar
- 54 Senior Calendar

## ENTERTAINMENT

- 14 Travel Tips – By Chris Morse
- 36 Crossword Puzzle
- 40 Sudoku Puzzle
- 42 Sudoku Solution
- 42 Crossword Solution
- 44 Trivia
- 49 Play Better Golf with Jack Nicklaus

## FINANCIAL ADVICE

- 13 What is Probate? – Truman Scarborough
- 17 Rare Gold – Jason ValaVanis
- 19 Social Security Column

## GENERAL INTEREST

- 12 Using Grab Bars  
– Joe Steckler
- 23 HELPING SENIORS OF BREVARD NEWSLETTER
- 35 Mom & Me – Audrey & Kimberley
- 36 Don't Give Up  
– Matilda Charles
- 40 Putting Real Meaning into National Service Day
- 41 Veterans Post – Freddy Groves
- 42 COUPONS & SPECIALS
- 43 The Unpardonable Sin?  
– Reverend Jeff Wood

## NOSTALGIA

- 9 Carole Wells Remembers  
Ann Sheridan – Nick Thomas



- 10 Whale of a Tale  
– South Brevard Historical Society

## SENIOR HEALTH

- 15 Dis-Ease Causes Disease in Seniors  
– Paul Weisman, MD
- 20 Is COPD Life Threatening?  
– Dr. Arvind M. Dhople, Ph.D.
- 22 Ask One Senior Place

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# Letter from the Publisher



It's already February, how's the diet and exercise going? New Year's resolutions are so over rated! So let's move on to February and Valentine's Day. That's more fun and why we chose that theme for our cover, a wonderful piece by local artist Susan Smith.

Did you know that we are providing an on-line directory of senior services here in Brevard County. You will find it at [HelpingSeniorsDirectory.com](http://HelpingSeniorsDirectory.com), a reliable listing of services and businesses specially addressing the needs and wants of our readers. As a long-time member of the mature community here in Brevard, we are uniquely qualified to provide such a comprehensive source of information. As you start to utilize this Directory, please let us hear your opinions on any of its attributes.

As we get the opportunity to meet our readers at all of Brevard County's health fairs and expos, we frequently hear how you enjoy reading Senior Scene from "cover-to-cover". Well, we enjoy providing each month's articles and advertisers to you too. You can see some of the up-coming Senior Expos and Health Fairs on our pages this month. I hope you get a chance to attend.

For other fun and informative events, see our Community and Senior Calendars inside. This is usually a busy time for expos and health fairs.

So enjoy February, especially Valentine's Day and see you next month.

A handwritten signature in black ink, appearing to read "John".

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## TINSELTOWN TALKS

# Carole Wells Remembers Ann Sheridan

By Nick Thomas



**B**orn 109 years ago this February, glamorous actress Ann Sheridan (1915-1967) was destined for branding as the "Oomph Girl" following a mock contest organized by the Warner Brothers publicity department in 1939.

Stunning on-screen and becoming a favorite pin-up girl of World War II troops, Sheridan could play any character – tough or tender, funny or flirty, sassy or seductive. She delighted audiences with her witty wisecracks and clever comebacks. While she certainly possessed an abundance of entertainment oomph, her feelings were mixed about the public label throughout her life.



The Texas native starred in some memorable films of the 40s such as "The Man Who Came to Dinner," "Angels with Dirty Faces," and "I Was a Male War Bride," but never really landed a lead role in a true

Hollywood blockbuster in her more than 80 feature films.

In declining health at just 50, Sheridan ended her career in the little-remembered TV comedy western "Pistols 'n' Petticoats" that ran for one season in the 1960s. Co-starring with Carole Wells, the former "National Velvet" series actress was one of the last to work with Sheridan and played her daughter in the CBS show.

"I'd never met her before that," Wells told me in 2020. "In fact, I didn't really know who she was – she had been a star before I was born."

The two first met the first day on set.

"We sat around a big table and read the script with the producers, writers, and director, and she was very charming but rather quiet," recalled Wells. "We would do this every week before filming and she was always just a down-to-earth sort of person."

*Carole Wells Remembers Ann Sheridan cont'd on page 49*

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# Whale of a Tale

By Diane and Catherine Barile, South Brevard Historical Society

A black shadow skims the sea surface near the beach. An explosion of a V-shaped mist rises before the vision disappears. Sometimes you see the arch of her back with a miniature offspring at her side.

The North Atlantic Right Whales and their ancestors for centuries have regularly come to our shore. Although these behemoths remain unchanged by time the shoreline certainly has. When seawater was encased in glaciers, the beach was thirty miles to the east of today's coast. In later millennia the melted ice raised the sea level as far west as Orlando.

An ancient indigenous group, and their descendants the Ais, took whales by canoes, spears and ropes. These people lived solely on the harvest of the sea, with no agriculture. Whale bone and baleen were useful for not only daily life but also trade. Ambergris from sperm whales was also traded by the Ais.

Right Whales, second only in size to the blue whale, measure an average of fifty-five feet in length and weighs approximately seventy tons. They feed all summer in New England and Nova Scotia. Mother Whales, like "snowbirds" head south to Georgia and Florida between December and March

accompanied by a few males and some juveniles. The females come to the only known calving area in the world, their instinctual maternity ward.

In the eighteenth and nineteenth century commercial whaling provided today's equivalent of petroleum and plastic. Whales seemed to be an unlimited natural resource, supplying a precious commodity. Right Whale blubber, forty percent of its body weight, was processed into fuel for oil lamps. Baleen, the flexible strands dangling in the whale's mouth, sieved food from sea water. This strong easily bent material was turned into the plastic of the time. This "whale bone" was found in the frames of spectacles and hoop skirts, buggy whips and collar stays and of course those waist cinching corsets. At



*Whale of a Tale continued on pg 44*

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## COVER STORY

# Susan Smith


**S**usan Smith is 62 years old, she was born in Pittsburgh Pennsylvania. She attended undergrad college at Carnegie Mellon University, and graduated with a B.S. in Civil Engineering.

After graduation, she worked in the aerospace industry on fighter jet programs for McDonnell Douglas as a structural engineer, while earning her masters degree in Mechanical Engineering. In 1989, she moved to Melbourne with her husband to work for L3Harris on proprietary programs. They started a family, and 6 years later, after giving birth to her second child, Susan retired to become a full time mom.

Her first foray into art came when she painted background scenery for her daughter's theater on ice team. She had never had any art training until she signed up for a watercolor class in 2010 with Therese Ferguson, and she fell in love with watercolor painting. An active member of the Brevard Watercolor Society (BWS), she is the chair for Art in Public Places. The BWS has sponsored monthly exhibitions of members' art at the Eau Gallie Library. Susan has entered juried art shows for the annual BWS watercolor show SPLASH, Kaleidoscope at Eau Gallery, Merritt Island National Wildlife Refuge Art Show (MINWR), and the Florida Watercolor Society (FWS) Online Show.

Susan's first art awards were with the MINWR show, where she

has earned Best of Fauna, Best of Flora and the Wildlife Refuge Choice awards. Two years ago, Susan won the Emerging Artist Award at SPLASH for her painting Heart of Glass, which is on the cover of this magazine. The subjects that Susan enjoys painting are floral, still lifes, animals, architectural scenes and landscapes. Her style is detailed, realistic, and colorful. Most of her painting are

capturing personal favorite memories. Susan loves to travel, which inspires her painting subjects. Susan's other interests include figure skating, dance, sewing, photography, and collecting antiques (particularly Christmas). 



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## Using Grab Bars

By Joe Steckler, President, Helping Seniors of Brevard County

This article is for the thousands of us in Brevard County who use grab bars. I picked the topic while attempting to activate one of our Long-Term Care Insurance policies. The required form was short but did not include the type of care necessary to perform simpler activities of daily living; instead, it was structured to address dementia or skilled nursing care. After reading the form, I decided that the insurance company needed a simple statement of our needs and am working on that now. The other reason for this article was my own need for a grab bar when generally one was not available.

Consider the number of times that we visit with others in their homes. Throughout the United States there are many (most likely millions) of homes that could benefit from the installation of strategically placed grab bars in their guest bathrooms. The two most likely places would be near the commode and in the shower. YOU may not need such an appurtenance, but visitors to your home might be thankful for your thoughtfulness. Not a lot of us are as agile or flexible as we were years ago and would certainly use these devices.

Grab bars have become more pleasing in appearance, but the burnished stainless-steel ones are still available and do the job. What matters most is where you place them. Sit on the commode and imagine where you would put a bar if you thought you needed one, and that is most likely where

it should go. Consider also the thickness of the grab bar as well as its slipperiness when wet for a shower grab bar. The bar can be placed in a vertical or parallel position. We started with the parallel but later had a vertical bar installed close to the shower exit. Remember that these bars are intended to prevent a fall and should be placed where you think they will best assist you.

I think you would be surprised if you went to a store offering such bars and saw for yourself the changes that have been made. You might be more inclined to install bars in strategic locations in your home. If you are contemplating installation of grab bars, I recommend that you use the ones that are bolted or screwed into the wall or placement location. You may have had a guest dislocate a toilet paper holder or tear a sink away from the wall when leveraging themselves up from the toilet. Consider the person who is using the device for leverage, and their dismay when it is pulled from the wall. Also remember the size of the person you're trying to help and locate a safe sized device attached in a suitable location.

I am confident that you are aware that most of my articles are based on personal experience or associated with on-the-job training. Senior years are at times a challenge,

*Using Grab Bars continued on pg 44*

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# What is Probate?

By Attorney Truman Scarborough

**T**his is the second in a series of articles on probate. When someone dies, assets titled just in the decedent's name without beneficiaries are frozen. A Power of Attorney does not help, since it ends when the creator dies. It is similar to an employer – employee relationship, where if an employer goes out of business there are no employees.

The legal procedure used to transfer property from a decedent to the beneficiaries is called "Probate". In Formal Probate the court creates a legal entity (like a corporation) called the "Probate Estate" to hold the decedent's assets. A Personal Representative (executor) is appointed by the court to administer the probate estate.

In the Formal Probate process, the Court must be shown that everything is proceeding as required by Florida Statutes. The word "Probate" essentially means "to prove."

There is also a simplified Summary Administration which is available: 1] two years after the decedent died or 2] when there are no creditors and the assets are less than \$75,000. This will be discussed in a later article.

In Formal Probate, the Personal Representative has responsibilities to 1] the beneficiaries, 2] the decedent's creditors, 3] the IRS, and 4] for expenses in administering the estate. In this article we will look at the Personal Representative's responsibilities to beneficiaries and creditors.

## BENEFICIARIES:

When someone must rely on the honesty and diligence of another person to protect his/her property, it creates a fiduciary relationship. Under the law, there are different levels of proof to show misconduct. At one end of the spectrum is the proof needed to show "beyond a reasonable doubt" that someone is guilty of a crime. At the other end is the responsibility of a fiduciary to clearly show he/she has protected the beneficiaries' interests. A fiduciary breaches his/her duty not only when he/she fails to protect the beneficiaries' interest but also when he/she is unable to clearly show that he/she has.

The Probate Code requires that beneficiaries be provided with a copy of the Will, Petition for Administration, Notice of Administration, Letters of Administration, the Inventory (showing date of death values), the Accounting (showing what has occurred with estate assets from the Inventory to the time of distribution), and the Petition for Discharge (which shows the proposed distribution). If not satisfied, beneficiaries have the right to file objections with the court.

## CREDITORS:

All reasonably ascertainable creditors must be mailed

*What is Probate? continued on pg 35*

*Happy Valentines Day!*

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# Senior Travelers:

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(A reprise of last month's article due to its importance for our readers.)

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*Travel Tips continued on page 49*

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# Dis-Ease Causes Disease in Seniors

By Paul Weisman, MD



**A**ccording to Mayo Clinic, PTSD is defined as: "A disorder in which a person has difficulty recovering after experiencing or witnessing a terrifying event. The condition may last months or years, with triggers that can bring back memories of the trauma accompanied by intense emotional and physical reactions. Symptoms may include nightmares or unwanted memories of the trauma, avoidance of the situations that bring back memories of the trauma, heightened reactions, anxiety, or depressed mood."

Experiences can be real or perceived, large, or small overt or covert. Experiences can be physical, emotional, spiritual, event related, being part of the event or just viewing it. PTSD and PTSD-like symptoms such as severe anxiety may manifest in physical, emotional, spiritual psychological ways. They may also affect many aspects of a person's life, such as: sleep, the cardiovascular system, the GI system, emotional stability, psychological health, cognitive thinking, and decision making.

Symptoms include but are not limited to sleep disturbances; gastrointestinal problems such as abdominal problems such as nausea, pain, poor appetite, peptic ulcer disease, irritable bowel disease (IBS), and diarrhea; cognitive issues caused by lack of sleep and concentration; emotional symptoms, debilitating anxiety, depression, mood swings, loss of libido, isolation, loneliness, feelings of despair, and lack of motivation.

Treatments for PTSD or PTSD-like symptoms unfortunately don't cure the problem, but helps one manage it to increase quality of daily life. Many treatment options include medications, psychotherapy, electro-convulsive therapy (ECT), transcranial magnetic stimulation (TMS), alternative medicines such as psychedelics, and cannabis.


So how does medical marijuana help? Every individual has an endo-cannabinoid system, meaning everyone has receptors that match the compounds in the naturally occurring cannabis plant. One uses the compounds found in this cannabis plant, such as the CBD, THC and terpenes, to work on the symptoms that they are experiencing such as sleep put link of other article), anxiety, pain, or nausea to name a few. A good quality nights sleep is the foundation to help improve other symptoms. The key is to find the correct combination of CBD, THC, and terpenes that are in the plant to match a person's receptor system to obtain best quality of life, living with PTSD or PTSD-like symptoms.

"Medical Marijuana helped tremendously to diminish and reduce the intensity of traumatic memories in my life. This in turn has decreased my anxiety and other symptoms I was experiencing, including trouble sleeping, stated Kirstyn Lenoard, a current patient of Dr. Weisman.

It is not about getting a medical marijuana card; it is about getting a medical marijuana education so the patient can maximize the benefits of the plant.

A combination of routes may be used depending on what challenges and medical conditions a patient is experiencing. This is nature's route to managing symptoms.

Concierge Compassionate Care was created an innovative approach to medical marijuana. This all-inclusive medical cannabis program allows each patient to obtain the maximum benefit from their medical cannabis therapy with an emphasis on patient education.

For more information regarding a medical marijuana card certification with qualifying conditions in the state of Florida, call 321-288-3873 or visit [www.ZCMMJ.com](http://www.ZCMMJ.com) to schedule an appointment. 

You can read our January article "Medical Marijuana Helps You Sleep" on the Senior Scene Magazine website at <https://seniorscenemag.com/january-2024/> on page 15.

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Paul M. Weisman, MD





# Does My Computer Need More Ram?

By James Bowman, Data Rescue Computer Services

**D**etermining whether your computer needs more RAM depends on various factors, including the tasks you perform and the current performance of your system. Here are some signs that may indicate your computer could benefit from additional RAM:

## ■ Sluggish Performance:

If your computer is noticeably slower than it used to be, especially when running multiple applications or performing resource-intensive tasks, it may be a sign that your RAM is insufficient.

## ■ Frequent Freezing or Crashing:

Insufficient RAM can lead to system freezes or crashes, especially when you run memory-demanding applications. If you experience frequent crashes or unresponsiveness, it could be due to a lack of available RAM.

## ■ High Disk Usage:

If your computer is frequently using the hard drive as virtual memory (pagefile), it may indicate that the RAM is not meeting the demands of your applications. High disk usage can significantly slow down your system.

## ■ Inability to Run Applications:

If you encounter messages

indicating that your system lacks the necessary memory to run specific applications or tasks, it's a clear sign that adding more RAM could be beneficial.

## ■ Task Manager Analysis:

Check the Task Manager (or Activity Monitor on macOS) to monitor your system's resource usage. If you consistently see high RAM usage, especially when performing typical tasks, adding more RAM might help.

## ■ Multitasking Issues:

If you frequently work with multiple applications simultaneously and experience slowdowns or delays when switching between them, it could be a sign that your current RAM capacity is insufficient for your multitasking needs.

## ■ System Requirements for New Software:

If you plan to use newer software or applications with higher system requirements, check the recommended RAM specifications. Upgrading your RAM may be necessary to meet these requirements.

## ■ Gaming Performance:

Gamers often benefit from having ample RAM, especially when running graphically demanding games. If you notice lag or frame rate issues during gaming, adding more RAM may improve performance.

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Does My Computer Need More Ram? cont'd on page 51



## Rare Gold

Jason ValaVanis, CFP®

**M**ost folks understand that gold is rare, but most do not fully comprehend the magnitude of its rarity. All the gold ever mined in the history of the world would fit inside of a 5,000 square foot house. Now, that's rare! According to the World Gold Council, about 217,000 tons of gold have been mined from the Earth in all of history. To illustrate this, picture a cube of gold 65 feet wide on all sides. That is all that mankind has ever harvested. Since gold is virtually indestructible, all of the gold ever mined is still in possession in one form or another. About half of the mined gold has been extracted since 1950, due to sophisticated mining techniques. Gold is irrationally coveted historically, that hundreds of millions of people have been killed in needless wars only to steal their gold. Currently, gold is at or above its historic highs, and many analysts say it is going even higher. Want some?

What is the gold being used for? Here is the breakdown:  
Jewelry: 47.0%, Private investment: 21.6%, Government

Treasury Holdings: 17.2%, Industry & Electronics 14.2%. Each year, global gold mining adds approximately 2,500 - 3,000 tons to the overall above-ground stock of gold. While gold production has shown an upward trend in recent years, this is likely to level off again. Due to its high atomic weight (density), gold tends to gravitate towards the center of the

Earth, especially during shifting of the Earth's crust. It is postulated that immense amounts of gold exist far below the Earth's crust, but it is essentially unreachable.



How did gold come to be? Unlike what most folks believe, gold did not originate on Earth. Gold was created in the celestial bodies within our universe and most likely delivered here from the billions of years of meteor bombardment. It is nearly impossible to make gold. Unlike diamonds, gold cannot be manufactured to increase supply. In fact, theoretically, it's possible to form gold by the nuclear processes of fusion, fission, and radioactive decay. It's easiest for scientists to transmute gold by nuclear bombardment with the heavier element mercury and producing gold via decay. This sounds technical because it is technical. But this takes an enormous amount of energy. About 25 years ago,

*Rare Gold cont'd on page 44*

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### 1. Apply for Supplemental Security Income (SSI).

Check if the person you are helping is eligible for SSI – and start the process online – at [www.ssa.gov/ssi](http://www.ssa.gov/ssi).

### 2. Apply for Social Security Disability Insurance (SSDI).

When the unexpected happens and a loved one can no longer work due to a serious medical condition, SSDI can be a lifeline. Find out more at [www.ssa.gov/benefits/disability](http://www.ssa.gov/benefits/disability).

### 3. Create a personal my Social Security account.

If your loved one is planning for retirement or interested in estimating their future benefits, they can create a free and secure my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) and view their benefit estimates.

### 4. Check the status of a pending application for benefits.

Checking the status of an application is quick and easy with a personal my Social Security account. If you don't have an account, you can create one at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

### 5. Appeal a decision for benefits.

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information about how to appeal decisions for both medical and non-medical reasons at [www.ssa.gov/benefits/disability/appeal.html](http://www.ssa.gov/benefits/disability/appeal.html).

To discover more ways you can assist others, please visit [www.ssa.gov/thirdparty/](http://www.ssa.gov/thirdparty/).





# Is COPD Life Threatening?

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

**C**hronic obstructive pulmonary disease (COPD) is a chronic inflammatory lung disease caused by damage to the lungs, which makes it hard to breathe. Often, COPD is a result of many years of smoking, which irritates the airways and destroys the fibers within the lungs. Typically, it takes years of lung damage until symptoms to arise, with most patients diagnosed in their sixties. Some risk factors include smoking, breathing chemicals, dust, air pollution, and secondhand smoking. There have been no major progress in treatment or prevention for decades. To achieve better outcomes and ultimately prevent at least some forms of COPD, a complete rethinking is needed.

Tobacco exposure is still an important risk factor for COPD. New Zealand aims to be the first country to eliminate tobacco use by introducing legislation for a so-called smoke-free generation, gradually increasing the age at which cigarettes can be legally bought. Anyone born on or after Jan 1, 2009, will be forbidden from buying cigarettes. The New Zealand parliament voted on July 26, 2022, on drastically reduce the nicotine content in cigarettes and allow them to be sold only in dedicated stores. Other countries, such as Denmark and Malaysia, are considering similar rules. However, vaping will continue to be allowed in New Zealand and tobacco

companies are already shifting their marketing efforts to electronic nicotine delivery systems (ENDS), under the guise of aiding smoking cessation. However, ENDS often contain more nicotine than cigarettes, and many target adolescents and young adults by using appealing designs and flavors. They contain chemicals that are harmful to the lungs and long-term effects are likely to be contributing to the burden of COPD. The best outcome for lung health is for both tobacco and vaping to be eliminated worldwide.

Indoor and outdoor air pollution are increasingly important risk for COPD that need urgent attention. Indoor air pollution has a disproportionate effect on women in low-income and middle-income countries through indoor stoves that use wood, biomass, or coal. So far, attempts to introduce cleaner cook stoves have not been successful despite clear evidence of improved health effects because of costs, cultural habits, and a lack of knowledge about the consequence of traditional indoor cooking. Outdoor air pollution and wildfires are also affecting many people globally with cumulative chronic injury to the lungs.

Early-life events are not routinely considered in the context

*Is COPD Life Threatening? cont'd on page 46*

## UPCOMING TRIPS

**Special presentation with tour director from Globus Family of Brands on February 19th** at 5pm e.s.t. via zoom to present Scottish Highlands and Islands. Sign up here: (<https://us02web.zoom.us/join/register/tZdd0ysrzgP9ENNid933vs8p-wk3xK48lvb#/registration>) I will be escorting this group May 9-23, 2025.



**Moulin Rouge, the Broadway Spectacular - March 2, 2024 - \$178** - Truth, Beauty, Freedom, Love - Moulin Rouge is more than a musical; it is a state of mind! Enjoy an afternoon at Moulin Rouge; let your senses take you away. Lunch is included and balcony seating. Minimum of 35 needed for this trip, sign up by February 1st.

**Strawberry Festival - Friday, March 8th, 2024 - \$119** - This year we will be going on Friday to see The Commodores. We will have lower reserved seating for this show. Included will be your gate admission, concert ticket and strawberry shortcake. I expect we will have several buses again this year, don't wait to get the best seats for the concert, they will go fast. Sign up by February 8th.

**Sail with Jean on Avalon through Burgundy and Provence - May 28th - June 4th, 2024** we are off to the South of France for a few days before joining our river cruise from Avignon sailing north to Chalon-Sur-Saone. From there you will have your choice of heading home, to Paris or where ever your heart desires!

**Greek Island Hopper - September 7th-16th, 2024** - join Jean as we head off to Greece. We will be staying in Athens, Mykonos and Santorini. Double occupancy \$2999 pp and single is \$4009, this includes intra country air, and international air will be added once available in late 2023. Deposit is \$500 per person!

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# What Are The Different Types Of Communities For Seniors?

By Lisa Conway

**F**lorida is a popular retirement destination and not surprisingly, retirement living options abound. Let's take a look at some of the different options for seniors.

**Age-restricted (55+) communities** usually require residents to be 55 years of age or older. Health care services are typically not provided in this type of community, unless brought in privately.

**Independent living communities** enable healthy, independent older adults to enjoy a lifestyle filled with recreational, social and educational opportunities. Often age restricted, these communities typically don't provide health care services, unless brought in privately.

**Assisted living facilities** provide a special combination of residential housing and supportive health care services. Residents typically need help with some activities for daily living, enabling them to maintain as much independence as possible.

**Memory care facilities** can be attached to assisted living communities or stand alone. These communities specialize in caring for those diagnosed with some type of memory impairment. Buildings are usually designed with special features, and the staff receives training for coping with safety and behavioral issues, in addition to providing assistance with activities for daily living.

**Nursing homes and skilled nursing facilities** provide 24/7 nursing, for those in need of a higher level of care.

**Continuing Care Retirement Communities (CCRC)** provide seniors with a full spectrum of lifestyle and health care options. From independent and assisted living -- all the way to skilled nursing care, usually provided on one campus. Often, an inclusive life care guarantee of healthcare is provided to residents.



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Lisa Conway

We have them all right here in Brevard! To learn more, join me at the Center for Collaboration in Rockledge on Friday, March 1st for A Taste of Senior Living, hosted by One Senior Place. You can compare local communities, browse vendors and enjoy the chef competition for best appetizers and desserts! 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 One Senior Place, The Experts in Aging. Lisa Conway is a Registered Nurse, Certified Care Manager and Certified Dementia Practitioner for Senior Partner Care Services, Viera. Ms. Conway hosts a monthly seminar, 'Senior Health Friday with Nurse Lisa.'*

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# Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

February 2024



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### Inside this Edition:

- \* Crafting Your Wellness Aging Plan - A Guide for Seniors
- \* Heart Health \* Principles of Practice
- \* The Helping Seniors Wellness Series



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## President's Message

A Word from Joe Steckler,  
Our President & Founder



As President of the Board of Directors, I thank you for supporting Helping Seniors of Brevard. Having attained the young age of 90, your willingness to help develop this organization to serve others is one of the most significant milestones of my life.

The opening of the Senior Resource Center will also enable many new organizations to help others. As we live our lives, we are often unaware of the needs of others, and it will be our continuing desire to learn these needs and put programs in place to serve others and meet these needs.

So often when watching TV we hear the expression, "follow the money trail", when solving a crime. The same expression is true regarding the success or failure of a nonprofit organization. If an organization has a mission to provide something that is really needed, has a good business plan to underwrite the services, and does help those in need, then it is more likely that donors will be developed to fund the organization.

From my experience with the Brevard Alzheimer's Foundation, I knew there was a need for Helping Seniors. We are a small organization but have many sponsors and donors who help us pay the bills. The secret to success is how we control our growth and not overextend ourselves. We do have a succession plan in place, and I am comfortable with it and believe it will serve the needs of Helping Seniors.

Having said all this, I look forward to 2024, ask for your help to enable us to help seniors in true need, and wish you every success and good health as we enter a new year.

I look forward to my own efforts to unite those nonprofits serving seniors to reacquire a Brevard County budget item of \$1 million that was taken away several years ago. Providing operational money for nonprofits that often do the work that should be provided by the county is quite important.

Many thanks for your support, and I look forward to our progress in 2024.



**Need Help?**  
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## Step #1 In Your Aging Plan

*Kerry Fink, Executive Director  
Helping Seniors of Brevard*

As you know, we talk about the importance of making your own Aging Plan here at Helping Seniors. We like to call it “Get Your Ducks in Row”, and this year we are re-dedicating our efforts giving you tools to assist you in doing just that through our education and information efforts.

We launched right into 2024 with our “Don’t be an Ostrich” sub-theme - and so there is no time like the present for us to “Step Up” to “Step #1” in your Aging Plan!

Possibly because February is known for Valentine’s Day, it has also been designated as American Heart Month by the National Institutes of Health (NIH).

When you follow us on Helping Seniors social media (Facebook, Instagram, X (formerly known as Twitter), and LinkedIn), you’ll see our focus is on #OurHearts this month. As the NIH says, “You have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to our day or choosing healthy foods, can have a big impact on protecting #OurHearts.”

Look inside this month’s Helping Seniors News and read from expert Tami Leeberg, board-certified Adult and Geriatric Primary Care Nurse Practitioner, who shares good information on this topic.

She is also headlining our every-fourth Thursday Helping Seniors CarePlus/Omni Healthcare Wellness Series at Joe’s Senior Resource Center. Check it out, February 22<sup>nd</sup> from 11am to 12:30 pm at 1344 S. Apollo Blvd., 2<sup>nd</sup> floor, Melbourne. Her Practitioners in Motion mobile primary care practice team will be onsite with free blood pressure screenings that same day.

Call us to RSVP - (321) 473-7770 - and we’ll see you soon!



## Have You Thought About This?

*Nancy Deardorff, Operations Director  
Helping Seniors of Brevard*

## Wellness means Heart Health

This month, Helping Seniors of Brevard is drawing attention to your wellness. What is wellness? Wellness is a state of being in good health. February is American Heart Month, a time to focus on understanding, preventing, and treating heart disease.

President Lyndon B. Johnson, who had heart disease and suffered heart attacks, issued the first proclamation in 1964. Since then, U.S. presidents have annually declared February American Heart Month.

According to the CDC, heart disease is the leading cause of death in the United States and coronary artery disease tops the list as the most common form of heart disease. The CDC notes that in the United States, someone has a heart attack every 40 seconds.

So, what can you do to focus on your heart health? Well, folks, this is nothing new, and yes, you have heard it before, but there are things you can do to contribute to your heart health. In many cases heart disease can be prevented, or risk reduced if folks adopt a healthy lifestyle such as not smoking or quitting smoking, getting to and maintaining a healthy weight, eating a healthy well-balanced diet, controlling blood pressure and blood sugar, limiting alcohol intake, and regular exercise. Regular checkups are important and working with your healthcare provider to treat and manage stress, depression, and chronic disease processes.

Join me as we explore your wellness and your heart health in this edition of our Helping Seniors Newsletter. It is never too late to make a healthy change. Helping Seniors wishes you well.

**Helping Seniors** is here to serve you, call us anytime at **321-473-7770** or go to our website at [www.helpingseniorsofbrevard.org](http://www.helpingseniorsofbrevard.org).





## Heart Health

*Tami Leeberg, AAPRN  
Operating Partner, Practitioners in Motion*

Hi all! I am Tami Leeberg, AAPRN with Practitioners in Motion. We are a primary care mobile medical group that provides medical care in assisted living, independent senior living communities, and private homes. We comprise nine providers with an office staff of five to assist facilities and elderly patients with their healthcare.

I was a cardiovascular and trauma nurse for 23 years prior to getting my MSN degree. Since February is American Heart Month, I would like to focus on how to keep your heart as healthy as possible.

Heart disease is the leading cause of death in the nation. Understanding, preventing, and treating heart disease is of great importance to us all. More than 874,000 Americans died of cardiovascular disease in 2019, according to the American Heart Association (AHA). It is the number 1 killer of women, causing one in three deaths.

Symptoms of a heart attack include chest pain, left arm and jaw pain, shortness of breath, nausea and vomiting, sweating, severe fatigue, and back pain.

Women tend to have less of the “common” symptoms and often complain of abdominal discomfort, gas, and extreme fatigue.

It is important if you experience any of these symptoms to be checked out by a medical provider in the emergency department. More specific information on these symptoms are as follows:

- **Chest Discomfort**

Most heart attacks involve discomfort in the center of the chest that lasts more than a few

minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain. Symptoms can include pain or discomfort in one or both arms, back, neck, jaw, or stomach.

- **Shortness of Breath**

Symptoms also can include shortness of breath with or without chest discomfort.

- **Other Signs**

Other signs of a heart attack may include breaking out in a cold sweat, nausea, vomiting, lightheadedness, or extreme fatigue.

Combating heart disease can seem like an overwhelming hill to climb; however, small consistent changes can make a huge impact on your overall health.

Four main lifestyle areas to concentrate on are controlling your blood pressure, nutrition, weight control and exercise.

## *BLOOD PRESSURE*

In addition to lowering your risk of a heart attack or stroke, keeping your blood pressure in a healthy range can really affect your quality of life. Achieving a normal blood pressure can make a healthier, happier you!

Keeping normal blood pressure readings lowers your risk for a heart attack or stroke. It also will affect your overall quality of life by improving kidney function, helps to maintain an active sex life by supporting healthy blood flow and for men and women improve their sex drive. Maintaining a normal blood pressure consistently helps reduce your risk of memory loss and dementia, prevents damaging the blood vessels of your eyes so you keep your eyesight intact, and much more.

Many people ask, “what is blood pressure” and the easiest answer is it is the measurement of how hard your blood pushes against your arteries as it moves from your heart to your other organs.

There are two numbers. The top number is called the systolic pressure. This is the force of the blood as it leaves the heart. The bottom number is called the diastolic pressure. This number represents the pressure in the heart as it is at rest.





Under new guidelines, high blood pressure is now defined as 130/80 or greater. Normal blood pressure is less than 120 /80. One in three adults in the United States with high blood pressure don't know they have it. That's because most people with high blood pressure don't have any signs or symptoms. You could be at higher risk for a heart attack or stroke but feel completely fine.

The **ONLY** way to know if your blood pressure is high is to have it checked. You can go to most pharmacies, and they will have an automated cuff you can use. Be aware these are not as precise as having a health care provider take it manually, but better than nothing. The best way is to have an arm cuff at home and measure it yourself the same time of day every day for several weeks to take with you to your doctor's appointment. That way your provider can see trends and treat appropriately.

The lifestyle changes discussed below are the main treatment for people with hypertension; however, you may need medication management. Some people also will need one or more blood pressure-lowering medications to help control their blood pressure.

People with stage 1 high blood pressure may also be likely to develop cardiovascular disease or other known risk factors such as chronic kidney disease or diabetes.

People with stage 2 hypertension (140/90 or greater) may need multiple medications, especially if your numbers are very much above your goal.

Bottom line... lowering your blood pressure can save your life. Changes to lower your blood pressure are not always easy, but they are achievable.

## NUTRITION

Other ways to achieve good heart health are eating a healthier diet. The DASH diet is recommended by the AHA. This includes eating more vegetables and fruit, limiting carbohydrates and salt intake, and increasing foods high in potassium. Salt intake should be less than 1500mg/day. The following can help you pinpoint this a little more closely:  $\frac{1}{4}$  tsp = 575 mg,  $\frac{1}{2}$  tsp = 1150mg,  $\frac{3}{4}$  tsp = 1725 mg, 1tsp = 2300 mg

## EXERCISE

Also recommended is to decrease your stress and to stop smoking if you smoke. One way to decrease stress and decrease your blood pressure is to add in physical activity.

This does not mean you have to run miles a day or workout in a gym for hours! Experts recommend 2 hours and 30 minutes of physical activity a week. That adds up to about 20 minutes a day. This can be done in 5–10-minute increments! Even a few minutes is good for you and much better than doing nothing.

A single session of physical activity can lower your blood pressure **right away!** It's true — and the effect can last for up to 24 hours. This includes dancing around your house to some music. Walking to your mailbox and back a few times a day or following along in an online yoga class – anything that gets you moving is beneficial.

But physical activity isn't just important for your future health — it can also improve your life right now. Being active can brighten your mood, help you sleep better, give you more energy, and lower your overall stress hormones.

Every step you take towards a healthy heart will also improve your chances of decreasing other health issues such as diabetes, poor kidney function, and memory loss issues. Many of these illnesses are preventable and can be improved upon if you stay at a healthy weight with normal blood pressure. See

your medical provider regularly and be your own advocate! Stay Heart Healthy!

FYI: the first Friday of American Heart Month, February 2<sup>nd</sup> is also National Wear RED Day as part of the AHA's



Go Red for Women Initiative. So, break out your red shirts and show support on February 2<sup>nd</sup>!





## The Helping Seniors Wellness Series.

Getting Your Ducks in a Row in 2024

Welcome to 2024 and our 4th Thursday of each month **Helping Seniors Wellness Series** at Joe's Senior Resource Center located 2nd Floor of the Omni Healthcare Professional Tower at 1344 South Apollo Boulevard!

The series, produced in cooperation with CarePlus Health Plans, Omni Healthcare and Helping Seniors features a fast-pace 90-minute education format that has an "Art of Healthy Living" program presented by CarePlus Health Plans, as well as talk, by subject matter experts, directly related to making the most of "Health & Wellness" in your own Aging Plan and, following a complimentary snack and beverage pause, an interactive segment to help put into practice what we learn each session.



Nancy Deardorff, Operations Director, welcomes attendees to Helping Seniors "Wellness Series"

Join us 1100am on Thursday, February 22nd, as we continue from our January "Start Smart" with February's "Heart Smart" event.

This session begins with the CarePlus "Battling Dangerous Belly Fat" wellness topic and then learn from Tami Leeberg, AARPN, of Practitioners in Motion, on Heart Health. We'll enjoy a snack break followed by a free Blood Pressure screening by

the Medical Professionals of Practitioners in Motion - RSVP today by calling (321) 473-7770.

Our March Helping Seniors Wellness Series event is Thursday, March 28th, and is titled "No (Broken!) Bones About It". CarePlus presents on "Living Healthy to 100" and then Jital Patel, OTR/L, CFPS, of Coastal Occupational Therapy Mobile Outpatient Therapy Service followed by an interactive Fall &

Balance Screening by Coastal's Therapists to check and assist you in safe movements.

The April Wellness Series event, Thursday, April 25th, focuses on with special guest and Registered Pharmacist Chrisita Cornish, PhD, MBA and RPh on "Craving Weight Loss." This edition also features a CarePlus presentation on "Good foods for your Gut" as well as an opportunity for you to review your own Prescription List with Dr. Cornish for Medication Therapy Management.

You can RSVP for these and future sessions at any time by calling Helping Seniors on our Senior Info Helpline at (321) 473-7770.



Board Certified Elder Law Attorney Ruth Rhodes, Rhodes Law P.A., talks about the important Health Care documents you want to be sure you have in place.

All of the sessions planned this year are set to enhance your ability to succeed in Wellness through application of the topics covered and interactive sessions that are part of the program.

The entire team at Helping Seniors and at Joe's Senior Resource Center of Brevard is thrilled to have this opportunity to make an impact positively on our lives together. The sessions are being recorded for broadcast on Space Coast Government TV as well as available on HelpingSeniorsofBrevard.org as well as our YouTube channel and Facebook page. All of the events are free-of-charge and educational-nature only - to make these great mornings out. Call today at (321) 473-7770 and we'll see you soon!



Nancy Deardorff, Helping Seniors Operations Director (at right) takes Questions from the audience at the Helping Seniors Wellness Series events.





## Crafting Your Wellness Aging Plan: A Guide for Seniors

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

As we age, prioritizing our well-being becomes increasingly vital. Crafting a comprehensive wellness aging plan empowers seniors to lead fulfilling and healthy lives. Consider these key aspects when developing your personalized strategy.

1. **Physical Activity:** Incorporate exercise tailored to your abilities into your routine, such as walks, stretching, or chair exercises. Consult your healthcare provider for recommendations.
2. **Nutrition:** Embrace a balanced diet of fruits, vegetables, whole grains, and lean proteins. Stay hydrated and limit processed foods and sugar.
3. **Mental Stimulation:** Keep your mind sharp with reading, puzzles, or learning new skills. Maintain connections with friends and family to combat feelings of isolation.
4. **Regular Health Check-ups:** Schedule routine check-ups with your healthcare provider to prevent complications and enhance well-being.
5. **Quality Sleep:** Prioritize a good night's sleep. Establish a calming bedtime routine, create a comfortable sleep environment, and limit screen time before bedtime.
6. **Stress Management:** Reduce stress with meditation, deep breathing, or enjoyable hobbies to improve mental and physical health.
7. **Safety Precautions:** Assess your living environment for potential hazards. Install grab bars, ensure proper lighting, and consider technological aids to enhance safety.
8. **Financial Planning:** Secure your financial future by reviewing your retirement plan and ensuring your affairs are in order. Consult with a financial advisor to make informed decisions.

Remember, there is no one-size-fits-all approach to wellness. Tailor your plan to your unique needs and consult with healthcare professionals for advice. By proactively addressing these aspects, seniors can age with grace and vitality.



## Traveling for Seniors

*Traci Graf, RN  
AVID Home Care*

One of the things elderly people often give up is traveling. They may be afraid to travel alone, are dependent on others, or need adaptive equipment. However, there are many options to get you back on the road, in the air, or on the water.

Helping Seniors has a Senior Travel Club that is a one stop shop for all senior travel needs. They offer the best group pricing, there is no membership fee, and you don't need to join until you are ready to travel. Accommodations can be made for group or solo travel, and family members receive the same perks as you! The experts working for the club will obtain all the equipment necessary to make your trip a lifetime memory. Call 321-978-5211 or go to [Info@Helpingseniorstravelclub.com](mailto:Info@Helpingseniorstravelclub.com).

If you want to start slower, check in with your local AARP chapter. They frequently schedule day trips to different places and can obtain group rates to keep costs low. This option is only for people who want to travel with a group. For people who no longer drive or aren't comfortable driving distances, it can be a safe, fun way to sightsee or experience things while making friends.

If you aren't comfortable traveling with others, some home care agencies can have an employee accompany you or drive you to your destination. Our staff has accompanied clients on cruises, day trips, and even in a client's private plane! If the client wants to go somewhere, we will make every effort to get them there, including renting equipment such as portable oxygen concentrators.

With assistance and planning you do not have to give up your love for travel and exploration. You may need some extra help or equipment to go, but everything can be arranged to give you a stress-free, enjoyable experience. So, if you have a craving to wander, check out one of these options to see if they have a trip that interests you, then go for it!





## Principles of Practice

Lee Sheldon, DMD  
Sheldon and Furtado, PLLC

Over the holidays, I had some “alone time,” time when the demands of life were diminished and I could make plans for 2024. We all have strengths and weaknesses. One thing I have learned is that increasing my strengths is easier than correcting my weaknesses. In fact, making my strengths stronger seems to improve my weaknesses as well.

I have a lot of satisfaction in seeing my practice flourish, with doctors and staff espousing the principles that we established and refined. I’m very fortunate to continue to see patients, not as a treating dentist, but as an examiner and advisor.

Doctors in the U.S.A. and beyond allow me to advise them as well. I wrote Principles of Practice for them. This is a consumer adaptation. They were the subject of January’s radio program, available at <https://helpingseniorsofbrevard.info/radio/>.

1. Your power to observe is at least as crucial as your power to treat.
2. The patient wants to heal. We do the minimum necessary to allow that to happen.
3. The judgment to know when not to treat has equal importance to the treatment itself. It is a key to practice building.
4. The ability to fully plan and communicate that treatment plan is the key to being the premier advisor to the patient.
5. Prevention is a lifestyle, physical, and nutrition discipline.
6. Learning alternative and complementary disciplines can be a resource that elevates your value to the patient.
7. Listening and acknowledging opens the door to explaining.
8. Seek advice but be your own advisor.
9. Address a patient by name.
10. Include the patient in any office discussions.
11. Create lists.



## When Should We Consider Senior Living Options?

Rese Garson  
Assisted Living Locators

Much consideration goes into helping you find your next perfect home to enjoy your **Golden Years**. *Is aging-in-place ideal and where it is safe to do so?* **So, when should we look at options?**

Now, while options and time are on your side.

### What steps should I take?

#### 1. **Observe your home environment:**

- Is the house tidy?
- Is there fresh food?
- Are the bills paid?
- Is grooming maintained?
- Is there physical or social decline?

*If your observations reveal adverse changes, consider options today.*

#### 2. **Contact us to:**

- Assess your needs,
- Make recommendations,
- Tour communities together.

Because aging-in-place is ideal for most, our first goal is to connect you with senior resources and community partners to provide support at home.

When living at home is no longer a safe option, our mission is to help you find a senior living community where you can safely age in place. We help you transition to your ideal community that meets your social, medical, and budgetary needs.

I invite you to explore senior living options that fit your lifestyle, preferences, and needs, from small homes to bigger communities.

### Senior Living Options Include:

- Independent Living/55+ Communities
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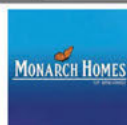
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# Mom & Me by Audrey & Kimberley

## DEAR MOM AND ME,

My 96 year old mother has been living with us for the past 15 years. She is absolutely no problem; we all enjoy her and love her dearly.

She is convinced that "God has forgotten me". Time is very long for her. Her eyesight and hearing are failing, but she suffers from no disease. She says she is tired of living and does not want to burden us any longer. She desperately wants to join her family members who have predeceased her. "I did not want to live this long - my time is over, I love you all, but I want to go". What can we do to help her?

– Her loving daughter and son-in-law

## DEAR FOLKS,

I hope you have inherited some of your mother's wonderful genes. People who live long lives have frequently suffered many losses. Many have buried two husbands, family members and some four of their five children. Some are very concerned because they know their financial resources will not last much longer.

The U. S. Census Bureau estimates that worldwide there are 310 million women who are 60+ years of age and only 251 million men in that same category. By 2025 there will be 645

million women and 546 million men of that age. Our society does not seem to realize what lies ahead. "To put it bluntly, the future is elderly and female" says M. Cathleen Kaveny, associate Professor at Notre Dame University Law School. Kaveny wrote in "Older Women And Health Care" in September 12, 1998 issue of America Magazine.

Your mother is most fortunate to be surrounded by a loving, caring family. I would suggest you try to tape-record a journal about your mother's life. She could tell you what it was like to be a kid 100 years ago your grandchildren would love it!

Female health has improved and so has our longevity. Men have only recently started to care for their own health. We must encourage them so that their longevity can also increase. Men, go do something good for your health today.

– Audrey

## DEAR FOLKS,

Perhaps you can talk to her about dying. Share with her your thoughts and feelings about her passing. Folks who are coming to the end of their natural lives need to talk about dying. If you need some help with this, call Hospice. It is a wonderful organization that provides help and support and celebrates life.

– Kimberley

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## What Is Probate? continued from page 13

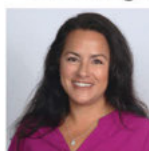
a "Notice to Creditors" advising that they have 30 days from the receipt of the notice to file a claim with the court. Other creditors have three months from the date Notice is published in the newspaper to file a claim with the court. If a questionable claim is filed, the Personal Representative has 30 days in which to file an objection with the court. Once an objection is filed, to pursue the claim the creditor must bring an independent legal action within 30 days.

Not all assets in probate are subject to creditors' claims,

*What is Probate? continued on pg 43*

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## SENIOR NEWS LINE

# Don't Give Up

By Matilda Charles

**T**his is not the world we grew up in, or even the world we knew for much of our lives. If my informal poll of friends and acquaintances is correct, we don't like it much. The current state of the world has taken an emotional, physical and social toll on us. This isn't the retirement we planned.

I hear:

We're too trusting and it gets us into trouble when we fall for scams coming to us via phone, email and the internet, and resulting in identity theft and loss of money.

The pandemic locked many of us away, and we haven't surfaced yet because Covid is still out there, as well as the annual flu and RSV (respiratory syncytial virus) this winter. Staying home seems to be the safest way to avoid it all.

And there's the television news. Some of us have started only watching the first five minutes to catch the weather and then turn to a different channel to avoid the political scene and crime reporting, some of which unfortunately is happening in our own areas. Channels showing reruns of retro programs are getting a lot of our attention now.

No, we don't like it much, and some of us wonder if we're sliding into depression.

But there are ways to regain some of what we've lost, and a trip to our physician might be the best first step. Go, and tell him or her what's going on with you. A simple blood test might point to a change in diet that could help how you feel.

At the same time, he might know of some community resources, even if it's having meals delivered.

Reconnect with friendships that matter (even if it's on the phone), ask if the library delivers books, become a pet foster parent, look for senior exercise videos on YouTube, etc.

Don't give up. ☺

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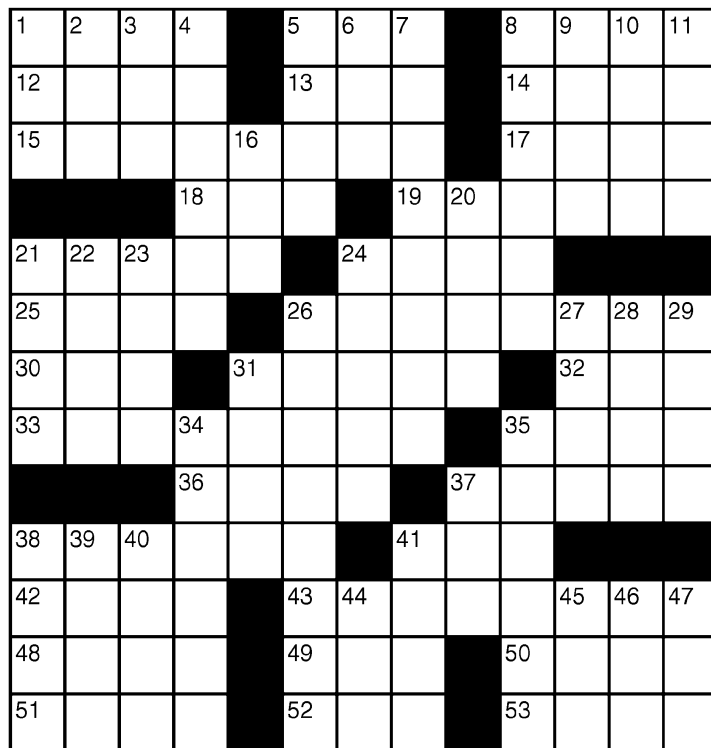
## King Crossword

### ACROSS

- 1 Jog  
5 Cry  
8 Goblet feature  
12 Stead  
13 Spanish aunt  
14 Tortoise's opponent  
15 Ride-sharing arrangements  
17 Work units  
18 Sixth sense  
19 Forbidden acts  
21 Stylish wrap  
24 Flintstones' pet  
25 Comic strip possum  
26 "Yellow" band  
30 Where Lux. is  
31 Primitive  
32 Brit. record label  
33 Slapstick mis-  
sile  
35 Perched on  
36 Evergreens  
37 Icky
- 38 Where Gauguin painted  
41 Pen name  
42 Out of the storm  
43 Temporary lodging  
48 Furnace fuel  
49 Snaky fish  
50 Jazzy Fitzgerald  
51 Maintained  
52 Lay down the lawn  
53 Deli loaves
- 9 Poi base  
10 Thus  
11 Disarray  
16 Sugary suffix  
20 Tennis champ Murray  
21 Detail, briefly  
22 Go sightseeing  
23 Shrek, for one  
24 Writer Lessing  
26 Whims  
27 Jared of "Panic Room"  
28 Book after Joel  
29 Shrill barks  
31 Send forth  
34 Off course  
35 Sagittarius  
37 USO audience  
38 Dash gauge  
39 Skin soother  
40 Make well  
41 Hardly hirsute  
44 Old Olds  
45 Layer  
46 Pub order  
47 " — Kapital"

### DOWN

- 1 Pampering, for short  
2 Estuary  
3 Not 'neath  
4 Elvis' birth-  
place  
5 Halt  
6 Texas tea  
7 Historic French prison  
8 Cyndi Lauper hit



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# PAW'S CORNER

By Sam Mazzotta

## Prepare Your Home for New Puppy

**DEAR PAW'S CORNER:** This Christmas, we planned to get a puppy, but it is too young to leave its mother yet. Instead of revealing the puppy on Christmas Day, we wrapped a big box that had a little note in it from Santa saying that a new puppy will arrive soon, and to write down their ideas for a name on the back of the card. Do you have any tips on how we can prepare the house for the puppy's arrival in a few weeks?

— Chet in Boise, Idaho

**DEAR CHET:** First, kudos to you for handling the Christmas announcement so well! That's a great way to surprise the kids during the gift-opening while not having to supervise a puppy who has no idea what is going on. And keeping the puppy with its mother until it's at least 8 to 12 weeks old is so important.

Involving the kids in preparation for the puppy's arrival is important. Explain to them that puppies like to explore -- often with their teeth. So they need to put away their toys, clothing and anything that they don't want to get

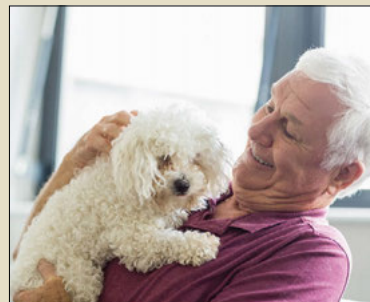
chewed up. Puppies can also get into foods and cleaning items that can be dangerous or deadly for them, so those items need to be lifted off the floor or removed from the house's common areas entirely.

Talk to them about how they can help train the new puppy. This will prepare them for how to handle, talk to and correct the puppy from the first day of its arrival.

Congratulations on the new family member! It sounds like you're doing a great job preparing the family for the arrival, and that'll make things so much easier for a new pup.

How did you help your kids adjust to a new pet? Tell us about it at [ask@pawscorner.com](mailto:ask@pawscorner.com). 💰

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# Helping Seniors Info Series

## Helping Seniors Resource Center Events (1344 S Apollo Dr - Ste 2-C - Melbourne)

### Food Truck Tuesday

**Date: Tuesday, February 6th, 11:00am - 1:00pm** Call for Information – (321) 473-7770  
Call your friends and make it a lunch date! This month it is "Sweets and Meats"! Food Truck Tuesday at Joe's Senior Resource Center of Brevard! Get a great lunch - your purchase benefits the work of Helping Seniors - and visit with the great team members at the Center and at OMNI Healthcare! Look for the Food Truck in the Parking Lot and then join us on the 2nd Floor at lunch!

## CarePlus/Omni - Heart Smart "Health & Wellness" Series

**Date: Thursday, February 22nd, 11:00am - 12:30pm** Call for Information – (321) 473-7770  
February is Heart Health Month, so let's keep it all moving in the healthy direction! A great presentation from our friends at CarePlus Health Plans - "Battling Dangerous Belly Fat" plus learn from Tami Leeberg, AARP, of Practitioners in Motion, on Heart Health. Enjoy a snack break and then participate in a free Blood Pressure screening with the Medical Professionals of Practitioners in Motion. Programs brought to you by Care Plus Health Plans, Omni Health Care, and Helping Seniors of Brevard. For more information, call 321-477-7770.

## "Choose Your Adventure" - Open House & Classic Car Cruise-In

**Date: Saturday, Feb 22nd, 8:00am - 11:00am**  
Call for Information – (321) 473-7770,  
Get this fun Saturday morning on your Calendar! It's a fun Open House & Classic Car Cruise-in at Joe's Senior Resource Center! Check out great Classic Cars, find great food options from the Food Trucks on site, and get your first peek at the 2024 8th Annual Helping Seniors Car Raffle "Choose Your Adventure"! And, there'll be complimentary fun, food, and entertainment on the 2nd Floor of the Omni Healthcare Professional Tower as Helping Seniors hosts an Open House at the Senior Resource Center

## CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm
Feb 1	Thu	Controlling Cost of RX	The Parts of Medicare	Stay Home Safe or Downsize?
Feb 2	Fri	New to Florida? Elder Law Update	In Home Care Giving	Put Kids on the Bank Account?
Feb 5	Mon	Trusts	All About Home Care	Discounted Prescriptions
Feb 6	Tue	Living Beyond Your Current Home	How a Public Adjuster Helps	What Assisted Living Can Mean
Feb 7	Wed	Medicare - Questions & Answers	Avoiding Probate	Finding Good Help at Home
Feb 8	Thu	About Golden Providers	Care Management	Cosmetic Dentistry
Feb 9	Fri	Medicaid Planning - Part 1	Medicaid Planning - Part 2	Two Assisted Living Questions
Feb 12	Mon	Checking Out Zon Beachside	Printing & Direct Mail Options	Real Estate for Seniors
Feb 13	Tue	The Parts of Medicare	Ordering RX at Lower Prices	What Elder Law Attorney Can Do
Feb 14	Wed	Making Plans for Retirement	3 Top Public Benefits Questions	Aging & Legal
Feb 15	Thu	Chefs for Seniors	Periodontal Disease	Senior Mental Health
Feb 16	Fri	Assisted Living Helps Us Thrive	SRES - Things to Know	How to Cruise Successfully
Feb 19	Mon	Senior Info in Senior Scene	Safe & Secure at Home	The Vial of Life
Feb 20	Tue	Helping Seniors - 12 Years Later	Probate - What it is/How it Works	Real Estate for Seniors
Feb 21	Wed	The Dirty "D" Word - Dementia	Golden Providers B2B	Getting RX at Best Prices
Feb 22	Thu	Value of Professional Printing	Great Employment for Seniors	Your Legal Documents Checklist
Feb 23	Fri	Importance of Evaluation	Life Enrichment	Medicare - Questions & Answers
Feb 26	Mon	Smorgasboard of Legal Matters	The Talk about Assisted Living	The Parts of Medicare
Feb 27	Tue	How SRES Helps Real Estate	Elder Law Services	How a Public Adjuster Helps
Feb 28	Wed	Care Management	Assisted Living Right For You?	Real Estate Transactions Seniors
Feb 29	Thu	Durable Power of Attorney	Too Many Teeth Being Extracted?	Cosmetic Dentistry



Date	Day	Program	Special Guest
Feb 7	Wed	Helping Seniors on Elder Law	Bill Johnson, Esq.
Feb 14	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon
Feb 21	Wed	Helping Seniors on the Radio	Kerry Fink
Feb 28	Wed	Helping Seniors on Help at Home	Jennifer Barton

where you can meet many of the folks who are part of the resource team that is all about Helping Seniors. For more information, call 321-477-7770.

## More Helping Seniors Events:

### Renters of Palm Bay FL Housing Workshop

**Saturday – February 17th, 9:00am-12:00nn**

Memaw's BBQ (Banquet Room) - 4916 Babcock St - Palm Bay FL  
CALLING ALL SENIORS OF THE CITY OF PALM BAY!!!

Breakfast with the Attorney - Frank Scaglione, Esq., presents on the Florida Eviction Prevention Series from the Florida Bar. 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.

### Helping Seniors "Choose Your Adventure" Car Raffle Appearances

**The 15th Annual Higher Power Car Show 900am-200pm**

- Trinity Wellsprings Church - 638 S Patrick Dr, Satellite Beach, FL

**The 2nd Annual European Car Show**

900am-200pm - American Muscle Car Museum - 3500 Sarno Road, Melbourne FL

# Something New For One Or Two

Recipes especially created for 1 or 2 diners

*I think most of us view February as a romantic month and so our menu and recipes will be a little more special this issue. Whether you are courting, newlyweds, empty nesters or just real good friends this menu is sure to please the most demanding palette. A good wine and candlelight are all you need to add.*

## NUTTY APRICOT CHEESE HEART

1/4 c. chopped dried apricots  
1/4 c. apricot nectar  
2 T. chopped raisins  
2 T. chopped mango chutney  
Dash of ground ginger  
2/3 c. shredded sharp white cheddar cheese, softened  
2/3 package of cream cheese, softened (can use fat free)  
2 T. margarine  
1/4 cup finely chopped salted cashews  
Gingersnaps

Boil together the first 6 ingredients, lower heat and simmer until thick, about 10 minutes. Chill thoroughly. In a food processor blend the cheeses and margarine, scraping the bowl as they blend. Use a small heart shaped mold lined with plastic wrap. First a layer of the cheese mixture, then a layer of all the apricot mixture, top with the remaining

cheese mixture, cover and chill. Remove from the mold and press the cashews into the surface. Serve with the gingersnaps.

## RACK OF LAMB FOR TWO

1 1/2 lb rack of lamb (about 6 or 7 chops)  
Wipe the lamb with damp paper towels and rub with a mixture of cracked black pepper, garlic powder, dried thyme leaves and a little salt. Brown on each side in a mixture of oil and butter in an iron skillet. Preheat the oven to 375 and roast the lamb about 25 minutes, basting with 1/2 cup of dry red wine while cooking. Serve with fresh mint sauce, the rice recipe below and lightly steamed carrots and a salad of mixed greens with raspberry vinaigrette.

## MUSHROOM, RICE BAKE

Cook 1/2 cup Uncle Bens' regular rice in 1 cup of chicken bouillon, covered, for 20

minutes. Let stand covered for another 20 minutes. Sauté, 1/2 cup of fresh mushrooms in butter till limp and stir into the rice with 2 T. chopped fresh parsley and a little salt.

## FLAMING RUM BANANAS

2 medium bananas  
1/2 stick real butter  
1/4 c. superfine sugar  
1/4 cup light rum

Peel bananas, and halve lengthwise, cut each half in two pieces. In a skillet melt the butter, add the sugar and stir until golden brown. Add your bananas, sautéing and turning until tender, about 4 or 5 minutes. Top with rum and ignite, serve immediately over a good French vanilla ice cream. Makes 2 generous servings.



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# Putting Real Meaning into National Service Day: MLK Holiday Restoration Work and Ceremony at Oak Hill Saints and Sinners Cemetery

**O**n 15 January, at a small, historically African American Cemetery in the tiny town of Oak Hill, Florida, only 10 miles north of the VA Cape Canaveral National Cemetery, something very special happened. More than 85 people including many veterans from Volusia and Brevard County as well as the community, came together to restore headstones from vandalized and sunken veteran grave sites. There were also there to honor the veterans and hold a re-dedication and remembrance military burial ceremony for one family who missed that promised ceremony decades earlier.

This year the VA National Cemetery Administration (VA/NCA) chose the tiny Saints and Sinners Cemetery in Oak Hill to support on MLK Day with a new headstone in the case of one family and ongoing support to repair 21 veteran grave sites damaged by vandalism, floods and neglect over many

decades. Dan Devine, the VA/NVA Outreach Director organized the support and came to Florida for the Ceremony. Most of the veterans were from WWI and WWII.

There are five million veterans who rest in peace at carefully maintained VA Cemeteries, but millions more are buried in private cemeteries. All are entitled to a military service and proper headstone or marker. On that day, two such headstones were brought



to VA/NCA standards, one was raised from being almost fully sunken in the flood prone area, and another provided a brand new headstone by the NCA after having been crushed by vandals.

More than 20 descendants of Army SP5 Blaise Merrick Cook drove from Miami and Jacksonville to see the new headstone unveiled and to be honored by American Legion Post 285 of Edgewater, FL with their Honor Guard. They performed folding the flag and presenting it to her sister, the rifle salute and Taps. In addition the Fitzgerald family of Mims provided their beautiful caisson while Doug Bisset and Hans Hunt of the Brevard Sons of the American Revolution (SAR) connected the first veterans in America (their ancestors) with uniforms and the firing of a miniature Revolutionary War Cannon in honor of Ms. Cook.

Numerous veteran organizations from both counties planned and conducted the event. Special hats off to Ann

Welch and others from the Oak Hill Saints and Sinners Historic African American Cemetery Restoration, Inc. Committee. They began their work 18 months ago and still have months ahead to finish all 21 veteran

sites in the still active cemetery. More than 35 veterans and others came north from Brevard to provide logistical support and funding from the Good Deeds Foundation of the Cape Canaveral Chapter of the Military Officer's Association of America, one of the largest in the country.

It was truly a case of many communities, including many veterans, coming together. When the 45 minute ceremony was over and the work continued there were many smiles and some tears, but all were happy they spent that holiday in service in a very unique way and place. §



## Weekly SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ♦♦**

♦ Moderate ♦♦ Challenging  
♦♦♦ HOO BOY!

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## Veteran Suicides

Operation S.A.V.E. is a Department of Veterans Affairs training program designed to prevent suicide in veterans. While the program is geared for suicide-prevention coordinators, there are points that can be helpful for family and friends of veterans who might be at risk.

The initials themselves outline parts of the program:

Signs of suicide

Asking about suicide

Validating feelings

Encouraging help and expediting treatment

Those who work or live with veterans can help stop many veteran suicides. Here are some must-have resources:

- Go online and study the program that is given to VA suicide prevention coordinators. Google this title: Operation S.A.V.E.: VA Suicide Prevention Gatekeeper Training.
- Google "veteran suicide" and look for the PDF titled "Department of Veterans Affairs Operation SAVE Suicide

Prevention." As you scroll, don't miss the Myths and Misinformation section, as well as the S.A.V.E steps.

- Go to [www.mentalhealth.va.gov](http://www.mentalhealth.va.gov) and click "Suicide Prevention." You'll find a full menu of choices, including warning signs and resources.

The official guesstimate of the number of veteran suicides is 22 per day. As more people and groups read the "Suicide Data Report," they eventually come to the conclusion that the number is low, for many reasons: Not all states participated in the survey and didn't provide numbers. Information in some cases was provided by funeral homes (who got their information from family members) and not by the VA. Information from states with large veteran populations wasn't used. Information wasn't current, and so on. In other words, the problem might be even worse.

For more immediate help for yourself or someone you know, dial 988 and press 1. Or you can chat online at [www.veteranscrisisline.net](http://www.veteranscrisisline.net). Or send a text message to 838255 for free support. © (c) 2024 King Features Synd., Inc.



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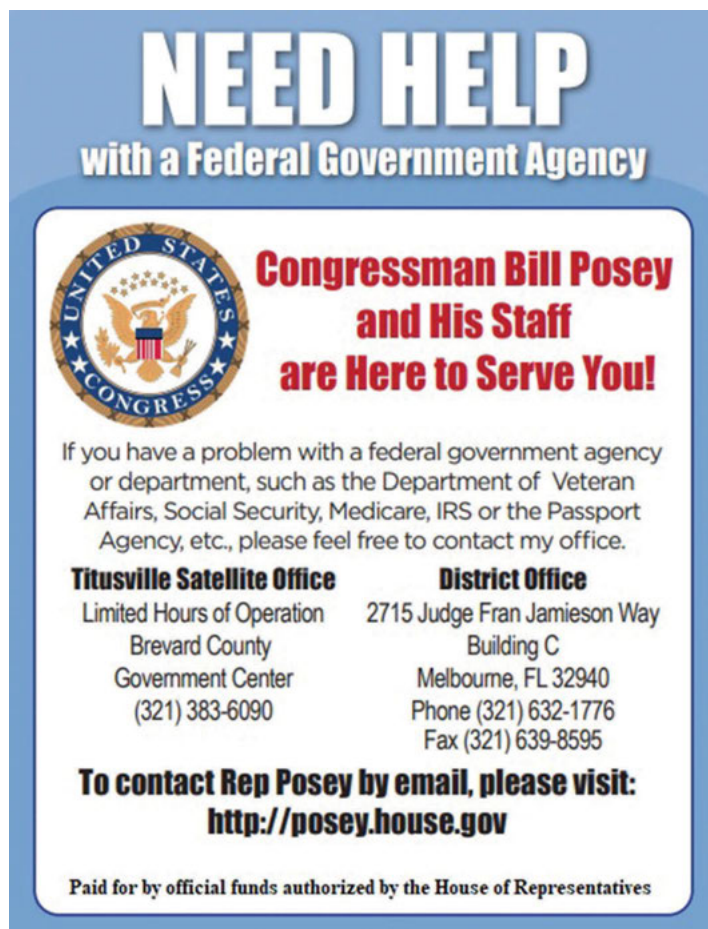
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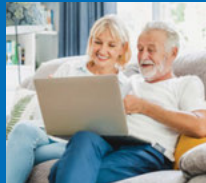
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## King Crossword Answers

Solution Time: 21 minutes

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

## Sudoku Answers

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

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# The Unpardonable Sin?

Rev. Jeff Wood, First Presbyterian Church of Sebastian


If you want to get depressed and go nuts to boot, think about winning the lottery but your billion-dollar winning ticket accidentally goes down the garbage disposal. What a loss! A billion dollars. The only thing worse would be to think of missing heaven by an inch. Everything forgiven and then that one sin I committed that was "unforgivable." Yikes! Where does such an idea come from? Jesus himself.

When Jesus says talks about an unforgiveable sin, he has been accused by Pharisees, of expelling a demon through a greater demonic power than that of the demon inhabiting the man. Jesus points out that that is the equivalent of house divided against itself, and that's a strategy for failure. The predicament, it seems, is that when a liberator is considered a captor, and vice versa, how does one get set free?

Whatever all this means here are two assurances. First, you cannot miss heaven by an inch. God and the angels are not watching us leap and then lamenting, "He was soooo close." You can miss it by a mile but not by an inch. The God revealed in Jesus Christ is not this way. Second, if you are concerned about committing the unpardonable sin, that in itself is a sign that you have not committed it. 

Rev. Jeff Wood, First Presbyterian Sebastian, 1405 Louisiana Ave, Sebastian, FL 32958 (772-589-5656). [welovefirst.org](http://welovefirst.org) and [facebook.com/welovefirstsebastian](https://facebook.com/welovefirstsebastian)  
All services streamed Worship 10 am.

## What Is Probate? *continued from page 35*

including \$20,000 in furniture and appliances, plus two motor vehicles. When the home is going to certain relatives, the court can determine that it is "protected homestead" free of most creditor claims. However, the home is still subject to mortgages on the property, IRS liens, liens for work performed on the property, and real estate taxes. 

For further information on estate planning 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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times, these fixable sheets were the most marketable and lucrative of whale products.

With the thriving market and amicable character, these black whales were the "right" whales; the easiest whales to hunt and the biggest money maker. They were surface feeders in coastal waters and seldom sounded or dove after harpooning. With high fat content, they even floated after death, making them the perfect fit for their own demise.

In 1859, however, oil was discovered in Pennsylvania and the nations eyes turned to more affordable kerosene. By 1900 they were all but a few dozen Right Whales remaining. A ban on whaling in 1937 was ineffective because it was never enforced. International restrictions and American designation as endangered, then critically endangered, prevented complete extinction. In 2001 there were about 300 Right Whales, in 2020 there are still less than 400. But now even with public awareness and research the whales' relationship with humans is still precarious.

As we enjoy the sightings of our "snowbird" whales, threats remain. Eagar beachgoers swim out to get a close look not knowing of the five hundred feet restriction zone around each animal to protect caving mothers. Since both whales and ships use the same sea lanes, major mortalities are related to their collisions called ship strikes. Whale vocalization and orientation are disrupted by sonar especially near the Undersea Naval Training Range located in the calving area.

You could become a volunteer for the Marine Resources Council, Right Whale Monitoring Program. The network of spotters' record sightings, not with, "Thar she blows" but information immediately sent to state and federal protectors. For instance, when notified Canaveral Port pilots, they would maneuver their vessels to avoid ship strikes.

Despite the tragic history of these giants, there is hope. We share the only place where Right Whales come to birth. It could be said that Right Whales are true Floridians. With each Mother making the ancestral voyage to our coast, and each baby born in the safety we afford them, becomes the bridge between the frightful past and a healthy future. §

but I am sure you know when something you read could prevent a fall or an embarrassing situation. Use of grab bars could save a life and prevent costly hospital stays and will prove a benefit many times over. Use them. §

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.

a scientist created .73 mg of gold from 2200 mg (1-Kg) of mercury using this nuclear process. It was expensive! Yes, his reaction resulted in a tiny sum of gold, but it cost his laboratory over \$300,000 in energy and materials. So, this is one reason gold is so valuable- it is irreplaceable, as history has proven.

Why do investors buy gold? The answer is quite simple: It represents a store of value over time and it tends to increase in that value as the cost of living increases. Nations, cultures, individuals and empires have considered gold as the first and last resort to preserving wealth. Currently, with serious inflation at our front door and international tensions rising overseas, gold is poised for an increase. Not only gold, but silver and other rare-Earth metals as well. There exists funds and other market-based instruments that allow an investor to enter into the precious metals markets, even with a modest sum with little cost. These opportunities are meant for the patient investor, since quick profits are unlikely. Many advisors and talking heads on cable business channels often suggest that investors should keep about 10% of their portfolio in gold or a mix of other precious metals as a hedge against inflation and help protect portfolio value. I believe this all depends on the investor's comfort level, financial footprint, and personal needs. But like I said, it's very easy to get in the game nowadays. Want some? Let me know. §

Jason ValaVanis is a Board CERTIFIED FINANCIAL PLANNER® and the co-owner of ValaVanis Financial in Melbourne & and Rockledge 33 years. Jason specializes in long-term income planning and wealth growth for ages 50 plus.



1. GEOGRAPHY: In which city is the Brandenburg Gate located?
2. TELEVISION: Which 1990s TV show catapulted actor George Clooney to fame?
3. MOVIES: Which department store is featured in the 1947 holiday film, "Miracle on 34th Street"?

4. LEGAL: What kind of legislative body is bicameral?
5. FOOD & DRINK: What is the main ingredient in guacamole?
6. LITERATURE: In "The Night Before Christmas" poem, how many reindeer does Santa Claus have?
7. CHEMISTRY: Which chemical element's symbol is C?
8. HISTORY: Who is the first female chancellor of Germany?
9. MUSIC: Which female French singer had a hit song with "La Vie en Rose"?
10. SCIENCE: When did the Krakatoa volcano have its last major eruption?

#### Answers

1. Berlin, Germany.
2. "ER."
3. Macy's.
4. A legislative body with two chambers, like House and Senate.
5. Avocado.
6. Eight.
7. Carbon.
8. Angela Merkel.
9. Edith Piaf.
10. 1883.



Office Phone  
321-216-7804

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**Brevard Symphony Youth Orchestra**

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## Is COPD Life Threatening? *continued from pg 20*

of COPD. A consequence of better survival of babies born prematurely is that more will reach adulthood with small lungs or injured lungs through chronic lung disease of prematurity. Yet lung function is not routinely tested in young people who were born prematurely and those presenting with obstructive lung disease are not asked about birth history. Monitoring patients after such early-life events could lead to new disease-modifying treatments, as well as form the basis of screening

policies and risk prediction. Lung health should be monitored in the same way as heart health is by blood pressure testing and blood lipid screening before organ damage is apparent and irreversible. Prevention of further lung injury in this group is particularly important.

The lung is an incredible organ. It has 1500 miles of airways and 300-500 million alveoli. Yet, traditionally, the lung does not receive attention until a disease is diagnosed.

The two most common lung diseases, asthma and COPD, have no clear definition beyond a physiological description. Currently, a diagnosis of COPD is often accompanied by a sense of futility and a degree of stigma. By highlighting the risk factors across the life course and recommending far-reaching measures for prevention, early diagnosis, and changes in treatment, the World Health Organization of U.N. aims for nothing less than to transform the way COPD is thought of. Lifelong lung health for all is the goal to aspire to. Every health-care worker needs to advocate for the right to clean air. 

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**Contact:**

**Helping Seniors of Brevard Travel Club**  
**Chris Morse 818-430-1480 Cell**



Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit. Helping Seniors of Brevard - P.O. Box 372936 - Satellite Beach, 32937PO. Box FL 32937. The Helping Seniors Travel Club is operated by Senior Travel division of The Travel Center - CST # 20000881-10 FST # 14672 - who is solely responsible for all travel arrangements. A portion of travel commissions from Helping Seniors Travel Club Members travel funds the Helping Seniors Endowment.



# Savannah Holly's Berries Beautify Winter Landscape

By Eddie Smith, MSU Extension Service

Find it challenging to keep the landscape vibrant and colorful during winter, but incorporating plants with vibrant berries can add a pop of color to the winter scenery. The Savannah holly, which is a hybrid of the native American holly, is one of the best options to bring that berry color to gardens.

I recently visited Adams Nursery and Garden Center and saw some stunning berries on their hollies. The Savannah holly caught my eye with its natural pyramidal shape and branches with bright red berries. This evergreen plant has a loose and open growth habit, making it suitable for specimen planting. The Savannah holly is a moderate-growing shrub that can even develop into a small tree, reaching up to 35 feet tall.

This holly's foliage is typically a dull, light green. Leaves have soft spines along the leaf margins, distinguishing them from hollies with dark glossy green leaves like the Nellie R. Stevens holly tree. The trunk and branches of the Savannah holly are a smooth texture and range in color from light to medium gray.

The real highlight of the Savannah holly occurs between November and March when tight clusters of fluorescent red

berries form towards the branch ends. These berries can brighten up any winter landscape and catch the eye of people passing by.

Holly flowers are attractive to bees and other pollinators, and the berries are a great food source for birds and other wildlife. People should not eat the berries and should seek medical attention if ingested.

Savannah holly thrives in well-drained soil and prefers full to partial sunlight, making the selection of an appropriate planting location crucial. Regular watering, especially during dry periods, is essential in the early stages of establishment. Once mature, it is relatively drought tolerant but benefits from consistent moisture.

Pruning is best done in late winter or early spring and helps shape the plant, which encourages optimal growth.

*Savannah Holly's Berries... continued on page 49*



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## Savannah Holly's Berries... *cont'd from page 48*

It's worth noting that Savannah holly is dioecious, meaning individual plants are either male or female. Both male and female trees produce small white flowers, but the flowers are not readily noticeable. It is recommended that you plant a female specimen near a male holly for pollination.

The Savannah holly is an excellent choice for any garden. Its versatility and natural beauty make it a favorite among landscape hollies. If you're looking for a way to enhance your winter landscape, consider incorporating the Savannah holly. ☺

## Travel Tips *continued from page 14*

programs throughout the County. We work with District 6 MOOSE in Brevard County planning their fundraising programs for MOOSEHAVEN. We support the Senior Scene Magazine Travel Club. Please inquire about our great fundraising programs for your 501C3 and groups programs.

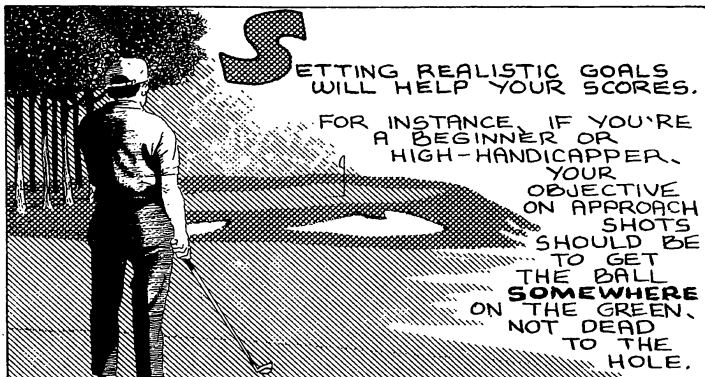
### Our Advice:

1. Never book your travel online. Always call a travel agent. There are over 143 major travel web sites that have been proven as fraudulent.
2. Seniors who book with our agency always have someone to go to when something unforeseen occurs.. We are your personal panic button.
3. We know some of our seniors like to use the internet to find their travel itineraries. We support this effort. An educated client helps us finalize your trip. Find your itinerary, get the price, and then call us. We match and beat any internet rate and can include special amenities for your trip if available. You can even book your trip directly with an online travel vendor. Call us, we will take over the reservation and save you tons of money! But more importantly we are here when you need us. Try getting in touch with that on line vendor at 9PM on a Saturday night. ☺

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## Play Better Golf with JACK NICKLAUS



## Carol Wells... *continued from page 9*

Wells says the two chatted often but never became very close during the months they worked together.

"I'd see her in the mornings in the make-up department and give her a hug and say, 'How ya doin' Annie?' And she'd say something like 'wish I felt as good as you sweetie' – she called everyone sweetheart or sweetie. She was never well from the beginning of the series."

In the mornings Sheridan was usually okay, according to Wells, but by noon usually couldn't work.

"It took a lot out of her and she would have to go back to her dressing room," said Wells who would spend lunch hour learning Sheridan's lines that would be rewritten for Wells to work into the script if Sheridan couldn't make it back to the set. "But I didn't care because I knew she was ill."

Wells also remembers Sheridan as a chronic smoker.

"As sick as she was with cancer and emphysema, she was never without a cigarette in her mouth except while filming," said Wells. "She was very frail and thin and kept getting thinner as the series progressed. Basically, I watched her die in front of me. But with all she was going through, I never heard her complain and she was always very kind and respectful to me."

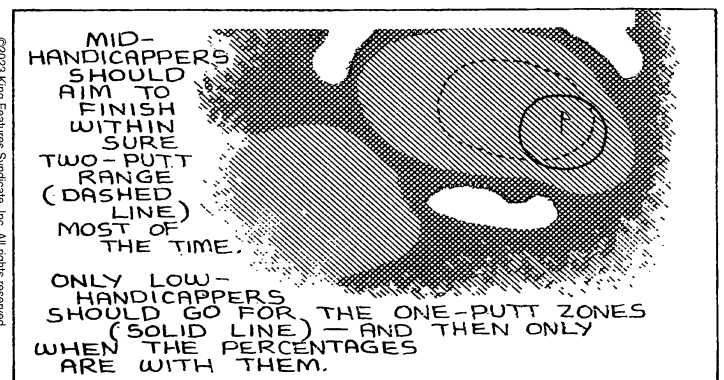
Sheridan struggled through most of the series but was too ill for the final half-dozen episodes.

"I knew she wasn't going to be around much longer," said Wells. "One day she was on the set, then the next day she wasn't and we never saw her again. When we heard she had passed away, the cast had a lunch to memorialize her."

Wells believes doing the show was good for Sheridan who still bravely displayed plenty of 'oomph' despite her failing health.

"Before the series started, she had a facelift and got herself together," says Wells. "I think being part of the show might have helped her live a little longer." ☺

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





# FEBRUARY 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*

## FEBRUARY EVENTS

**Feb 1: Terri Clark**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**Feb 1-11: Oklahoma!**, Historic Cocoa Village Playhouse, [CocoaVillagePlayhouse.com](http://CocoaVillagePlayhouse.com), 321-636-5050

**Feb 2-4: The Edwards Twins**, Surfside Players, Cocoa Beach, [SurfsidePlayers.com](http://SurfsidePlayers.com), 321-783-3127

**Feb 2-11: Into the Woods**, HNJ Players, Indialantic, [hnj.org](http://hnj.org), 321-773-2783

**Feb 2-11: The Sound of Music**, Henegar Center, Downtown Melbourne, [Henegar.org](http://Henegar.org), 321-723-8698

**Feb 2-18: Beautiful: The Carol King Musical**, Titusville Playhouse, Titusville-Playhouse.com, 321-268-1125

**Feb 2: First Friday Reception**, Eau Gallery, Eau Gallie Arts District, 321-253-5553, [EauGallery.com](http://EauGallery.com)

**Feb 2: Friday Fest**, City of Cape Canaveral, [CityofCapeCanaveral.org](http://CityofCapeCanaveral.org), 321-868-1220

**Feb 3-4: Come Spy with Us**, Space Coast Symphony Orchestra, AMC Avenue Theaters 16 Melbourne, [spacecoastsymphony.org](http://spacecoastsymphony.org), 855-252-7276

**Feb 3-4: Gardenfest!** Nature's Finest Marketplace, Riverside Park, Vero Beach, [gardenclubofirc.org](http://gardenclubofirc.org), 772-567-4602

**Feb 3-4: Rocks, Gems and Jewelry Show and Sale**, Kiwanis Island Recreation Center, Merritt Island, [centralbrevardgems.com](http://centralbrevardgems.com), 321-431-0159

**Feb 3: Celebrating 100 Years Rhapsody in Blue**, Brevard Symphony Orchestra, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**Feb 3: Eric Darius**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**Feb 8-10: Central Brevard Art Association (CBAA) Winter Art Show & Sale**, Cape Canaveral Public Library, [cbaaartists.com](http://cbaaartists.com), 321-806-8065

**Feb 9: "Somewhere in Time" Gala for Green Gables**, Grand Manor, Melbourne, [greencables.org](http://greencables.org), 321-306-8635

**Feb 10: 7th Mardi Gras Pub Crawl** in Cocoa Village, Cocoa Elks Lodge, [madhatterpromotions.com](http://madhatterpromotions.com), 321-543-1346

**Feb 10: Big Band Sound of Sinatra and Bassie**, Surfside Players, Cocoa Beach, [SurfsidePlayers.com](http://SurfsidePlayers.com), 321-783-3127

**Feb 10: Fly In Breakfast**, Warbird Air Museum, Titusville, [valiantaircommand.com](http://valiantaircommand.com), 321-268-1941

**Feb 13-14: The Simon & Garfunkel Story**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**Feb 14: Sincerely Yours, A Valentine Special Event**, Henegar Center, Downtown Melbourne, [Henegar.org](http://Henegar.org), 321-723-8698

**Feb 14: Valentine's Dinner Cruise**, Indian River Queen, Cocoa Village Marina, [indianriverqueen.com](http://indianriverqueen.com), 321-305-4753

**Feb 17: Sip & Shop**, Historic Downtown Melbourne, [downtownmelbourne.com](http://downtownmelbourne.com), 321-724-1741

**Feb 17: 21st Annual Pirate Costume Bash**, Squid Lips Melbourne, [madhatterpromotions.com](http://madhatterpromotions.com)

**Feb 18: An Intimate Evening with David Foster & Katherine McPhee**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**Feb 22: Johnny Mathis**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**Feb 23: Michael W. Smith**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**Feb 23: Jerry Douglas Band**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**Feb 23 - Mar 3: The Mountain Top**, Titusville Playhouse, [TitusvillePlayhouse.com](http://TitusvillePlayhouse.com), 321-268-1125

**Feb 23: Art Martin Rock "N" Roll Revue**, Historic Cocoa Village Playhouse, [CocoaVillagePlayhouse.com](http://CocoaVillagePlayhouse.com), 321-636-5050, [mmband.org](http://mmband.org), 321-724-0555

**Feb 25: Spyro Gyra 50th Anniversary**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**Feb 26: Cryderman's BBQ Dinner with Joe**, Indian River Queen, Cocoa Village Marina, [indianriverqueen.com](http://indianriverqueen.com), 321-305-4753

**Feb 27: Geoff Tate**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**Feb 28: Glenn Hughes**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**Feb 28-29: An Evening of Romance**, Melbourne Auditorium, Melbourne Municipal Band, [mmband.org](http://mmband.org), 321-724-0555

## ONGOING EVENTS

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

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

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

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

**Brevard Zoo**, Melbourne, [BrevardZoo.org](http://BrevardZoo.org), 321-254-WILD  
**Carolyn Seiler & Friends Gallery**, Cocoa Village, [CarolynSeiler.com](http://CarolynSeiler.com), 321-637-0444

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

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

**Eau Gallie Arts District Main Street**, EGADLife.com, 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, [HarryHarrietteMoore.org](http://HarryHarrietteMoore.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, [nbdb.com/godo/PritchardHouse](http://nbdb.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

**Feb. 2: The Single, Separated, Widowed and Divorced (SSWD)** group will meet for lunch at Carrabba's Italian Grill, 60 Palmetto Ave., Merritt Island on Friday, Feb. 2 at 12 p.m. All are welcome to attend. For additional details, please call (502) 299-8949.

**Feb. 15: 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, Feb. 15 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 Suntree / Viera Library, 902 Jordan Blass Dr., at 10:00 AM, The third Tuesday at the Melbourne Beach Library, 324 Ocean Ave. at 1:30 PM. We have a different topic at each meeting. The group is open to anyone having an interest in learning about antiques and collectibles. We are collectors - not dealers therefore we do not give appraisals.

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

**The Italian American Club's** hosts an area wide men's and women's bocce league and is looking to add a few more teams to the winter league bocce league beginning in January. The league is free and open to the general public. Teams of six (four players and two substitutes) are needed to join the league. Six teams are presently in league play and games are rotated at three locations. Games are played on Tuesday mornings at 9:00 am at three different locations, Italian American Club, Bridgewater and Heritage Isles. If you have a facility or complex with two or more bocce courts, you can be considered as a host site also. For further information or to enter a team call 321-242-8044 or visit [IAC321.com](http://IAC321.com).

**Scottish Country Dancing**, Monday evenings from 6:30 to 9:30pm in the Clubhouse at The Springs of Suntree (8300 Holiday Springs Road in Suntree/ Melbourne). FREE (there is no charge for the lessons or the dance evenings). No dancing on December 25th or on January 1st. Call Catie at 321-427-3587 for more information.

**English Country Dancing**, Tuesday evenings from 6:00 to 9:00pm in the Social Hall of the Unitarian Universalist Church (2185 Meadowlane Avenue in West Melbourne). It's free the first time and \$5.00 a week after that. Call Catie at 321-427-3587 for more information.

**The NASA Alumni League (NAL)** Meeting and Luncheon: Tuesday, February 20. Courtyard-by-Marriott, 3435 N. Atlantic Ave, Cocoa Beach, FL 32931, in the Galaxy; free

parking in front (west side) hotel. Enter through hotel lobby entrance. Register in advance. Scott Vangen speaks on the astro restoration project. Registration opens Feb. 1 and closes noon Feb. 12. Check-in/social: 11:00 - 11:30; meeting/luncheon: 11:30 - 1:00. \$25 for members, spouses and adult family; \$27 for invited guests. PLEASE REGISTER EARLY @ [www.NALFL.com](http://www.NALFL.com).

**"New York State Club on the Space Coast"** meets the third Tuesday of every month for lunch, and presentations, except December. Find us on Facebook. Like us to stay in touch. All New York State friends, and guests welcome. Marie Russo-Dempsey, organizer, (321) 693-1856.

## Does My Computer Need More Ram? *continued from page 16*

Before deciding to add more RAM, it's essential to check your computer's specifications, including the maximum supported RAM and the type of RAM it uses. Additionally, consider factors such as your budget and the age of your computer. If your computer is relatively old, it might be more cost-effective to invest in a new system with updated hardware.

If you're unsure about whether you need more RAM, consulting with a computer professional or using system analysis tools can help you make an informed decision based on your specific usage patterns and needs. <sup>(S)</sup>



**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/>

**03 Feb – JROTC County Wide Run and Shoot Competition** in Veterans Memorial Park 0700-1230. Sponsored by Satellite AFJROTC with support from VMC and MOAACC Good Deeds Foundation.

**04 Feb – Anniversary to Remember the Immortal Four Chaplains of WWII** 1400-1530 in the VMC Plaza. They went down with their transport ship helping troops in 1943 after a German Torpedo attack in then icy Atlantic. Sponsored by VMC with support from the Marine Corps League of Brevard County.

**10 Feb – JROTC Squad Drill Meet** 0700-1230 with 10-12 Schools Expected and more than 150 cadets in the Veterans Memorial Park on MI. Supported by MOAA Cape Canaveral Chapter Good Deeds Foundation (all trophies) and the VMC.

**17 Feb – Second Annual Back Brevard Heroes Fundraiser Car Show** in Veterans Memorial Center Park 1000 - 1500. Registration details in early January. BBH support First Responders and Veterans.

**24 Feb – JROTC Squad and Platoon Drill Meet** 0700-1230 with 10-12 Schools Expected and more than 150 cadets in the Veterans Memorial Park on MI. Supported by MOAA Cape Canaveral Chapter Good Deeds Foundation (all trophies) and the VMC.

**09 Mar– JROTC District Drill Meet** with all disciplines 0700-1300 with 10-12 Schools Expected and more than 150 cadets in the Veterans Memorial Park on MI. Supported by MOAA Cape Canaveral Chapter Good Deeds Foundation (all trophies) and the VMC.

## 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

**"Write your Life!"** with Jean Peelen  
Feb 3 at 11:00 AM

**Central Brevard Art Association Art Show** Feb 8-10. Thur and Fri 9AM - 5PM, Sat 10AM - 4PM

**Jazz and the Civil Rights Movement**  
Feb 12 at 6:00 PM

**Birding with Jim Meyer**  
Feb 19 at 2:30 PM

**Painting Class with Anne Sands**  
Feb 20, 1:30 - 3:30 PM \$15/class. Registration required (321-868-1101).

**Friends of the Library Book Sale**  
Feb 22 - 24 Thur and Fri 9am - 4PM; Sat

10 AM - 1:30 PM.

**Ed Mercier Concert** Feb 26 at 6:00 PM  
**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. No class on 2/21.

**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. No Zumba class on February 9 and 23.

**Yoga with Pam**

Fridays from 2-3pm. This class is suitable for all bodies. \$5/class. No classes on February 9 and 23.

**Book Club**

Fourth Friday, 10:45-11:45am

**Music Lovers Unite**

Third Saturday, 12:30pm-1:30pm

**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**

<b>Computer Basics Class</b> Tuesdays, 10:00-11:00AM or 11:00AM-12:00PM <b>Hooks and Needles</b> Tuesdays, 1:00PM – 2:00PM	<b>Line Dancing Class with "Dance Lady"</b> Mondays, 12:00PM – 2:00PM Fee: \$5 per class. <b>Crafternoon</b> First Wednesday, 2:00PM-3:00PM.	Materials are provided. <b>Book Club</b> First Thursday, 1:30PM <b>Painting Class</b> First Thursday, 6:00PM Fee is \$10 and covers all supplies. Registration is required as space is limited. <b>Cook the Book Club</b> Third Thursday, 6:00 PM
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**Palm Bay Library 1520 PORT MALABAR BLVD NE, PALM BAY 321-952-4519**

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

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

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

<b>Sit-n-Stitch</b> 1-3pm, meets first & third Wednesdays. <b>TGIF Seaside Piecemakers</b> 9am-1pm, meets second & fourth Fridays. <b>Non-Fiction book club</b> , 3-5pm, meets fourth Tuesday <b>Brevard Investment Education Group</b> 10:30am-1pm. Meets second Mondays. <b>International Plastic Modelers</b> 6-7:45pm. Meets second Tuesdays.	<b>Suntree Library book club.</b> Meets fourth Wednesdays. <b>Seaside Quilt Show Group</b> , 1-5pm, meets first Monday <b>Wednesday Art Group</b> , 1:30-4pm. Meets second Wednesday <b>Space Coast Poets</b> , 5:30-7:30pm. Meets 3rd Tuesday <b>Seams Unique Fiber Artists (SUFA)</b> 10am-3pm, meets 3rd Monday	<b>Books are ALWAYS Better Book Club</b> February 19, 6:30-8pm <b>Space Coast Modern Quilting Guild (SCMQG)</b> 9am-12pm, 3rd Wednesday <b>American Numismatic Association (ANA) Coin Talk with Bob</b> 6-7:45 PM, 4th Tuesday <b>Multiple Myeloma Support Group</b> 4th Mondays 10:30am-12:30pm <b>Neighbors "Coffee and Conversation"</b> First Mondays, 9:30am-11:30am <b>Tai Chi Class with Brad</b> 2nd Saturdays, 9:30-10:30am <b>Ikebana - Japanese flower arrangements</b> February 13, 1-3pm <b>Brevard Authors Critique Group</b> 3rd Thursdays, 10am-1pm <b>Neighbors Book Club</b> 3rd Thursdays, 2-4:30pm
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**Eau Gallie Civic Center 1551 HIGHLAND AVE, MELBOURNE 321-608-7400**

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

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

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

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

## FEBRUARY 2024 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**

<b>Bingo each Monday at SB Civic Center, doors open 9:30am</b> , game begins 11am. Card fees apply.	<b>Line Dancing Tuesdays and Thursdays</b> at Schechter Community Center, 1pm-2pm. Fee paid at the door.	<b>Game Night each Wednesday</b> at Schechter Community Center, 6-9pm. Free!	<b>Walking Group each Tuesday 8am-9am and Wednesday/Thursday 8am-9:30am</b> at Schechter Community Center Gym. Free!
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**Martin Andersen Senior Center 1025 S FLORIDA AVE, ROCKLEDGE, FL 32955 321-631-7549 martinanderseniorcenter.com**

<b>MONDAY</b> <b>Andersen Quilters</b> 9:00-12:00 <b>Bone Builders</b> 9:00-10:00 <b>Busy Fingers Crafts</b> 9:00-11:00 <b>Intermediate Tap</b> 10:30-12:00 <b>Party Bridge</b> 12:15-4:00 <b>Belly Dance</b> 12:30-1:30 <b>Spanish Class</b> 1:00-2:00 <b>TUESDAY</b> <b>Art &amp; Painting</b> 9:00-12:00 <b>Morning Stretch &amp; Exercise</b> 9:00-10:30 <b>*SHINE Counselor</b> 9:45-11:45	<b>Grief Counseling</b> 2nd& 4th Tues 10:00-12:00 <b>Basic Line Dancing</b> 10:30-11:30 <b>Line Dancing</b> 12:00-1:30 <b>Gentle Yoga</b> 2:00-3:00 <b>Tai Chi</b> 2:00-3:00 <b>WEDNESDAY</b> <b>Bone Builders</b> 9:00-10:00 <b>TOPS</b> 9:30 –11:00 <b>Writing Workshop</b> 9:30-11:30 <b>Video Exercise</b> 11:30-12:30 <b>Spanish Conversational Class</b> 12:30-2:30	<b>New Horizons Concert Band</b> 9am - 11am <b>New Horizons Jazz Band</b> 12pm-2pm <b>THURSDAY</b> <b>Water Colors (Begin/Inter)</b> 9:00-12:00 <b>Gentle Yoga</b> 10:30-11:30 <b>Morning Stretch &amp; Exercise</b> 9:00-10:30 <b>*SHINE Counselor</b> 9:45-11:45 <b>Intermediate Tap</b> 10:30-12:00 <b>Sewing Circle (4th Thurs)</b> 10:30-1:00 <b>Karaoke</b> 11:00-3:00 <b>Chair Stretch &amp; Balance</b> (2nd&4th) 2:00-2:50	<b>FRIDAY</b> <b>Art &amp; Painting</b> 9:00-12:00 <b>Bone Builders</b> 9:00-10:00 <b>Party Bridge</b> 12:15-4:00 <b>Video Exercise</b> 11:30-12:30 <b>Spanish Class-Beginner Plus</b> 1:00-2:00 <b>Ballroom Dancing Class</b> 2:00-3:00 <b>SATURDAY</b> <b>Dance</b> 2nd& 4th Sat 7:00-10:00pm
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# FEBRUARY 2024 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

**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:**  
**10:00 am: Crafty Ladies (seasonal)**  
**11:00 am: Euchre**

**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

**10:40 am: Happy Feet**

**Wednesday:**  
**9:30 am: Zumba Gold**  
**10:45 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

**11:00 am: Pinochle**  
**11:45 am: Posing to the Oldies (seasonal)**

**Thursday:**  
**10:40 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 nbsc.com**

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

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

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

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

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

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

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

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

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

(321) 537-5322  
**Muscle Memory Strength Balance** 10:00AM-11AM Natine (321)609-0999  
**Tap & Jazz** 11AM-12PM \$2/\$3 Marsha (321)264-2776

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

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

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

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

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

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

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

**Zumba Gold** 9:15AM-10:15AM \$5/\$6 Robin (321)514-5945  
**Golden Hearts Senior Fitness-** Wednesday 11AM-Noon \$5/\$6 Robin 321-514-5945  
**Hurricane Rug Hooking** (2nd & 4th Wed) 10AM-2PM \$2/\$3 Fonda (321)-298-2796

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

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

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

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

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

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

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

321-848-4689  
**Zumba** 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945

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

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

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

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

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

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

**Line Dance Social** (1st and 2nd Fri) 6PM-9PM \$5 Ferrell 321-267-0195

**SUNDAY**  
**Intermed./Adv'd Line Dance Class** 2PM-4PM \$3/\$4 Pat (321)268-2333

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

**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

## FEBRUARY 2024 ONE SENIOR PLACE EVENTS

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

**Chair Yoga**, Friday February 2nd, at 8:30am. A body in motion stays in motion, come move with us! Class will be led by Beth Cooper. Please bring a towel. Class size is limited, RSVP required, call 321-751-6771.

**FREE Liver Scans**, Monday February 5th, and Wednesday February 21st, from 10am – 2pm. Clin-Cloud 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.

**Hand Dyed Silk Scarf Workshop**, Tuesday February 6th, at 10am. Kathy Murphy-Childs, with Cape Canaveral Pen Women will present. In this two-hour workshop you will learn the basics of using quick set silk dyes and dye a beautiful 11x60 in silk scarf for yourself or to give as a gift. Sponsored by Barbara Asinari with Oceans Realty Florida. MUST call to RSVP to 321-751-6771.

**FREE Memory Testing**, Tuesdays February 6th and 20th, from 10 – 2pm. 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 February 7th, from 11am, REPEATS Thursday February 22nd, from 2pm. 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.

**Growing Old Without Going Broke**, Thursday February 8th, 10am. Presented by the Estate Planning & Elder Law Centers of Brevard. Topics discussed, how to pay for long term care (home health care, assisted living facility, or nursing home) privately, through VA assistance or Medicaid so that you can make intelligent, informed choices. One size does not fit all. RSVP to 321-751-6771.

**Movie Matinee with Rhodes Law, PA**, Thursday February 8th, at 2pm. Hosted by Rhodes Law, PA. Join us as we watch this classic "While You Were Sleeping", and enjoy movie treats! MUST RSVP to 321-751-6771.

**Senior Health Friday with Nurse Lisa, Tips to Maintain a Healthy Heart!**, Friday February 9th, at 10am. Presented by Lisa Conway, RN, CCM with Senior Partner Care Services. Refreshments sponsored by Senior Partner Care Services. RSVP to 321-751-6771.

**Ask The Doctor Lunch & Learn Series**, Tuesday February 13th, at 11:30am. Seating is limited, RSVP required, call 321-751-6771.

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

**Galentines Tea**, Wednesday February 14th, at 10am. Join us with your favorite gals for a special

Valentine's Day tea. MUST RSVP to 321-751-6771.

**Coffee & Conversation: Chat With a Memory Health Expert**, Thursday February 15th, at 10am. Join us for an open Q & A with Deidra Shubert, a memory and brain health specialist, from Merritt Island Medical Research. Limited seating, must RSVP to 321-751-6771.

**5 Movements to Better Mobility**, Friday February 16th, at 8:30am. Class will be led by Beth Cooper. Please bring a towel. Class size is limited, RSVP required, call 321-751-6771.

**Hearing Loss [= Brain Stress?], Lunch and Learn Seminar**, Friday February 16th, at 11am. This presentation brought to you by Personal Hearing Solutions. During this presentation you will learn how living with hearing loss negatively impacts our ability to think and what we can do about it. Boxed lunch provided, must RSVP to 321-751-6771.

**Veterans Benefits**, Tuesday February 20th, at 10am. Elder law attorney William A. Johnson will take a comprehensive look at how to qualify for the VA Aid & Attendance Program with an emphasis on asset protection and preservation. RSVP to 321-751-6771.

**MacMad User Group**, Tuesday February 20th, at 5:30pm. Messages, FaceTime, Apple devices have many ways to communicate, but what are the best uses, and what are the limitations? RSVP to 321-751-6771. Presented by Jim DeLaura, RJFS and MAC Mad.

**Estate & Medicaid Planning - Get Your Plan in Order!**, Wednesday February 21st, at 10am. This seminar will discuss the basics of estate and Medicaid planning. Presented by Ruth C. Rhodes, Esq. and Jackie McManus. RSVP to 321-751-6771.

**Low Back Pain: Causes, Prevention, Treatment**, Thursday February 22nd, at 12pm. Presented by Aquatic Health & Rehab. This presentation will discuss the causes, prevention, and treatment of low back pain. For more information and to RSVP, call 321-253-6324.

**What's Cooking?**, Friday February 23rd, at 10am. Join us for a cooking demonstration and tasting from local Senior Living Community chefs. Featuring Palm Cottages Chef, Thomas Gurley. Seating limited. MUST RSVP to 321-751-6771.

**Quit YOUR Way, Free Tools to Quit Program**, Friday February 23rd, from 2pm. 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.

**AARP Smart Driver Course**, Monday February 26th, at 9am. This driving refresher course from AARP Driver Safety will be offered at One Senior Place. This course is open to drivers of all ages and costs \$20 for AARP members (bring card) and \$25 for non-members. This class is taught by certified volunteer instructor Nancy Westerband, call 973-607-7996 to secure your seat.

**Essential Legal Documents That Provide Peace of Mind**, Tuesday February 27th, 10am. Presented by the Estate Planning & Elder Law Centers of Brevard. Find out what estate planning documents are the essential ones everyone should have, what they mean, and how they can provide you some peace of mind. RSVP to 321-751-6771.

**Top 10 Things to Know About Your Florida Property**, Wednesday February 28th, 10am. Join Attorney Robyn Hattaway for a dynamic session where we'll delve into critical topics such as homestead rights, title issues, and Condo/HOA issues. Whether you're in a Condo or a single family home, this seminar is your key to unlocking a deeper understanding of the legal framework that shapes your Florida property ownership rights and responsibilities. RSVP to 321-751-6771.

**Estate Planning Seminar**, Thursday February 29th, at 10am. Elder Law Attorney William A. Johnson, P.A. will discuss the basic principles of estate planning, including information on wills and trusts, asset transfers, beneficiary designations, probate and homestead. This presentation will also include a discussion on the importance of having your advance directive documents such as the durable power of attorney, health care surrogate and living will in place in the event of incapacity. Limited seating must RSVP to 321-751-6771.

### SUPPORT GROUPS

**Loss, Grief & Bereavement Support Group**, Thursdays February 8th and 22nd, at 10am. 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 February 21st, at 10am. 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 February 21st, at 2pm. 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.

### RECURRING EVENTS

**Ask the Realtor**, Oceans Realty Florida, Every Monday from 9am – 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.W

**Book Club - Legacy Club**, Thursday afternoons at 1pm. 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:

**Chassity Inglis**  
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321.339.0551

8085 Spyglass Hill Road

Viera, Florida 32940

Monday–Friday 8:30 am–5 pm

Visit [OneSeniorPlace.com](http://OneSeniorPlace.com)



## SENIOR LIVING OPTIONS DAY & CHEF COMPETITION

# A Taste of Senior Living

**FRIDAY, MARCH 1, 2024 • 11AM-1PM**

REGISTRATION 10:30AM, DOORS OPEN AT 11:00AM

PRESENTED BY:



**THE BRENNITY**  
- AT MELBOURNE -

**CENTER FOR COLLABORATION**  
**1100 ROCKLEDGE BLVD (HWY 1), ROCKLEDGE**  
**RSVP 321-751-6771 or [OneSeniorPlace.com](http://OneSeniorPlace.com)**

**FREE  
EVENT!**

Compare Brevard's best senior living communities all in one place while enjoying food samples from the Chef Competition. You'll vote for the Best Chef in Senior Living!

- Appetizer & Dessert Samples
- Door Prizes & Giveaways
- Senior Living Resources
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# VOLUNTEERS NEEDED!

New medical research studies are enrolling in Viera including:

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- Asthma
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- Fibrosis
- Gastroparesis
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- Memory Loss

Study participants may receive compensation for time and travel. No medical insurance is required. Call today or visit us online to find out if you qualify.



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## FREE MEMORY SCREENS