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Letter from the Publisher



Have you recently stopped to think what a great place Brevard County is? Great weather, community events, shopping, schools, elder services, on and on. It's so easy to gripe if it goes below 60 degrees or if we get stuck in 5 minutes of traffic. For those of us with roots up North, it's easy to forget about 12 inches of snow or an hour commute. So enjoy what we have here and spread the smile.

It seems like we have returned to some activity for health fairs and expos. As always, we sponsor and participate in most of these and love to meet so many of our readers. We are constantly amazed at our readers' active life style, community involvement and attention to the world around us. We also enjoy the complements about Senior Scene Magazine and the recognition of our place in the community.

Speaking of health fairs and expos, check out the MEGA Senior Expo presented on page 3.

This month we are asking for your opinion on our monthly article focusing on local history. Our community is rich with history and we enjoy presenting it to you. Please send us an email about how much you enjoy this feature. Send to bcfl@seniorscenemag.com.

Senior Scene is excited to remind our reader about a resource here in Brevard County for our mature residents. This is a professional, comprehensive and uncomplicated online product, designed to provide a centrally located Directory of all businesses and services available to our Seniors. Go to www.helpingseniorsdirectory.com and enjoy. Speaking of Helping Seniors of Brevard, this essential, non-profit organization currently has two fund-raising programs. See page 47 for the fantastic cruise event and watch their Newsletter for future information on their Car Raffle.

Please take care and stay safe. See you next month.

John

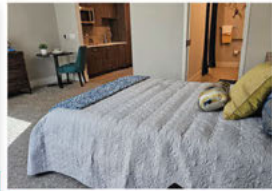
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TINSELTOWN TALKS

Billy Dee Williams – More Than A Charming Space Pirate

By Nick Thomas

As any devoted Star Wars fan can deduce, the title of Billy Dee Williams' new autobiography, "What Have We Here?" released in February, is a nod to the actor's most famous character – Lando Calrissian. The smooth-talking caped space smuggler first greets Princess Leia with that line in 1980's "The Empire Strikes Back."

While the feisty cinnamon-bunned princess may not have swooned on-screen when the charming Lando gently kissed her hand before eventually joining forces to save their galaxy (although Leia's fleeting smirk suggests her royal knees might have buckled slightly), other screen characters were not so demure when confronted with the suave actor.

For instance, Diana Ross (playing singer Billie Holiday) first glimpses Williams (portraying her future lover, Louis McKay) in 1972's hit movie "Lady Sings the Blues." Her character promptly sinks to the floor, emotionally melting – mouth agape – captivated by the dreamy, white-suited Williams gracefully descending a staircase.

"When I saw film of myself walking down those stairs, I fell in love with me!" said Williams, laughing, from his home in Los Angeles. In real life, too, fans were similarly drawn to Williams' charisma.

"I even had a woman faint right in front of me and it's all very flattering," he recalled. "But I don't take myself too seriously."

Beyond his Hollywood status as a heartthrob or swashbuckling space pirate, Williams was a solid, compelling actor throughout his long career that began when he stepped onto a Broadway stage, barely 8 years old.



Raised in Harlem during the 40s in a moderately well-off household, young Billy's family supported his interest in the arts which also included painting – a career he originally planned to pursue. But in 1956, on a chilly winter's day in New York City, he literally bumped into a TV casting director emerging from a clothing store, striking up a conversation.

The chance encounter led to an offer of work as an extra in East Coast television series, reinvigorating his interest in

Billy Dee Williams... continued on pg 21

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Lynching Tree Lane

By Diane Barile, Vice Chairman of the South Brevard Historical Society

Everybody knew what happened to Mr. James Clark in July 1926. No investigation was needed in the segregated town of Eau Gallie, Florida. A community leader later said, "The whole thing was from someone's imagination." Another said, "Rape was a worse crime back then—their thinking was anybody who did a thing like that ought to be hanged."

Mr. Clark was a well-dressed northerner in a black chauffeur cap working for a traveling salesman staying at a riverfront hotel. Maybe he didn't know that blacks were not allowed in

town after dark. He was accused and arrested for raping the hotel manager's 10-year-old daughter. An unnamed black preacher was a supposed witness. There was no statement or defense from the accused.

Rumors of a lynching spread through town. A couple of boys watching the alley leading from the jail to the Dixie Highway saw the Chief of Police leave in a car with the black man. Suddenly, ten men rushed out of the pool hall, jumped into two cars, and followed the squad car. Those setting out to be "judge and jury" for that "outsider black man" were easily recognized by the boys.

The police chief returned about a half an hour later saying, "My car was stopped by masked men who took my gun and the accused."

The two cars now drove Mr. Clark three miles north to Rocky Water Camp, a town gathering place in an oak forest with a stand of Longleaf Pines. A rope with a prepared noose around Mr. Clark's neck was slung over the low pine branch. The box where Mr. Clark stood was kicked away for the execution.

But, instead the man was still breathing—handcuffed, legs-bound—his eyes focused on the executioners. Now they were uncomfortable. "Now what?" "What do we do now?" "I don't want to watch this—guess we have to shoot him." "You do it." Clark writhed. Finally, one fellow retrieved a shotgun from the car and shot the strangling man.

The killers left their victim hanging from the tree and melted back to their cozy homes and families. There are no records to date of James Clark's words, family, or home. Thankfully, it was the last lynching in Brevard County.

The boys knew where to find Mr. Clark's body the next morning—still hanging dead on the pine. A local photographer



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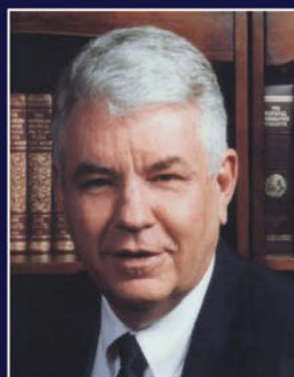
K.C. Grapes

K.C. Grapes is a self-taught artist who works in oil, acrylic, and fabric. Her main subjects have always been domestic and wild animals even though her techniques, style, and mediums have evolved over the years. K.C.'s most recent works feature Florida wildlife painted with acrylics on fence pickets for a very "beachy" look.

K.C. was an art director in her co-owned ad agency in Pennsylvania and New York for 30 years. She is now retired from business, living with her husband in West Melbourne, and enjoying painting full time for a change. She is a member of The Art Students Guild of Brevard (TASGOB), Studio Art Quilters Association (SAQA) and Brevard Cultural Alliance. I sell EXCLUSIVELY through BCA. And... I will accept commissions through BCA. ©



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What Did I Do Wrong?

By Joe Steckler, President, Helping Seniors of Brevard County

What If I had done things differently? That is a good question and a common worry for seniors. It is also an issue most of us think we cannot change or do something about and that too is subject to discussion. I guess it all depends on how much the question bothers a person.

As we age, we often come across someone who is truly unhappy. No matter how much we want to help such a person, nothing seems to work or bring about a different outcome. Does that mean we should stop trying to help such a person? Not at all, but it does mean we might have met our own limitations in trying to advise them.

While we cannot always change another person, we most certainly can change the way we are trying to help. Too often, we want others to adopt a lifestyle we see fitting them best, when in fact such a change might not be beneficial at all. Then we must regroup and rethink the problem at hand. Maybe we need someone to tell us how to do things differently so we can achieve better outcomes for those we are trying to assist. It can become a huge problem unless we find the right source to guide us.

Geriatric care can become more difficult if resources are misdirected. Too often we look for quick solutions to a complicated problem that requires more training than most of us have. Recognition that we are at an impasse is vital. I hope the foregoing discussion will enable you to ascertain

whether you have reached a point where it is time to call in reinforcements for a problem you are trying to resolve. As we get older there are many times we might question the path we have chosen to get where we are in our life. For most of us it is fine but there are those that might need selective support.

Helping Seniors of Brevard, now in its 13th year, operates a Senior Resource Center on the second floor of the Apollo Professional Tower at 1344 S. Apollo Boulevard, Melbourne. Various resources that assist seniors are located in the Center, plus a calling card library of senior services from Micco to Titusville. One of the most sought-after services for those caring for seniors is respite care for the caregiver—did you know that free services can be obtained at the Brevard Alzheimer's Foundation or at Holy Name of Jesus Catholic Church, Indialantic, as well as other locations throughout Brevard County? Places of assistance are available; you just have to know about them.

If you are not happy with your life, make a change and become a volunteer at the Senior Resource Center. Help another senior in need with respite care, transportation, or telephone contact. ☺

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What is Probate?

By Attorney Truman Scarborough

This is the third in a series of articles on probate. When someone dies, assets titled just in the decedent's name with no 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 process where property is transferred from the decedent to the beneficiaries is called "Probate".

In these articles, we have been looking at the "Formal" probate process for larger estates. In next month's article we will look at two shorter processes called "Summary Administration" and "Disposition of Personal Property Without Administration". Summary Administration is available: 1] two years after the decedent date of death or 2] when there are no creditors and the probate assets are less than \$75,000. While Formal Probate takes approximately six months (if there are no problems), Summary Administration takes less time. With Summary Administration, the court does not appoint a Personal Representative (executor) to administer the estate but simply enters an order directing distribution of assets to the beneficiaries.

With Formal Probate, the probate court creates a legal entity called the "Probate Estate" and appoints a Personal Representative to administer the estate. The word "Probate" essentially means "to prove." You may know that there are no

problems with beneficiaries or creditors, but the court does not.

In the last article we looked at the Personal Representative's responsibilities to beneficiaries and creditors. We will now look at the Personal Representative's responsibilities for taxes and expenses for administration.

TAXES: The Personal Representative must file a Personal 1040 Income Tax Return for income received while the decedent was living. Income received after the decedent's death is reported on a separate 1041 Fiduciary Tax Return. We cannot use a person's social security after they die and the Personal Representative must obtain a new tax identification number called an EIN from the IRS. For income earned while the decedent was living, 1099s will show the decedent's social security number. Income earned after the decedent passed away will show the EIN. There is a substantially higher tax rate on a 1041 than on an individual 1040 return. To avoid the higher tax rate, income is distributed from the estate to the beneficiaries and shown on Schedule K-1s. This way the income can be reported on individual 1040 tax returns, avoiding the higher tax rate on the 1041.

For large estates, the Personal Representative may also

What is Probate? continued on pg 43


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1. "They should not allow topless sunbathing on the beach. It was very distracting for my husband who just wanted to relax."
2. "On my holiday to Goa in India, I was disgusted to find that almost every restaurant served curry. I don't like spicy food."
3. "We went on holiday to Spain and had a problem with the taxi drivers as they were all Spanish."
4. "We booked an excursion to a water park but no-one told us we had to bring our own swimsuits and towels. We assumed it would be included in the price."
5. "The beach was too sandy. We had to clean everything when we returned to our room."
6. "We found the sand was not like the sand in the

brochure. Your brochure shows the sand as white but it was more yellow."

7. "It's lazy of the local shopkeepers in Puerto Vallarta to close in the afternoons. I often needed to buy things during 'siesta' time -- this should be banned."
8. "No-one told us there would be fish in the water. The children were scared."
9. "Although the brochure said that there was a fully equipped kitchen, there was no egg-slicer in the drawers."
10. "I think it should be explained in the brochure that the local convenience store does not sell proper biscuits like custard creams or ginger nuts."
11. "The roads were uneven and bumpy, so we could not read the local guide book during the bus ride to the resort. Because of this, we were unaware of many things that would have made our holiday more fun."

Travel Tips continued on page 49



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Medical Marijuana Simplified[®]

How To Get Your Certification & Medical Marijuana Card

By Paul Weisman, MD



The process to obtain a medical marijuana certification, get your state medical marijuana card, and purchase your medicine takes 3 steps:

1. GET CERTIFIED BY A QUALIFIED PHYSICIAN:

Make an appointment with a qualified physician who has taken and passed the state required medical marijuana course. Qualified physicians have variable experience with medical marijuana and not all physicians have the same knowledge of medical marijuana usage and ability to educate the patient. State law mandates that all new patients and all transfer patients must see their physician in person, not by telehealth, for the first visit. The qualified physician will review your past medical history and evaluate your current signs and symptoms for possible medical marijuana therapy. If the qualified physician determines that you are a good candidate for medical marijuana, they will enter you into the State's Medical Marijuana Use Registry (MMUR) and electronically place your orders for medical marijuana into the registry.

2. APPLY AND PAY FOR YOUR MMJ CARD:

Once you are in the registry, you will receive 2 emails from the state. The first is a confirmation email with your username (your email address) and the second is your temporary password to access the registry. You must reset your password. If you do not see them, check your junk mail. (If you cannot find the emails, go to the <https://mmuregistry.flhealth.gov>, click on forgot password, put in your email and they will email you another temporary password).

- Create a new Password: it must be 12 characters long, contain a Capital, lowercase, a number and special character.
- Once you have successfully reset your password, use the "Menu" button and login
- Click on "Your Card"
- Then, Click on "Begin Initial Application"

(If your photo appears, click "apply" twice) when you see the blank gray square, click "Supply Photo" and then "Check State ID" to bring over your Florida Driver's License from DMV (If you are an out of state resident, you will need to supply a photo).

Scroll down to the second section, click "Proof of Residency" and then "Check state residency" and pull over your DMV information again, then click apply twice. (If you are an out of state resident, you will need to supply a proof of residency status). Out of state residence use 2 items such as cable bills, lease, bank statement).

Fill in your First and Last name in the bottom section exactly as it appears above the boxes and click the submit button, then the close button.

When the box appears in the third section, click the button "Make Payment online". Click on the appropriate payment tab, fill in all information and submit. You will be charged \$77.75. (If you do not see the continue button on the bottom right, slide the screen left). A second verification screen will appear, type in your email, and click the box, then submit.

You will receive an email in about one hour with your approval if you are able to use the DMV information. It may take up to 10-14 business days for approval if you must submit your passport picture or proof of residency. You will receive another email when approved. Your card will be mailed to you whenever it is printed.

You can also mail an application to:

Office of Medical Marijuana Use
P.O. Box 31313
Tampa, FL 33631-3313

3. PURCHASE YOUR MEDICINE AT A STATE-APPROVED TREATMENT CENTER (MMTC) Also known as a DISPENSARY

After you receive your approval from the state via email and your orders are placed in the registry by your qualified physician, you may go to any MMTC with your driver's license or other form of State or Federal identification to purchase the medical that was recommended by your qualified physician. The physical medical marijuana card will be mailed to your registry address in a couple weeks after you are approved. You do not need the card to go to a dispensary. Many dispensaries have the options of ordering online as well as going to their physical locations. Some dispensaries offer the option of home delivery.

Medical marijuana products are available in Low THC, Medical Marijuana with higher THC and Smokable Flower. Your access and types of routes available to you will be determined by what your qualified physician has ordered.

Can someone under 18 years old, like my grandchild, qualify for a medical marijuana card?

If you are under the age of 18, a legal guardian must accompany you to your visit with the doctor and ALL pediatric patients under 18 years old will require a second physician to recommend for evaluation of medical marijuana. The legal guardian is required to take the caretaker course and get their own Caretaker Medical Marijuana Card from the state. The Caretaker is the only one allowed to purchase, transport, and administer the medical marijuana medicine to the minor patient.

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 to schedule an appointment. [®]



Traveling With Electronics

By James Bowman, Data Rescue Computer Services

When traveling, especially by air, there are certain regulations and recommendations regarding what electronics are safe to pack in checked baggage due to safety concerns, such as potential damage or risk of fire. Here's a general guideline:

■ Laptops and Tablets:

While it's generally safe to pack laptops and tablets in checked baggage, it's often recommended to carry them in your carry-on luggage instead. This is because these devices are valuable and fragile, and there's a risk of damage or theft when placed in checked baggage. Additionally, lithium-ion batteries in laptops and tablets can pose a fire risk if damaged.

■ Smartphones:

Smartphones are also typically safe to pack in checked baggage, but like laptops and tablets, it's generally better to carry them in your carry-on luggage due to their value and the risk of damage or theft. Lithium-ion batteries in smartphones can also pose a fire risk if damaged.

■ Power Banks:

Portable chargers or power banks are generally allowed in both carry-on and checked baggage, but there are restrictions on their capacity. Power banks with a capacity

exceeding 100 watt-hours (Wh) are usually not allowed in checked baggage due to safety regulations. It's best to check with your airline for specific restrictions.

■ Camera Equipment:

Camera bodies, lenses, and other camera equipment are generally safe to pack in checked baggage, but like other valuable and fragile items, it's often recommended to carry them in your carry-on luggage instead to minimize the risk of damage or theft.

■ Other Electronics:

Other electronics such as e-readers, portable gaming devices, and electronic accessories are generally safe to pack in checked baggage, but it's advisable to carry them in your carry-on luggage if possible to minimize the risk of damage or theft.

■ Electronic Devices with Lithium Batteries:

It's important to be aware of regulations regarding lithium batteries when packing electronics in both carry-on and checked baggage. Spare lithium-ion batteries (such as those used in cameras, laptops, and other devices) are typically not allowed in checked baggage and should be carried in your carry-on luggage instead. Make sure to check with your airline for specific regulations and restrictions regarding lithium batteries.

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Traveling With Electronics continued on page 39



Is It A Bad Time To Retire?

Max ValaVanis, CFP®

Sometimes retiring can be scary. The concept of an “eternal Saturday” may be exciting for one retiree and just as horrifying for another. As a Certified Financial Planner, many of my clients battle this decision: when is the time right. Unfortunately, your mindset isn’t the only variable in determining if the time is right. When approaching retirement age, you could’ve dotted your I’s and crossed your T’s, but the economy could rear its ugly head and squash your plans. So, I ask again, “Is it a bad time to retire?”

When taking a peek at the state of our economy, questions and worries may arise. In April, the U.S. Bureau of Labor Statistics announced an inflation rate of 4.9%. While this number may be a welcome sign to those who remember the 9.1% inflation peak in 2022, the figure still leaves much to be desired. As the Federal Reserve maintains its target of 2% inflation, they may continue rate hikes. Not only do these hikes – typically – cause inverse reactions to the stock market, but they drastically increase the cost of borrowing. Retirees thinking about downsizing in retirement may want to reconsider. Currently, the inflation rate is 3.1% and mortgage rates are sitting around 7.9%, a far cry from the rates seen in years past. Adding insult to injury, many other factors, such as the banking crisis, further weaken the economy.

You may be thinking, so what? Or how does this affect me?

For many retirees – or soon-to-be retirees— their most vital assets are their retirement accounts. The IRAs, ROTHs, 401(k)s, etc., can all be affected by these simple factors, and retiring at the wrong time can exacerbate their negative impacts. According to a 2020 Vanguard study, the timing of retiring during a weak economy can be monumental to living a comfortable life. In this study, two people are retiring with the same amount of money, investing in the same investments, and withdrawing the same dollar amount yearly. The only difference is one of the retirees retired in 1973 and the other in 1974. Over 35 years, and with 34 years overlapping between the two, the 1973 retiree ran out of money in year 23, and the 1974 retiree still had 25% of their preretirement amount at year 35. This study further highlights the impact the strength of an economy and timing can have on your retirement.

Fortunately, proper planning can help mitigate these variables. If done right, you do not have to fall victim to poor timing. While it is always best to have your retirement financially planned years before making the decision, planning late is better than never. If you or anyone you know is worried about how this economy may influence your

Is It A Bad Time To Retire? continued on page 39

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Nearly 55% of people receiving Social Security benefits are women. Today, more women work, pay Social Security taxes, and earn credit toward monthly retirement income than at any other time in our nation's history.

Women have longer average life expectancies and tend to live more years in retirement than men. This means women have a greater chance of exhausting other sources of income while their Social Security benefit continues for life. It's important for women to plan early and wisely for retirement.

Our online booklet, Social Security: What Every Woman Should Know at www.ssa.gov/pubs/EN-05-10127.pdf, provides detailed information about how life events can affect a woman's Social Security retirement benefits. These events may include marriage, death of a spouse, divorce, self-employment, and other life or career changes.

A worker's earnings history will determine their future benefits, so we encourage all workers to verify that the information in their record is correct. You can create a personal my Social Security account at www.ssa.gov/myaccount to review your full earnings history. You can also view your Social Security Statement using your personal account to get estimates of future benefits and other important planning information.

If you find an error in your earnings record, it is important to get it corrected so you receive the benefits you earned. Our publication, How to Correct Your Social Security Earnings Record at www.ssa.gov/pubs/EN-05-10081.pdf, provides you with details on how to make a correction.



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Learn more about how Social Security benefits women at www.ssa.gov/people/women. Please share this information with your loved ones.



Combating Obesity

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

Before the COVID-19 pandemic in 2020, there already exists a pandemic related to excess body adiposity. In 2016, the World Health Organization (WHO) estimated that 1.9 billion adults and over 340 million children and adolescents aged 5-19 years were living with overweight or obesity. With the prevalence of obesity rising unabated, the WHO has projected that one billion globally, including one in five women and one in seven men, will be living with obesity by 2030.

March 4 will mark World Obesity Day, an opportunity to reflect and support actions that can help people achieve and maintain a healthy weight. This year's theme "Changing perspectives: Let's talk about obesity" aims to address misconceptions, end stigmas, and shift norms. Simplistic views of weight as a personal choice still remain and drive stigmatization – affecting confidence, creating barriers to accessing health care, and harming mental and physical health; whereas obesity is complex, multifactorial, with contributing factors embedded in the wider determinants of health.

Obesity is a serious public health challenge globally and a major determinant of disability and death. According to WHO, overweight and obesity have reached epidemic proportions in the European region, affecting almost 60% of adults and one

in three school-aged children. In the US, 14 million children and adolescents live with obesity. Acknowledging such a challenge, in March 2023, the American Academy of Pediatrics published a comprehensive guideline on evaluating and treating children and adolescents with obesity. The guideline recommends early and intensive treatment approaches, including motivational interviewing, intensive health behavior and lifestyle treatment, and pharmacotherapy and bariatric surgery if indicated. However, the dearth of supportive behavioral programmes nationwide and the substantial time and financial commitments required, could well impede progress.

Obesity develops across the life course. Vulnerability to unhealthy body weight can develop in early life, and therefore preventive measures must start early. The Food Foundation's (London, UK) recent report puts prevention at the heart and urges policy makers to include preconception and pregnancy in policies related to diet and obesity, as these are crucial times for a child's healthy growth trajectory. Children with obesity are five times more likely to be obese in adulthood. However, it is essential to take a life-course approach and

Combating Obesity continued on page 49

UPCOMING TRIPS

Strawberry Festival - Friday March 8th, \$119 - trip includes gate admission, strawberry shortcake and reserved seating for the afternoon headliner show "The Commodores" - bus 2 now selling, sign up by March 4th.



Medieval Times Dinner Show - Tuesday, March 26th, \$119 - trip includes dinner and show at Medieval Times in Orlando, sign up by March 15th need minimum of 40 for trip.

Tarpon Springs - April 3rd, Wednesday - \$129 - trip includes lunch at Mama's Greek Cuisine, time for shopping and Dolphin Adventure and Island Tour. Sign up by March 26th need 40 for trip.

Winter Park Chain of Lakes Tour - Wednesday, April 10th - \$89 - trip includes 1 hour tour by boat on the Chain of Lakes and then shopping and lunch on your own. Sign up by April 1st, need minimum of 40 for trip.

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According to the CDC, chronic diseases are the leading causes of death and disability in the United States. They're also the most significant factor in constantly rising healthcare costs. Because of that, there's been a shift in some of the healthcare industry and support for more widespread adoption of the value-based care model. That's because it puts more emphasis on preventative care for individuals instead of just treating ailments as they arise.

Quality Not Quantity

VIPcare uses a model that puts quality time spent between a doctor and a patient at the forefront. Where you may be used to spending 10-15 minutes with your doctor, at VIPcare, you can expect to spend 30 minutes or even up to an hour with them if needed. By spending more time with the physician, VIPcare believes patients will get more thorough diagnoses and treatments, leading to a better quality of life and less time spent in the hospital. And unlike other healthcare providers, VIPcare encourages patients to see their physicians often.

In efforts to guide patients to Better Health, VIPcare helps to eliminate potential healthcare burdens by offering services including same-day appointments, transportation assistance to and from clinics, and virtual visits when needed. VIPcare physicians are dedicated to always doing what needs to be


done to provide a better experience for their patients.

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Billy Dee Williams – More Than A Charming Space Pirate *continued from page 9*

acting. After moving to Hollywood, Williams would amass hundreds of film, television, and theater credits over the next six decades.

"For a young, brown-skinned boy like me growing up in Harlem, getting to Hollywood was a far-fetched dream in those early days," Williams said. "I'm not a very competitive person when it comes to something like sports, but I am when it comes to acting. I was determined to make it."


And he did, with lead roles in feature films such as "Mahogany" (1975), "Scott Joplin" (1977), "Nighthawks" (1981), as well as ABC's "Dynasty" series and the acclaimed TV sports bio-pic "Brian's Song."

"I didn't want people to

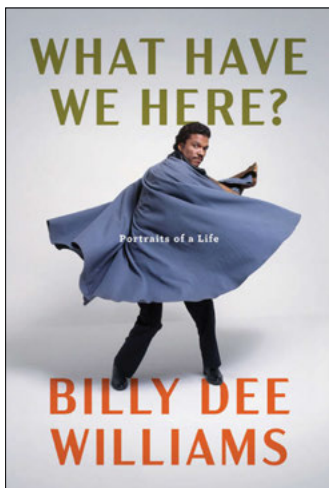
just see a young black kid from Harlem on the screen, but to appreciate the full spectrum of the characters I was playing," said Williams.

It's been almost 45 years since Williams first entered the Star Wars universe as Lando Calrissian. With his broad appeal and extensive acting experience, he was a popular addition to the franchise.

While he acknowledges that sci-fi actors rarely win Oscars or Emmys, Williams remains grateful for the recognition the character afforded.

"In the long run, I think the whole idea of creating a huge fan base gives you much more longevity," he said. "I'll be 87 in April, and I've had a lot of interesting experiences throughout my life that are described in the book. Some were not pleasant, but working on 'Empire' (and two other Star Wars movies) was. I'm always observing, learning, and trying to be a sponge, so to speak, to make myself a better actor." 

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.



My Doctor Recommended A Care Manager After My Hospital Stay. Why?

By Lisa Conway



ask ONE SENIOR PLACE

Lisa Conway

About 20% of Medicare patients are readmitted to the hospital within 30 days of discharge. Often, they'll have missed important follow-up appointments for help with new diagnoses, medications and treatments. So doctors understand that a Care Manager's involvement can help -- a lot.

Care management is a client-centered approach to caring for older adults or others with ongoing health issues. Certified Care Managers help family caregivers by doing assessments, monitoring their loved one and helping with medication management. Care Managers can be invaluable advocates, educating their clients and interfacing between numerous healthcare providers.



Before you ever leave the hospital, the Care Manager will gather your medical records and medication lists, speak to the doctors and nurses and consult on the best discharge plan for you. If home

health is needed, they will make sure it has been ordered before you are discharged. If private duty care is needed to keep you safe at home, it will be arranged. If you're heading to short-term rehab, the Care Manager will make sure everything is set up in advance.

From there, the Care Manager will oversee your healing and recovery process. Follow-up appointments with your doctor will be made --and the Care Manager will accompany you to them. They will ensure you have the correct medications and will monitor you for any drug interactions.

The frequency of the Care Manager visit is determined jointly with the client. While Medicare does not cover the

cost of Care Management services, some long-term care insurance policies DO.

If you're aging in place at home (or have elderly loved ones living alone), Care Management can make sense. Join me March 8th for Senior Health Friday, when we'll discuss Care Management as a component of "Aging in Place." RSVP online or call One Senior Place at 321-751-6771. ©

One Senior Place is a marketplace for resources and provider of information, advice, care and on-site services for seniors and their families. Questions for this column are answered by professionals in nursing, social work, care management and in-home care. Send questions to askOSP@OneSeniorPlace.com, call 321-751-6771 or visit One Senior Place, The Experts in Aging. Lisa Conway is a Registered Nurse, Certified Dementia Practitioner and a Certified Care Manager for Senior Partner Care Services, Viera. Ms. Conway hosts a monthly seminar, 'Senior Health Friday with Nurse Lisa.'

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Inside this Edition:

- ☒ Legal Documents You Need Now
- ☒ Long Term Care Planning
- ☒ Importance of a Professional Legal Plan
- ☒ Your Legal Plan
- ☒ Understand Subtle Signs of Cognitive Decline

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President's Message

A Word from Joe Steckler,
Our President & Founder



2024 is well underway and I am already looking forward to Super Bowl 59. Actually I am kidding, as there are a lot of senior needs that we need to address in these coming months, one of which is senior transportation.

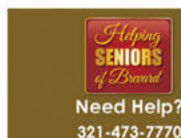
There just is not enough transportation that is available and/or affordable. What is available is so costly that seniors living on a fixed income find it cost prohibitive. Calls for transportation from Titusville to Melbourne for medical appointments are difficult to arrange. However, I think transportation might be easier to resolve than affordable housing. We will tackle that first.

Our Senior Resource Center, located in the Apollo Professional Tower in Melbourne, is fully operational, and events that are senior friendly are conducted regularly. To see what is available, go to www.Helpingseniorsofbrevard.org and check us out.

The car raffle is underway and weekend locations will also be published on our web site. This year's event, titled "Choose Your Adventure," will feature a Jeep Compass Sport, Dodge Hornet GT, Mazda3 Sedan S, Chevrolet Colorado WT Truck, Mitsubishi Outlander Sport 2.0 S, or Kia Sportage LX. You can also go to our website and get as many tickets as you desire.

We try to manage our fundraising so that we have a steady stream of income all year. The car raffle is our main fundraiser. This year we will send out email updates so those on our data base will be kept informed. Ideally we can do well enough so that we can build our reserve.

If you are finding out about us for the first time, please call us at 321-473-7770 or email info@helpingseniorsofbrevard.org and give us your email address so that we can send you our newsletter. There is no charge. Had 5,458 calls on our senior information line last year so there is a need, and we will appreciate your help volunteering or donating for raffle tickets. You could win a car.





Step #2 In Your Aging Plan

*Kerry Fink, Executive Director
Helping Seniors of Brevard*

It's ALL about making your Aging Plan so you can enjoy your best life, given your own personal and family situation!

Last month, we tackled "Health & Wellness" - Step #1 on your "Get Your Ducks in Row" planning - and this month we forge ahead into "Your Legal Planning," which has everything to do with your Health & Wellness (think who makes your medical decisions if you are not able to because of accident or illness) AND your financial well-being both now and in the future.

As you know, we have adopted two sub-themes - "Be Wise like an Owl - Don't Try this on Your Own" and "Don't be an Ostrich - Let's Confront what may be ahead and Make Good Plans About It!"

This month's Helping Seniors News features great expert Elder Law Attorney information as well as some nuances to consider from other Aging experts as it pertains to Long Term Care Planning and more. Our prayer is it is a good read for you and will help motivate you to take charge and make good decisions on your Aging Plan!

We're here to help and connect wherever we can - by all means, give us a call on our Senior Information Helpline at (321) 473-7770 or zip us an email at Info@HelpingSeniorsofBrevard.org. And, of course, our Joe's "Senior Resource Center", is at your service as well located at 1344 S. Apollo Boulevard, Suite 2-C, in Melbourne - we have no reason to exist other than to do our best to help you and your family where possible.

Thanks for your support and help as we work diligently to make life better for Seniors and those who love and care for them!



Have You Thought About This?

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

Legal issues? I don't have any!

As the Senior Care Navigator for the Helping Seniors of Brevard Senior Information Line, I get a lot of calls from seniors requesting legal advice or counsel. Helping Seniors of Brevard cannot provide you with legal advice, and we are certainly not legal experts. What we can do is lead you in the right direction for the legal needs concerning seniors.

Our large network of providers includes trusted expert Elder Care Attorneys that can assist you with a wide variety of issues including estate planning, wills, trusts, powers of attorney, health care surrogacy and more.

Occasionally, our information phone line receives calls from seniors who feel they have been "taken advantage of." While sometimes this is a misunderstanding, other times we find that indeed our seniors are being taken advantage of.

Here are the facts that I want you to know. First, most Elder Care Attorneys have a similar fee schedule, and are honest and are NOT trying to take advantage of seniors.

Second, if it sounds too good to be true...it probably is. Never trust an attorney who sought you out after an accident or misfortune without you contacting them FIRST. Honest attorneys do not need to chase you down for your business.

Lastly, know that Elder Care Attorneys work for YOU and are on your side.

If you as a senior have a legal concern or question, we at Helping Seniors of Brevard can lead you in the right direction to find a trusted Elder Care Attorney.

For more information or to donate, contact us at Helping Seniors of Brevard by telephone at 321-473-7770 or online at www.helpingseniorsofbrevard.org.



The Legal Documents That You Need Now

*William A. Johnson, P.A.
Elder Law Attorney*

The New Year is a perfect time for everyone to make sure their legal affairs are in order. You should have, at a minimum, the following documents:

- last will and testament
- revocable living trust, if needed
- durable power of attorney
- designation of health care surrogate
- living will
- pre-need guardian declaration

If you do not have these documents, an estate planning or elder law attorney can assist you with getting your affairs in order. If you have already gotten these documents, then take the time to make sure that they are up to date and express your current wishes.

Healthcare Documents

For managing your healthcare if you become mentally incapacitated, you need to have your advance directive health care documents. This includes having a designation of health care surrogate to name who would make your health care decisions if you are unable to give informed consent (or immediately) as well as a living will to express your end of life wishes. Both documents are very important in the event that you become incapacitated and unable to express your own healthcare wishes.

Financial Documents

On the financial side, a durable power of attorney allows someone to manage your financial affairs should you be unable to do so. You will need someone to pay your bills and manage your finances if you cannot. This should be someone very trustworthy because you will be giving them the

keys to your financial kingdom. Exploitation is a huge problem in Florida and the durable power of attorney is the favored tool of family exploiters.

In Case of Guardianship

A pre-need guardian declaration spells out who you want as the guardian of your person and property should a guardianship action be filed with the courts to determine your capacity. This document creates a presumption in favor of the person named in the document and absent them being a “bad” player they should be appointed.

Avoiding Probate

Furthermore, it is very important to have your estate planning documents done. A valid last will and testament and perhaps a revocable living trust are needed. Do not forget that your beneficiary designations are likewise very important as well. The main goal should be to avoid costly and lengthy probate proceedings.

Lastly, if you or a loved one becomes mentally incapacitated, it may be too late to do these documents if you lack the requisite legal capacity to understand and execute the documents. Plan ahead of time. An ounce of prevention goes a long way in preserving your wishes and making the transition smooth.



Estate Planning?

If you would like to guarantee that Helping Seniors of Brevard is around to serve future generations, we have created an endowment fund to work toward that goal.

For more information, please call us at 321-473-7770 or email

info@helpingseniorsofbrevard.org. Thank you!



Long Term Care Planning
Lori Peery, Financial Services Advisor
The Peery Agency



Legal Planning & Assisted Living Preparation

Denise Bergman, CSA, CDP
Senior Care Authority Brevard

As a National LTCi Plan Specialist, Laura “Lori” Peery helps her clients find the most cost-effective long-term care policy they are eligible to apply for.

Your health is a most important factor and it’s likely not going to get better as you enter your 60s and 70s. You risk being declined completely or having to pay a higher premium because you are classified as more of a health risk.

Finally, there’s the risk of losing the couple’s discount due to the death of one spouse, divorce, or a denial of coverage for one of the spouses.

American Association for Long-Term Care Insurance

Cost Of Waiting To Apply

How Much The Price Increases If You Wait

Issue Age	5 Years	10 Years	15 Years	20 Years
55	16.5 %	49.9 %	100.8 %	187.6 %
60	28.7 %	72.4 %	147.0 %	
65	34.0 %	91.9 %		
70	43.2 %			

Source: AALTCI 2021 LTCI Price Index
Example, both buying \$175,000 initial benefit,
growing at 7% compounded annually. State: IL,
January 2021

See Latest LTC Data - Facts - Costs

www.AALTCI.org/LTCFacts-2021

The cost of delaying when you purchase long-term care insurance can be as much as 147 percent according to new data released by the American Association for Long-Term Care Insurance (AALTCI). The cost for long-term care insurance is based on your age when you apply among other factors. Each year you wait is going to cost you more.

(Continued on page 30)

As individuals age, planning for the future becomes increasingly important, especially when considering the possibility of transitioning to an assisted living or memory care community. While many focus on medical and financial preparations, having a comprehensive legal plan in place is equally crucial. Here's why:

1. **Protecting Assets:** A professional legal plan can help seniors safeguard their assets and ensure they are utilized according to their wishes. This may involve establishing trusts, drafting wills, and creating powers of attorney to designate trusted individuals to manage affairs in the event of incapacity.
2. **Medicaid Planning:** Navigating Medicaid eligibility can be complex, particularly when it comes to long-term care coverage. A skilled attorney can provide guidance on Medicaid planning strategies to help seniors qualify for assistance while preserving assets for their loved ones.
3. **Healthcare Decision-Making:** In an assisted living or memory care community, seniors may face medical decisions that require clear directives. A legal plan can include advanced healthcare directives, such as living wills and healthcare proxies, to ensure their wishes regarding medical treatment are known and respected.
4. **Estate Administration:** Upon a senior's passing, proper estate administration is essential to ensure a smooth transition of assets to beneficiaries. A legal plan can outline the distribution of assets, address potential tax implications, and minimize the likelihood of disputes among heirs.

(Continued on page 29)



Your Legal Plan

*Tyler Runte, Esq.
Law Office of Amy B. Van Fossen, PA*

As you age, it is imperative to think about your aging plan. We all want to age as peacefully as possible, and having a plan will help achieve that goal.

There are many important pieces to an aging plan, one of those pieces being your legal plan. Who do you want to make financial or medical decisions for you if you can't make them for yourself? Do you want a living will? How do you want your assets distributed after your death? Who should be in charge of that distribution?

The answers to these questions are all part of the legal piece of your aging plan. Although some of these topics can be overwhelming and daunting to think about, it is important that your loved ones know your wishes, so your desires are carried out both during your life and after your death.

Your legal plan will consist of some important estate planning documents. These documents often include a Revocable Trust, Last Will and Testament, Durable Power of Attorney, Living Will and Health Care Surrogate, and Declaration Naming Preneed Guardian.

Each of these documents serves a unique and significant purpose. Other parts of your legal plan may include Medicaid planning, VA benefits planning, or case management.

As an elder law firm, our office specializes in helping navigate the legal planning process from start to finish. To schedule a consultation, call our office at 321-345-5945 or visit our website at www.amybvanfossen.com.



The Subtle Signs of Cognitive Decline

*Traci Graf, RN
AVID Home Care*

Many people will experience some age-related cognitive decline between ages 40 and 60, which is the normal and subtle deterioration of thinking and memory abilities due to aging. Signs may include things like slowness in thinking, difficulty paying attention or multitasking, retaining information, word finding, and recalling names.

This is different from mild cognitive impairment, which leads to dementia, yet may still interfere with daily activities of life. After reading a recent post on Facebook where someone was expressing frustration at an elderly woman she perceived as being rude, I felt it would be helpful to write about this important subject.

Changes in brain processing speed is the rate at which a person takes in new information, reaches a judgment regarding it, and formulates a response. **Our information processing speed changes as we age**, in the shape of an inverted U curve. From childhood to adolescence, our speed of thinking is relatively stable leading up to middle age, and from late middle age onward it starts to decline. There are many causes like high blood pressure, diabetes, vascular changes, strokes, medications. The list is endless and may not be obviously visible.

Memory loss can come from a surprising but common problem called sleep apnea. Sleep apnea is a treatable disorder where a person stops breathing intermittently during the night. As the oxygen delivery to the brain is interrupted several hundred times during the night, it affects the **spatial navigational memory**. This, in turn, makes it difficult to remember important information like you may not be able to recall where you put the keys after locking the doors the previous night. Many medications taken for pain, sleep, depression, or anxiety can also cause memory loss in many seemingly healthy adults. (Continued on page 29)

Legal Planning & Assisted Living Preparation (Continued from page 27)

1. Addressing Long-Term Care Needs: Planning for long-term care involves understanding legal options for financing care and protecting family resources. An elder law attorney can evaluate individual circumstances and recommend appropriate strategies to address long-term care needs.
2. Protecting Rights: Having a legal plan in place helps seniors protect their legal rights and advocate for their best interests. This includes addressing issues such as guardianship, elder abuse, and consumer rights related to assisted living contracts.

Preparing for living in an assisted living facility requires more than just logistical arrangements—it requires comprehensive legal planning. By consulting with a qualified elder law attorney, seniors can ensure their affairs are in order, their wishes are respected, and their interests are protected as they navigate this new chapter of life.

The Subtle Signs of Cognitive Decline (Continued from page 28)

Your thinking, recall, and ability to hold a conversation can become a challenge when brain fog sets in. A simple trip to the grocery store for an elderly person can produce feelings of anxiety and stress; will they remember where things are, will they forget things, can they navigate the store alone? Decision making can be so challenging that a choice between beef or chicken can cause distress.

Imagine experiencing some of these frightening things as part of everyday life. Not any of them are visible to someone on the outside like a physical disability. What if the elderly woman who seemed to behave rudely in the store was in a private state of panic over a trip to Publix? Our elderly deserve some compassion and empathy. Changes are happening to them they cannot control and honestly, if we are fortunate enough to live into our 80's, 90's, or 100's it will be us someday too!



How Can You Help Your Diabetes?

*Lee Sheldon, DMD
Sheldon and Furtado, PLLC*

Unfortunately, it is so easy to eat poorly these days. And the commercials, fast food, and packaged foods don't help. Too much of the wrong thing over a long period, and what do you get? Diabetes.

Here's a patient that I was called in to consult on. Her gums were painful, red, swollen, and she couldn't eat. Her hemoglobin A1c, the three-month average of blood sugar, was 8.6—poor diabetic control. She couldn't eat. Her periodontist gave her some antibiotics and did an endoscopic cleaning, and within a few short days, she was feeling a lot better.

The other patient is someone I've known for years. Her doctor told her that, based on some diagnostic markers, she was going to die within three months. So, she gave up on her diabetes control. She went to the hospital in a horrible state. The doctors at the hospital found her blood sugar was way out of control. And she said, "I was told I was going to die. I gave up." Five months later, she's taking good care of herself and doing better than she has in years.

What does this tell you? Your health is in your hands. You determine what's healthy for you. In diabetes, it is all you: diet, medications, lifestyle.

By all means, get advice from doctors. Get tests done. Test yourself. But then find out what you can do to make things as good as possible for yourself. You'll be surprised at how well your body can heal when you do.

One of my favorite books for diabetics is "The End of Diabetes," by Dr. Joel Fuhrman. I'd run his ideas by your doctor before you make any changes.



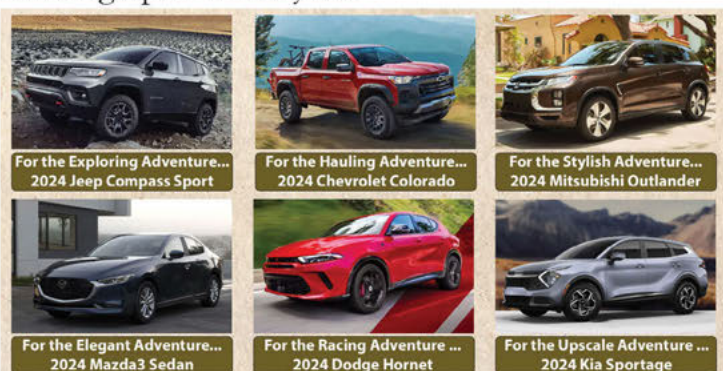
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Get your tickets today by calling (321) 473-7770 or online at HelpingSeniorsCarRaffle.com - or visit any Boniface Hiers Dealership or Joe's Senior Resource



Long Term Care Planning

*Lori Peery, Financial Services Advisor
The Peery Agency*

(Continued from page 27)

According to an analysis conducted by the Association, a 55-year-old couple who both are applying would face a 49.9 percent increase in costs if they delayed for 10 years. The cost difference would be 100.8 percent if they waited 15 years.

But, this assumes insurance companies maintain the current rate levels in the future. That hasn't happened and so these numbers are likely the minimum increase in the hypothetical example a couple would face.

I've helped couples as young as 36 apply and get approved for a long-term care policy. I've helped applicants in their early 70s apply and get approved. However, the difference in the cost is significant. I've also had applicants as young as 39 be declined.

Dave Ramsey recommends beginning the application process age 60 or before. Underwriting always drives eligibility and rates.

The American Association for Long-Term Care Insurance's study looked at data for issue ages 55, 60, 65 and 70. A chart shows the price increase effect of waiting 5 years, 10 years, 15 and 20 years.

Conclusion: Every solid aging plan starts today. Delay could mean higher rates, loss of couples' discount, or even decline. My goal as your advocate is to find the policy that meets your goals, protects wealth, provides quality of care, and fits your budget.

Laura "Lori" Peery

National LTCi Plan Specialist

Dave Ramsey Endorsed Local Provider

Field Underwriter

Brevard County, Florida resident since 1999

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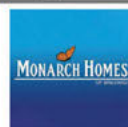
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Mom & Me by Audrey & Kimberley

DEAR MOM AND ME,

Our son and daughter-in-law spend money like water. They both have well-paying jobs, but they are always complaining about overextended credit cards. What we consider luxuries, they feel are necessities.

There five year old son recently had a birthday party. They spent seventy dollars to have a clown for a half hour, and had the party professionally catered. They think it is not out of line to spend \$150.00 for their eight year old daughter's party dress.

We expect we will leave them our hard earned nest egg but we know it will be spent in a year. Do others have this problem?

– Frugal Fred

DEAR FRED,

You are right on target. Many of us feel exactly as you do. They think nothing of spending \$1.25 daily for a can of soda from a machine, when they could bring the exact same brand from home purchased by the case at the grocery store for much less. The economy is booming now, maybe they will learn the hard way if the economy takes a nose dive. They just reject our advice and I guess they will just have to learn for themselves..

– Audrey

DEAR FRED,

It is not just seniors I shop with at the local discount clubs and food shops. I see many, many people of my generation shopping wisely and trying to make their money go a long way.

But, I must agree for all the folks trying to protect their money, there are folks who spend without a care in the world, buying clothes from name brand stores in the mall when the exact garment can be purchased at a discount store for much less.

Money management seems to be one of the most difficult lessons to learn. It is one we learn only when forced to learn, i.e. when we do not have any more money. And it seems to be one of the curiosities of life that your fundamental needs increase as your paycheck increases.

If the younger generations could only learn the hard learned lessons of the older generations,

I think the younger generations would be more financially secure, yes, but also happier within themselves and in the family. However for some, life lessons seem to be better learned firsthand than through the advice of others.

– Kimberley

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How to Get Financial Help

By Matilda Charles

A survey released last month indicated that consumer sentiment was higher than it's been in quite a while, since the summer of 2021. This is supposed to be a good thing.

The first thing I needed to do was look up the definition of "consumer sentiment." It's how we feel about the state of the economy and our own finances, how positive we are about short-term and long-term economic growth. According to the survey, that positivity occurred everywhere, and income, education, age and location didn't matter.

I'm guessing they didn't survey participants in my area. However, I did. In one of my informal polls of local friends and acquaintances, I learned that:

- Going to the grocery store is still an experience filled with tension and anxiety. We never know what prices will be this week, whether we'll be able to buy what we need and stick to a budget or whether we'll need to have soup and sandwiches for dinner three times this week instead of two.
- Going to the food bank is still embarrassing, but we do it anyway, usually before making a trip to the grocery store and planning meals around what we get from the food bank.

Then there are basic expenses like utilities and transportation ...

If this describes your situation, consider looking into the National Council On Aging Benefits CheckUp. Every year billions of government dollars aren't claimed, mostly because seniors don't know about it. Specifically, there is money out there to help us pay for groceries, utilities, prescriptions, etc.

To get help, call the Benefits CheckUp helpline at 800-794-6559. You can also go online directly to benefitscheckup.org to see if you're eligible for any of the help. You don't need to sign up. You will still be shown a list of help options. I ended up with a list of over 80 programs. [§]

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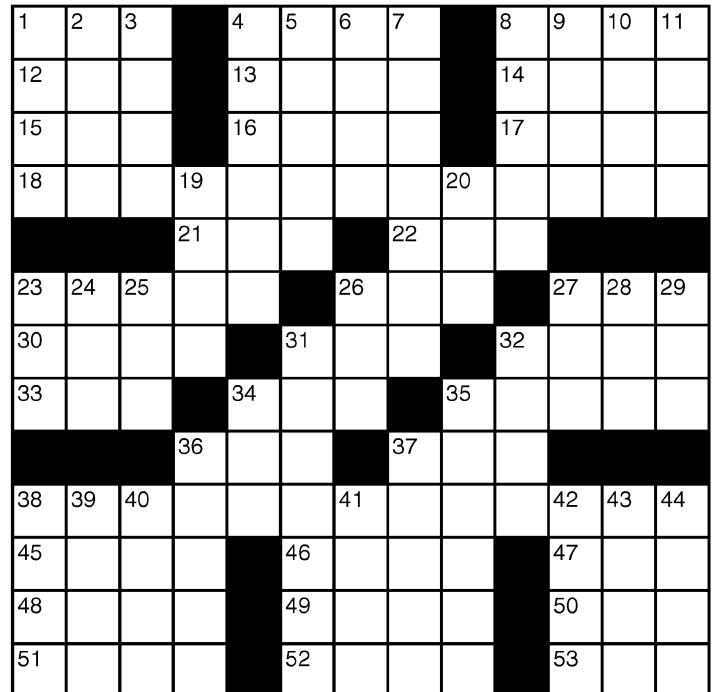
King Crossword

ACROSS

- 1 "Kapow!"
4 React in horror
8 Pitcher Nolan
12 Flamenco cheer
13 Genesis shepherd
14 Spanish greeting
15 Squealer
16 Drive- -- window
17 "-- the picture!"
18 2014 biopic about actress Kelly
21 Rowing tool
22 Expert
23 Japanese verse
26 Glutton
27 Ultramodernist
30 Rhine feeder
31 Golf prop
32 Basketball tactic
33 Tibetan beast
34 4, on a phone
35 Dollar divisions
- 36 Observe
37 Texter's chuckle
38 Where something is created
45 QB Tony
46 Ocho --, Jamaica
47 Hollywood's Thurman
48 Country singer Jackson
49 Gaelic
50 Fuel stat
51 Partner
52 Bump into
53 Sound from a hot wok

DOWN

- 10 Mr. Guinness
11 Post-WWII alliance
19 Pepsi rival
20 URL ending
23 Stable diet?
24 Small battery
25 Annoy
26 JFK Library architect
27 Convent resident
28 Tolkien creature
29 Approves
31 Math statement
32 Sub shop
34 "My word!"
35 Waist-cinching garment
36 Tea biscuit
37 Unfettered
38 Baby carriage
39 "Damn Yankees" role
40 Latin 101 word
41 Blaze
42 Periodontist's concern
43 Rapsallions
44 Kvetches
- 1 McEnroe's rival
2 Winged
3 Transcending (Pref.)
4 Fancy cake
5 Loathe
6 Lowly worker
7 Fruit-filled dessert
8 Horned beast
9 Meditative practice



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PAW'S CORNER

By Sam Mazzotta

Is Pet Sitting a Profitable Career?

DEAR PAW'S CORNER: I'm a high school student and I'm thinking about what kind of career I'd like to have after I graduate three years from now. I'm not sure college is for me, and I like being around pets – my family has two dogs and a cat, and I have a flop-eared rabbit. I've heard that pet sitting is a good business to be in. Is this true? Can I do that instead of college?


– Caryn H., Fort Walton Beach, FL

DEAR CARYN: Pet sitting is a huge and growing market, because almost every owner is going to need someone to watch their pet at some point. So, it's certainly worth considering as a career. You can start your own pet-sitting business or go to work for someone else.

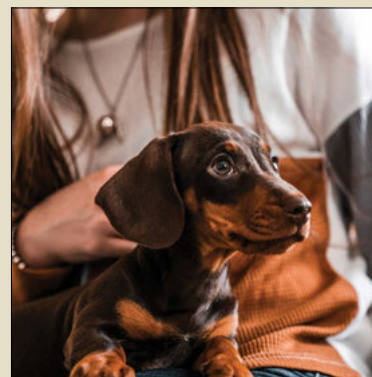
This is a job that requires responsibility and self-discipline, because people are entrusting you with their pets. You have to show up at the agreed-upon time, follow the owners' instructions to the letter, and make sure their pets remain happy and healthy. If dog-walking is part of the job, you've got to keep them under control and away from conflicts

with other dogs. You've got to stay healthy, because a sick day is not an option unless you have someone to cover for you.

Start by visiting the websites of two major pet-sitting organizations: Pet Sitters International (petsit.com) and the National Association of Professional Pet Sitters (petsitters.org). They offer resources, certifications and more. Talk to your parents and your school guidance counselor about your interest. They'll support you and help you explore this career option.

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

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Helping SENIORS of Brevard

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

Need Help?
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SENIOR looking for assistance in finding services?

Medical, Legal,
Financial, Household
or other Needs?

(321) 473-7770
Senior Info Help Line



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

The Senior Information Helpline - (321) 473-7770

HelpingSeniorsofBrevard.org



Helping Seniors Info Series

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

Food Truck Tuesday

Date: Tuesday, March 5th, 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!

Title: ClinCloud Memory Screening Pilot Program

Date: Tuesday, March 12th, 9:00pm - 3:00pm

Call for Information – (407) 680-0534

Join ClinCloud Clinical Trials at the Senior Resource Center of Brevard for a free Memory Screen! Call to set an appointment: 407-680-0534.

CarePlus/Omni - No (Broken!) Bones About It "Wellness" Series

Date: Thursday, March 28th, 11:00am - 12:30pm

Call for Information – (321) 473-7770

March is a great time to Spring Forward SAFELY and so let's make sure we understand "How to Live Healthy to 100" - special presentation from

our friends at CarePlus Health Plans - plus learn from Jital Patel, OTR/L, CFPS of Coastal Occupational Therapy as she talks about ways to move safely - following their company's theme of #KeepMoving! Enjoy a snack break and then participate in a free Balance/Falls Prevention screening with the Medical Professionals of Coastal Occupational Therapy. Programs brought to you by Care Plus Health Plans, Omni Health Care, and Helping Seniors of Brevard. For more information, call 321-477-7770.

More Helping Seniors Events:

Renters of Palm Bay FL Housing Workshop

**Saturday – March 16th,
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 2024 Celebration of Cars

- Saturday - March 9th 2024

10:00am - 3:00pm - Antique Auto Club of Cape Canaveral "Celebration of Cars"

American Muscle Car Museum - 3500 Sarno Road - Melbourne FL 32934

The Mega Senior Expo - Wednesday - March 13th 2024

10:00am - 1:00pm - Platinum Expos presents "The Mega Seniors Expo" Melbourne Auditorium - 625 East Hibiscus Blvd - Melbourne FL 32901

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm
Mar 1	Fri	Printing & Direct Mail Options	Elder Law Services	All About Home Health Care
Mar 4	Mon	Controlling Cost of RX Medications	About Golden Providers	What Assisted Living Can Mean
Mar 5	Tue	About Senior Mental Health	Medicare - Questions & Answers	Put Your Kids on House Title?
Mar 6	Wed	Real Estate for Buyers & Sellers	Senior Expos & Events	Debt Relief for Seniors
Mar 7	Thu	Making Plans for Retirement	Periodontal Disease	Helping Seniors Travel Club
Mar 8	Fri	Durable Power of Attorney	Life Enrichment	Real Estate for Seniors
Mar 11	Mon	Safe & Secure at Home	Two Assisted Living Questions	Probate - What it is/How it Works
Mar 12	Tue	Senior Travel Safe & Fun	Chefs for Seniors	Cosmetic Dentistry
Mar 13	Wed	How Assisted Living Helps Us Thrive	Avoiding Probate	Discounted Prescriptions
Mar 14	Thu	Trusts	The Dirty "D" Word Dementia	How SRES Helps Real Estate
Mar 15	Fri	The Parts of Medicare	Technology and Home Care	In Home Care Giving
Mar 18	Mon	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2	The Vial of Life
Mar 19	Tue	Helping Seniors Directory	Power of Attorney & Super Powers	Is Assisted Living Right For You?
Mar 20	Wed	Importance of Evaluation	Helping Seniors Travel Club	The Value of Professional Printing
Mar 21	Thu	Smorgasboard of Legal Matters	Senior Real Estate (Thinks to Know)	Your Legal Documents Checklist
Mar 22	Fri	Real Estate for Seniors	Ordering RX at Lower Prices	Golden Providers - Biz to Biz
Mar 25	Mon	When is Assisted Living Appropriate	Top 3 Public Benefits Questions	Getting RX at Best Prices
Mar 26	Tue	Senior Expos & Events	Finding Good Help at Home	The Parts of Medicare
Mar 27	Wed	All About Home Health Care	Too Many Teeth Being Extracted?	Stay Home Safe or Downsize?
Mar 28	Thu	The "Talk" About Assisted Living	What Elder Law Attorney Can Do	Medicare Questions & Answers
Mar 29	Wed	Things to Know on Elder Law	Checking Out Zon Beachside	Chefs for Seniors



Date	Day	Program	Special Guest
Mar 6	Wed	Helping Seniors on Elder Law	Bill Johnson, Esq.
Mar 13	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon
Mar 20	Wed	Helping Seniors on Senior Living	Rece Garson (Asst Living Locators)
Mar 27	Wed	Helping Seniors on Help at Home	Jennifer Barton

Something New For One Or Two

Recipes especially created for 1 or 2 diners

This is the month of spring flowers, Easter, Passover, Spring Break and the first of the fresh fruits and vegetables that are so plentiful here. Here are a few, hopefully different recipes that celebrate the springtime and the wide variety of fresh foods available to us here.

MUSHROOM BISQUE

2 T. butter
1/2 lb. of fresh mushrooms sliced
1 1/2 cups Vitamin D. milk
1/2 cup light cream
2 T. flour
1/2 t. salt
several dashes of hot sauce
1/2 t. white pepper
2 T. sherry and 2 T. chopped fresh parsley

Sauté mushrooms in butter until golden, reserve several large slices for garnish. Chop the rest. Mix the milk, cream, flour and seasonings in a saucepan and heat while whisking. Heat until very hot but not boiling, add the mushrooms, stir well and ladle into soup bowls, adding the sherry and topping with the reserved mushrooms and parsley. Serves 2.

SPRING VEGETABLE MEDLEY WITH HERBS

1-cup water
1 t. chicken bouillon granules
2 t. minced garlic
1/4 t. dill weed
2 t. fresh chopped thyme
1 t. fresh chopped basil
1 large carrot, peeled and cut in julienne strips
1 med. Zucchini cut in julienne strips
1 med. Yellow squash cut in julienne strips
1/4 each sweet red and yellow peppers cut in julienne strips
1/4 cup chopped spring onions

Combine the water, chicken bouillon, garlic, dill weed, thyme and basil and bring to a boil. Add the carrot and simmer 2 minutes, add the rest of the vegetables and simmer an Additional 3 to 4 minutes, drain well and serve immediately, garnished with fresh thyme sprigs if desired.

BLUE CHEESE LAMB CHOPS

4 1/2 inch thick well trimmed lamb loin chops
3 t. olive oil
3 T. brandy
1/4 cup light whipping cream
1 egg beaten egg yolk
1/4 cups sliced grapes, seedless green or red or both
3 T. crumbled blue cheese

Sauté the chops in hot oil in a skillet for 6 to 8 minutes to a side or until nicely browned. Cover and cook for 10 minutes. Remove from the heat and place on a warm serving platter. Pour the brandy in the skillet. Combine the whipping cream and egg yolk and add to the brandy. Cook on low stirring until thick. Add the blue cheese and grapes, spoon over the chops and serve with a rice side dish, immediately. Serves 2.

LAYERED FRESH FRUIT AMBROSIA

1 small banana, peeled and sliced
1 small orange sectioned
6 large strawberries, sliced
1 kiwi, sliced
1/2 cup of fresh pineapple chunks
2 T. fat free orange yogurt
2 T. Grand Marnier liqueur
2 T. flaked coconut
1/2 cups fat free cool whip
2 T. chopped toasted pecans

Layer the fruit in a small glass serving dish and chill, covered. Combine the yogurt, liqueur, coconut and cool whip. Toss with the chilled fruit, place in serving dishes and top with the pecans. Serves 2 or 3.

Looking for Medicare or dual-eligible options?
I'd like to help.

CarePlus offers Medicare Advantage plans including
Dual Eligible Special Needs Plans (D-SNPs).



Kristine Quattrone
321-326-4033 (TTY:711)
Licensed CarePlus Sales Agent
KQuattrone@careplus-hp.com

CarePlus
HEALTH PLANS

Call me today.

Traveling w/Electronics *cont'd from pg 16*

Always check with your airline for their specific policies and regulations regarding electronics in checked baggage, as they may have their own restrictions or recommendations. Additionally, consider the value, fragility, and battery type of the electronics you plan to pack when deciding whether to pack them in checked or carry-on baggage.

The FAA rules limit batteries in carry-on bags to 100-watt hours (Wh) per battery with a total limit of 160 Wh per passenger.

If the device or battery does not have the Wh listed on it, you can calculate it by multiplying the battery's voltage (V) by its capacity in ampere-hours (Ah): $(V) \times (Ah) = (Wh)$.

If your device lists the capacity in milliampere-hours (mAh), divide it by 1,000 to get ampere-hours (Ah) for the above equation.

Hopes this helps when getting ready to travel by air. ☺

Bad Time to Retire

cont'd from page 17

retirement, call (321) 956-7072 for a free consultation. We focus on assisting seniors in achieving their "eternal Saturday" and living a retirement where they do not need to worry about their finances. ☺


Max Valavanis, CFP® is a co-owner of ValaVanis Financial in downtown Melbourne and in Rockledge. Max specializes in lifetime income planning for Retirees while protecting principal. Max can be reached at 321-956-7072.

The Future is Theirs: Veterans Find Many Ways to Support Our Space Coast Youth

With more than 74,000 veterans now living in Brevard, as well as active duty units from the Space Force to the Army Corps of Engineers, there is no wonder why efforts are growing to support the next generation of citizens and leaders.

It would be impossible to list all the veteran sponsored scholarships, awards, funding, mentoring and even support to teaching our youth in public, private and home schools throughout Brevard, but here are just a few examples:

- **Vets Back to Class:** Drawing on 14 volunteers this program last year presented classes from the Constitution to 9/11 in more than 24 schools for over 4200 students working with the their teachers and administrators.
- **Boost to JROTC Programs:** There are 14 Junior Reserve Officer Training Units in public high schools in Brevard, with an average of over 140 cadets in each. The Good Deeds Foundation of the Cape Canaveral Chapter of MOAA provided them a combined \$34,000 to meet expenses not covered by Military Service Branches (7 Army, 3 Air Force, 1 Space Force, 2 Navy and 1 Marines) or the schools. They funded over \$4500 in trophies for all 10 County and District competitions. Units also receive support from parent groups, businesses and fund raising.
- **ECAC:** Formation of a new program combining veterans, active military, Brevard Schools, the Museums of Brevard, private industry and STEM focused vocational training called: Education and Citizenship Armed Forces Coalition of the Space Coast (ECAC for Short). Their kick off organizational meeting was February 15 at the Veterans Memorial Center. Look for more details this summer about this collaborative effort focused on our youth. It will be launched into schools as the 2024-25 school year begins.
- **Scholarships:** Dozens of Brevard veteran and other organizations offer scholarships and special awards to outstanding students. One role of the ECAC will be to help schools and guidance counselors get all that information out so more students will be aware and apply for aid for further education and training not just aimed towards the military, but in STEM and other fields.
- **Third Annual Seminar on Military Academy Admissions, College ROTC Scholarships, military skills and leadership programs of all kinds in all services which will be held at the VMC on August 24 (See Insert).**

Above is just a small sample of what many veterans feel is their duty: support America's youth and the next generation to be good citizens. The Space Coast is a great place for veterans and active duty military to live and it is good to know students at all grade levels might thus benefit. 

In High School? Want to Become A Military Officer?

Join Us For a Seminar on the application process and hints to attend U.S. Military Academies; compete for ROTC College Scholarships and other paths to getting a commission in all military branches.

WHO: 2024-26 HS Sophs/Jrs/Seniors
WHAT: 2 two hours seminars
WHEN: Sat, August 24, 2024
 Either 1-3 pm or 3-5pm
WHERE: Brevard VMC (see below)
WHY: Help students and parents know the ropes.
HOW: Reps from all academies, several colleges and special Mil programs



Sponsored by the Cape Canaveral Chapter of the Military Officers Association of America

VMC: Veterans Memorial Center, 400 S. Sykes Creek Pkwy, Merritt Island (behind Merritt Square Mall)



More details/time slot registration when school starts in August.

In the meantime:
 Contact/ Questions:
donnweaver2020@gmail.com

Weekly SUDOKU

by Linda Thistle

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

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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Double Benefits for Education

Per a Department of Veterans Affairs Office of Inspector General (VAOIG) report, veterans who are enrolled at the same time in two different education programs are receiving housing allowance benefits from both.

The two programs are the Post-9/11 GI Bill and VET TEC. Oddly enough, there's no prohibition against the double payments because the way that the VET TEC program was established isn't the same as other education programs (such as the Montgomery GI Bill) that specifically ban dual benefits. In other programs, a veteran must choose between one set of benefits or the other.

The Post-9/11 GI Bill program consists of three or four years of benefits that include books and supplies, tuition and a housing allowance.

The VET TEC program focuses on high-tech training through specific providers. Benefits include the cost of classes and a housing allowance.

The Office of Inspector General (OIG) took 30 random veterans to study and determined that all of them received dual housing allowance benefits, averaging \$3,100.

They were also able to identify 249 veterans whose training and education programs overlapped, and calculated how many days that included and how much in housing benefits were paid. In the first example in the OIG report, the veteran received over \$12,000 for 105 overlapping days. In the second example, the veteran received nearly \$11,000 for 58 overlapping days.

The VBA tried, says the report, to halt the dual housing payments. They were informed by attorneys that it wouldn't be "veteran-friendly" to reduce benefits and that no laws were being broken in paying the dual benefits. Only in other programs was the veteran required to only pick one program for benefits.

Congress stepped in with bill amendments to continue the VET TEC program past the end of the pilot period (the five-year pilot will end in April 2024), but according to the OIG report, the bills don't prevent "the concurrent receipt of educational benefits, including monthly housing allowance payments."

If you'd like to read the whole report, go to <http://tinyurl.com/43z96am2>. © (c) 2024 King Features Synd., Inc.

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See ad on pg. 35

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King Crossword Answers

Solution Time: 21 minutes

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

Sudoku Answers

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

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HEADS UP!

Rev. Jeff Wood, First Presbyterian Church of Sebastian

Thirty six times a particular phrase comes up in the New Testament. Repeats are important. When Jesus says the repeat, "Verily, verily," it's his way of saying, "Heads up on this." So thirty six times means, "Christians, heads up!"

What is so repeated you may ask? What should we have our heads up on? The phrase is "one another." Submit to one another. Bear one another's burdens. Encourage one another. And so on.

Many times we say that we have a private faith and what


I think someone is saying with that is that their faith has an intimacy that they are not just simply going to wear on their sleeve. But this phrase tells us we also have a "one another" faith. Not either or but both and. This biblical faith is a team faith. I cannot be completely succeeding in it if you also aren't succeeding in it. We live and believe and serve together. 

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

What Is Probate? *continued from page 13*

have to file a 706 Estate Tax Return. An individual can now pass \$13,610,000 before there is any estate tax. For a couple it is double the amount \$27,220,000. If the first spouse to die has not used his/her full \$13,610,000, the unused balance is available to the surviving spouse.

ADMINISTRATION EXPENSES: The Personal Representative will incur various expenses including attorney's fees. Florida Probate Rules require that every Personal Representative be represented by an attorney unless he/she is the sole interested

person. The Florida Statutes suggest a fee for the attorney as well as the Personal Representative of 3% for estates between \$100,000 and a million dollars for ordinary services. The Statutes provides for additional fees for extraordinary services. 

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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A Life Living Well - Happy Birthday Verna

Courtesy of Alura Senior Living

We always love to congratulate a local resident that has reached one of life's rare milestones. So we want to recognize Verna Joshua who recently celebrated her 102nd birthday at the Alura Senior Living resort, where she has lived since mid 2021. Verna enjoys having family locally, two daughters and their families here in Merritt Island, all knowing that Verna is receiving the best care and attention at Alura.



When asked about her advice for longevity, Verna believes in a strong faith and living right, which includes hobbies and social activities. Her hobbies include crossword puzzles, watching "old" TV shows and having played the piano. Socially, Verna has played bridge, been

in a bowling league, attended church and been a member of the Alpha Kappa Alpha sorority.

Verna's time at Alura is well spent enjoying music and sing-along events or just just relaxing and enjoying the outdoors on the beautiful facility grounds and certainly partaking in the wonderful snacks available. Let's all congratulate Verna as she enjoys this 102nd year. \$



Alura Senior Living is a resort style senior living community in the Rockledge area and near Viera. Offering Independent living, assisted living and memory care. For information call 321-549-3980

Brevard Symphony Orchestra Performs

Musical PICTURES

**Saturday, March 9, 2024
2:00PM & 7:30PM**

King Center for the Performing Arts

Sponsored by The Normile Family Foundation

**Wolfgang Amadeus Mozart's Overture to *The Magic Flute*
Erich Korngold's Violin Concerto**

Paul Huang, violin

Modest Muggorgsky's *Pictures at an Exhibition*

Plus a special performance from the Brevard Symphony Youth Orchestra!

Tickets start at \$22 for matinee and \$30 for evening. To learn more, visit brevardsymphony.com. Individual tickets are on sale at kingcenter.com or call (321) 242-2219.



**BSO Fan Favorite
Paul Huang**

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Symphony
ORCHESTRA
CHRISTOPHER CONFESSORE,
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www.bsyoinfo.us

Brevard Symphony Youth Orchestra

BSYO 40th Anniversary Fundraiser Cruise June 9-16, 2024

Give your Family a memorable Christmas Present of a family vacation in June on the 40th Anniversary Celebration Cruise



Special Summer Concert Cruise **A Great Way for BSYO Students to Perform on a Cruise Ship.**

The BSYO will offer a 7-Day cruise from Port Canaveral to Mexico to celebrate our 40th Anniversary on June 9-16, 2024

Start planning your family vacation with grandparents, children and grandchildren.
Benefits include:

- ***Our Travel advisors specializes in fundraiser cruises and negotiates strongly on BSYO behalf for additional perks.***
- ***Guaranteed price with special amenities just for BSYO cruisers. MSC will guarantee lowest pricing for all BSYO supporters.***
- ***Special meeting rooms/seminars for BSYO members/guests on sea days.***
- ***Great family-centered cruise program with activities for every age.***
- ***The MSC Seashore sails out of the Port of Canaveral. Easy to get to with great port side service.***
- ***Grandparents – good opportunity to be with your children and your grandchildren.***
- ***MSC will provide BSYO fun-raising funds for every BSYO passenger- invite your friends and neighbors to join you for a great time on a fantastic 7-day cruise and raise money for the BSYO!***
- ***A great way to celebrate graduation & summer with family and friends.***

Prices starting as low as \$963.00pp including:
Cabin-taxes-port charges, beverage package, wi-fi, gratuities, travel insurance.



To Confirm your Reservation CONTACT:

Chris Morse & Betty Powers

The Travel Center / Senior Travel

Phone: 800-870-9345 • Office: 321-978-5211

Email: travelcenterusa@gmail.com



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Lynching Tree Lane *continued from pg 10*

published a postcard picture of the suspended body, for distribution. The Brevard County Sheriff cut the body down later that morning.

The story circulated through both the black and white communities. The state only required a coroner's report on cause of death. That same morning, a Committee Coroner's Jury of citizens convened and reported the cause of death for Mr. James Clark was, "Hanging from a tree and riddled with bullets."

A 1989 Orlando Sentinel article reported people looking away from the lynching, "with tacit agreement of approval." There was nothing to do but "—keep your mouth shut." The Sentinel said, "—the town felt no guilt or shame." That could be said of the white folks. There were no comments from the African American side of town.

The street sign leading to the killing site officially read Lynching Tree Lane for years. Perhaps it was a standing comment to minorities, "We still have a lynch place if we need it again."

Over the years, the pine tree was felled, and houses were built along the street in the forest. Eau Gallie became part of Melbourne in 1969. A 1980s petition from black leaders encouraged the Melbourne City Council to change the street name.

Today, as you turn West from US-1 to Parkway Blvd. and cross the Florida East Coast Railroad tracks, the street sign reads 'Legendary Lane.'

Today, let us remember Mr. James Clark, Northern Chauffer—a legend forgotten. (§)

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Outside - As low as \$1213 pp including Gratuities
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 (based on double-occupancy)

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.

Junipers Can Be Unlikely Landscape Centerpieces

By Eddie Smith, MSU Extension Service

I absolutely love looking for different types of plants for my landscaping.

In home landscapes, the usual suspects like hollies, ligustrums, azaleas and camellias often take center stage. While these are excellent choices, there's a world of possibilities waiting for those willing to explore the realm of conifers. In particular, let's consider the versatile and often overlooked shrub-type junipers.

In the conifer family, where tall trees like pines and bald cypresses dominate, shrub junipers stand out as valuable additions to the landscape. What makes them unique is their needle-like leaves, a texture that starkly contrasts with the typical glossy foliage of hollies or the vibrant blooms of azaleas.

I've seen them used to frame trees with striking bark, like crepe myrtles, and as the backbone of foundation plantings. They're also excellent for use on slopes prone to erosion, and their tolerance to adverse conditions like heat, drought and harsh winters makes them a reliable and resilient choice for any garden.

One of my favorite junipers is the Blue Point juniper, with its striking blue-green foliage arranged in dense, scale-like clusters that create a lush and visually appealing texture. This elegant plant has an upright and pyramidal growth habit that makes it perfect for use as a standalone specimen or grouped for a hedge or screen.



Blue Point junipers typically reach a mature height of 10 to 12 feet, with a spread of 6 to 8 feet. This moderate size makes them well-suited for various landscape applications. Blue Point junipers bring structure and balance to outdoor spaces.

If you are looking for something more whimsical, Blue Point juniper spiral topiaries are an option. These are Blue Point junipers that have been pre-trimmed and maintained over a year into magnificent works of art resembling a corkscrew.

Junipers... continued on page 49

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Another of my favorite junipers, Blue Pacific, is a low-growing, spreading evergreen known for its beautiful blue-green foliage. Its dense, prostrate growth habit makes it an excellent ground cover. Its golden yellow branches adds to their beauty in the landscape.

I encourage gardeners to explore the beauty and versatility of shrub junipers. These resilient and visually captivating conifers can add a lot of character to any landscape. §

Travel Tips continued from page 14

12. "It took us nine hours to fly home from Jamaica to England. It took the Americans only three hours to get home. This seems unfair."
13. "I compared the size of our one-bedroom suite to our friends' three-bedroom and ours was significantly smaller."
14. "The brochure stated: 'No hairdressers at the resort.' We're trainee hairdressers and we think they knew and made us wait longer for service."
15. "When we were in Spain, there were too many Spanish people there. The receptionist spoke Spanish, the food was Spanish. No one told us that there would be so many foreigners."
16. "We had to line up outside to catch the boat and there was no air-conditioning."
17. "It is your duty as a tour operator to advise us of noisy or unruly guests before we travel."
18. "I was bitten by a mosquito. The brochure did not mention mosquitoes."
19. "My fiancée and I requested twin-beds when we booked, but instead we were placed in a room with a king bed. We now hold you responsible and want to be re-reimbursed for the fact that I became pregnant. This would not have happened if you had put us in the room that we booked."

Let us book your travel so we can all have FUN! §

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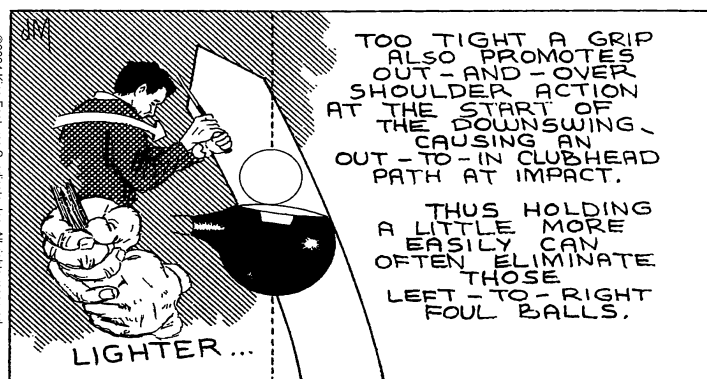
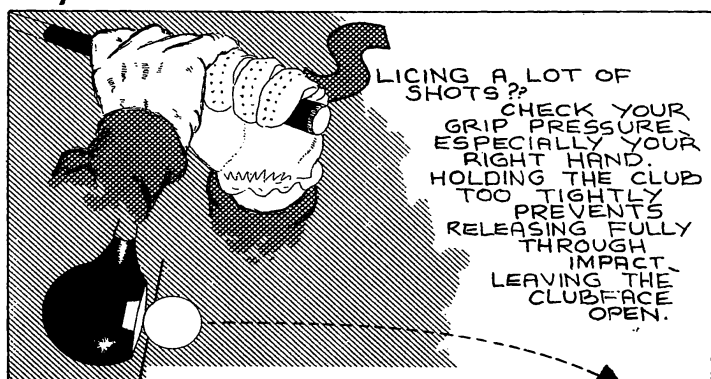
continue supporting a healthy diet and physical activity later in life. 70% of adults with obesity were not obese in childhood, and obesity prevalence increases with age, with more than half of middle-aged adults being overweight or obese in many countries, including US.

Importantly, beyond applying a life-course approach, policy interventions must target the fundamental environmental and commercial determinants of poor diet, address dietary inequalities, and achieve sustainable food systems. A so-called obesogenic environment, in which energy-dense foods of low nutritional quality remain the cheapest option and are disproportionately promoted, drives the obesity epidemic. Nowadays, the obesogenic environment is also digital, with for example digital marketing of unhealthy food products to children.

Commercial determinants remain a crucial barrier to progress. Breastfeeding reduces the risk of obesity but fewer than half of infants globally are breastfed as recommended by WHO, while the consumption of commercial milk formula does not offer the same health benefits as breastfeeding. The sales of commercial milk formula have skyrocketed due to marketing tactics undermining breastfeeding and exploiting parents' emotions.

There is an imperative to grasp obesity with its complexities and to change perspectives. This includes tackling blame, weight stigma, and discrimination that too often stain the narrative used around obesity; creating an environment that supports individuals in developing and sustaining healthy eating and physical activity through the life course; and challenging, wholeheartedly and unambiguously, the commercial determinants that influence food production and availability, but also transport or work patterns. Addressing obesity is much more than a challenge for public health, it is also a political challenge. The goal should be ensuring healthy lives and promoting wellbeing for all people at all ages. §

Play Better Golf with JACK NICKLAUS



MARCH COMMUNITY CALENDAR

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

FESTIVALS | SOCIAL DANCING | CLASSES | EVENTS

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

MARCH EVENTS

Mar 1: First Friday Reception, Eau Gallery, Eau Gallie Arts District, 321-253-5553, EauGallery.com

Mar 1: Friday Fest, City of Cape Canaveral, City of CapeCanaveral.org, 321-868-1220

Mar 1: 2024 Classic Albums Live, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 1-17: Sweet Charity, Surfside Players, Cocoa Beach, SurfsidePlayers.com, 321-783-3127

Mar 2: Blippi, The Wonderful World Tour, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 2: Carnival of the Animals, Space Coast Symphony Orchestra, Satellite HS, spacecoastsymphony.org, 855-252-7276

Feb 23 - Mar 3: The Mountain Top, Titusville Playhouse, TitusvillePlayhouse.com, 321-268-1125

Mar 2: Poocharella, Wickham Park, Melbourne, TouchogGreyRescue.org

Mar 2: The "Worst" Film Fest, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365

Mar 3: Celtic Woman: 20th Anniversary Tour, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 6: TV Tunes Tonight 2, Melbourne Auditorium, Melbourne Municipal Band, mmband.org, 321-724-0555

Mar 6: ZZ Top, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 8 - Apr 7: May We All, Titusville Playhouse, TitusvillePlayhouse.com, 321-268-1125

Mar 9: Fly In Breakfast, Warbird Air Museum, Titusville, valiantaircommand.com, 321-268-1941

Mar 9: Open Car and Truck Show, Grace United Methodist Church, Merritt Island, gumcmi.com, 321-452-2420

Mar 9: Musical Pictures, Brevard Symphony Orchestra, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 10: Sunday Southern Brunch Cruise with Donna, Indian River Queen, Cocoa Village Marina, indianriverqueen.com, 321-305-4753

Mar 11 - 12: Jesus Christ Superstar, American Theatre Guild, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 14: Paul Anka, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 15: River Days & Craft Brew Hullabaloo, Riverview Park, Sebastian, riverdaysfl.com

Mar 15-24: The Play That Goes Wrong, Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

Mar 15-Apr 7: Dianna, Henegar Center, Downtown Melbourne, Henegar.org, 321-723-8698

Mar 16: Get the Led Out, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 16: 8th St. Patrick's Day Irish Pub Crawl, Dews and Brews Grille, downtown Melbourne, madhatterpromotions.com, 321-543-1346

Mar 17: O'Flaherty's St. Patrick's Dinner Cruise, Cocoa Village Marina, indianriverqueen.com, 321-305-4753

Mar 20-22: University of Saturday Morning Cartoons, Melbourne Community Band, Melbourne Auditorium, mcorchestra.org, 321-285-6724

Mar 22: March Into Spring Sock Hop, Eau Gallie Civic Center, Melbourne Municipal Band, mmband.org, 321-724-0555

Mar 22: Crash Test Dummies, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 22: Air Supply, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 23: Sinatra, Martin & More with John Stevens, Space Coast Symphony Orchestra, Satellite HS, spacecoastsymphony.org, 855-252-7276

Mar 23: The Marshall Tucker Band, King Center, Melbourne, kingcenter.com, 321-242-2219

Mar 26: Cryderman's BBQ Dinner with Joe, Indian River Queen, Cocoa Village Marina, indianriverqueen.com, 321-305-4753

Mar 30: 5th Annual Bad Bunny Easter Pub Crawl, Cocoa Village, madhatterpromotions.com, 321-543-1346

Mar 30: Pivotal Moments, a Dance Company, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365

ONGOING EVENTS

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

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

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

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

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

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

DrumLuv Dance Center, Palm Bay, DrumLuvDance.com

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

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

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

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

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

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

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

Green Gables, Melbourne, GreenGables.org, 321-306-8635

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

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

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

North Brevard Art League, Titusville, NorthBrevardArtLeague.com

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

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

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

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

Strawbridge Art League Gallery,

Le Galerie, Downtown Melbourne, StrawbridgeArtLeague.org, 321-952-3070

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

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

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

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

CLUBS & ORGANIZATIONS

March 1: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at Florida's Seafood, 480 W. Cocoa Beach Cswy., Cocoa Beach on Friday, March 1 at 12 noon. All are welcome to join the group. For additional details, please call (502) 299-8949.

March 14: 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, March 14 at 12 noon. All are welcome to attend. Please bring a dish to share. 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.

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.

"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.



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/>

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.

16 Mar – Ceremony to Remember the Last Naval Battle of the American Revolutionary War fought off the Coast of Cape Canaveral in 1783. 1000-1200 at the VMC Plaza Area with food and drinks and a parade of colors and wreaths with many in colonial attire. Put on by the Sons of the American Revolution Brevard Chapter along with the DAR and VMC. Contact Donn Weaver 757-871-6576 for more information.

23 Mar – Be The One 5K Run and Walk VMC Park 0700 - 1030. Sponsored by American Legion Post 344 with half the proceeds going to preventing veteran and first responder suicides. T-shirts included with \$20 reg-

istration fee with active duty, veterans, first responders invited. Contact post344adjutant@gmail.com. or call 321-350-6163 to sign up or for questions.

23 Mar – BBQ and Ride For Veterans at Kelly Park on N. Banana River Dr, Merritt Island 1000 am- 1400.

26 Mar – VMC Library Discussion Program 1800-1930: The Revolutionary War Siege at Yorktown with Doug Bisset.

06 Apr – Space Coast Honor Flight to WashDC for selected veterans to visit their memorials. Guardian volunteers and other supporters welcome for ceremony to launch the flight – 0130 hours at the Senior Center in Wickham Park, Melbourne. Contact SCHF on 321-456-7031 or info@spacecoasthonorflight.org for more information.

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

Music Monday

March 4 at 6:00 PM, John Keith and George Grosman
March 11 at 6:00 PM, Auld Triangle
March 25 at 6:00 PM, Michael Mirand

Movie Matinee

March 15 at 11:30 AM

Aquarium Talk with the Brevard Zoo and Indian River Lagoon Council March 18 at 2:30 PM

Painting Class with Anne Sands

March 5 and 19, from 1:30 - 3:30 PM
Instructor fee is \$5 and materials fee is \$10 (\$15/class). Register by visiting or calling the library reference desk

((321) 868-1101).

Friends of the Library Bag Book Sale

March 21 – Saturday, March 23
Thursday and Friday 9:00 am – 4:00 PM;
Saturday 10 AM – 1:30 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 Insur-

ance 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-reg-

ister at 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

Computer Basics Class Tuesdays, 10:00-11:00AM or 11:00AM-12:00PM Hooks and Needles Tuesdays, 1:00PM – 2:00PM	Line Dancing Class with "Dance Lady" Mondays, 12:00PM – 2:00PM Fee: \$5 per class. Crafternoon First Wednesday, 2:00PM-3:00PM.	Materials are provided. Book Club First Thursday, 1:30PM Painting Class First Thursday, 6:00PM Fee is \$10 and covers all supplies. Registration is required as space is limited. Cook the Book Club Third Thursday, 6:00 PM
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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

Brevard Antiques and Collectables March 1, 10:00 am-12:00 pm. Tragedy Assistance Program for Survivors (TAPS) March 5, 6-8 pm Cyber Security Talk with Bill Myers March 26, 6-7 pm Sit-n-Stitch 1-3pm, meets first & third Wednesdays. TGIF Seaside Piecemakers 9am-1pm, meets second & fourth Fridays.	Non-Fiction book club , 3-5pm, meets fourth Tuesday Brevard Investment Education Group 10:30am-1pm. Meets second Mondays. International Plastic Modelers 6-7:45pm. Meets second Tuesdays. Suntree Library book club. Meets fourth Wednesdays. Seaside Quilt Show Group , 1-5pm, meets first Monday	Wednesday Art Group , 1:30-4pm. Meets second Wednesday Space Coast Poets , 5:30-7:30pm. Meets 3rd Tuesday Seams Unique Fiber Artists (SUFA) 10am-3pm, meets 3rd Monday Books are ALWAYS Better Book Club 3rd Monday, 6:30-8pm Space Coast Modern Quilting Guild (SCMQG) 9am-12pm, 3rd Wednesday Multiple Myeloma Support Group	4th Mondays 10:30am-12:30pm Neighbors "Coffee and Conversation" First Mondays, 9:30am-11:30am Tai Chi Class with Brad 2nd Saturdays, 9:30-10:30am Ikebana - Japanese flower arrangements meets 2nd Tuesday, 1-3pm Brevard Authors Critique Group 1st & 3rd Thursday, 10am-1pm Neighbors Book Club 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

MARCH 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

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

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

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

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

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

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

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

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

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

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

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

(321) 537-5322
Muscle Memory Strength Balance

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

THURSDAY
Bingo (Play begins at 10AM) 9AM-2:30PM

Varies (#of cards played) Cat (321) 231-1135

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

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

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

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 gpbpc.org

MONDAY PROGRAMS

Billiards, Morning 8:30am-noon

Billiards, Ladies noon-3:30pm

Bocce 9-11am

Bone Builders 9:15-10:15am;

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

Bridge 12:15-3:30pm

Cornhole 11:30am-12:30pm

Golden Tones 10am-noon

(On break until Sept)

Ping Pong 1-3:30pm

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

Sensible Weight Loss with Friends 9-10am

Shuffleboard (Indoor) 1-3pm

Travel Office open 9am-2pm

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

Woodshop 8am-12pm

TUESDAY PROGRAMS

Billiards, Morning 8:30am-12pm

Billiards, PM 12-4pm

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

Fitness Fun 9:15-10:15am

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

(1st & 3rd Tues)

Ping Pong 1-3:30pm

Poker, Straight 10am-2pm

Poker, Straight 6-9:30pm

Sassy Senior Cheerleaders 4-6pm

(On break until Sept)

Travel Office open 9am-2pm

Wood Shop 8am-noon

Wii Bowling 10:30am-12:30pm

WEDNESDAY PROGRAMS

Bargain Thrift Corner 9am-12pm

Billiards, Open Play noon-4pm

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

Food available to purchase

Bone Builders 9:15-10:15am;

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

Bridge 9:30am-12pm

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

Golf (Crane Creek on 192) 9:20am

Travel Office open 9am-2pm

Woodshop 8am-12pm

THURSDAY PROGRAMS

Art Class 9:30-11:30am

Bargain Thrift Corner 9am-12pm

Billiards, Morning 8:30am-noon

Billiards, PM noon-4pm

Euchre 12:30-3:30pm

Mah Jongg (American) 12-3:30pm

Movie Night 6:30-9:30pm

Ping Pong 1-3:30pm

Pinochle 11-3pm

Scrabble 9:30am-noon

Travel Office open 9am-2pm

Woodshop 8am-noon

Yoga, Chair 10:30-11:30am

FRIDAY PROGRAMS

Bargain Thrift Corner 3-6pm

Billiards, Open Play 12-4:00pm

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

Bocce 9-11am

Bridge 12:15-3:30pm

Crafts 9:30-11:30am

Knotty Habit 9:30-11:30am

Poker, Straight 12-3:30pm

Travel Office open 9am-2pm

Wood Shop 8am-noon

SATURDAY PROGRAMS

Saturday Night Dance

6:30-9:30pm Jan-Oct

(Last Saturday of month)

Tour our facility any weekday 8:30am to

4pm. Our Center is run 100% by volunteers.

Consider becoming a member and

volunteering.

The Center is available to rent for

seminars, adult birthdays, baby showers,

anniversaries, weddings, etc.

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

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

MARCH 2024 ONE SENIOR PLACE EVENTS

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

SPECIAL EVENT

Senior Living Options Day & Chef Competition

Friday, March 1, 2024 from 11am - 1pm

Being held at the Space Coast Health
Foundation Center for Collaboration

1100 Rockledge Blvd. (Hwy 1),
Rockledge, FL 32955

FREE Event, Vendors, Giveaways, Door Prizes,
Food & Dessert Samples!

Qi Gong, Friday March 1st, at 8:30am. Breathing and moving to help support quality of life! Instruction provided by Beth Cooper. This class will be entirely standing. Please bring a towel. Class size is limited, RSVP required, call 321-751-6771.

FREE Liver Scans, Monday March 4th, and Wednesday March 20th, from 10am - 2pm. ClinCloud is offering FREE Fibroscans the FIRST Monday (unless it's a holiday) and THIRD Wednesday of each month at One Senior Place. Call 321-751-6771 to schedule your half hour appointment.

FREE Memory Testing, Tuesdays March 5th and 19th, from 10am - 3pm. Merritt Island Medical Research will be offering free memory screenings the FIRST and THIRD Tuesdays of each month at One Senior Place. Please call 321-305-5015 to schedule an appointment.

Benefits of Pre-Planning your Cremation Seminar, by National Cremation, Wednesday March 6th, from 11am, REPEATS Thursday March 28th, 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.

Ask The Doctor Lunch & Learn Series, Brain Health & Memory Screening, Thursday March 7th, at 11:30am. Amanda Fletcher, MD with ClinCloud will discuss the importance of brain health and memory screening. Seating is limited, RSVP required, call 321-751-6771.

Senior Health Friday with Nurse Lisa, Aging in Place: Care Management Makes it Possible, Friday March 8th, at 10am. Presented by Lisa Conway, RN, CCM, Karen Rowland, LPB, and Lynde Nail, LPN with Senior Partner Care Services. Refreshments sponsored by One Senior Place & Senior Partner Care Services. RSVP to 321-751-6771.

BINGO!, Tuesday March 12th, 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.

Coffee & Conversation: Chat With a Memory Health Expert, Wednesday March 13th, 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.

How to Minimize Taxes on Trusts or Probate Estates, Thursday March 14th, 10am. Presented by the Estate Planning & Elder Law Centers of Brevard. This informative seminar discusses the importance of planning ahead to help your heirs avoid giving away their inheritance to the government. RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday March 14th, at 2pm. Hosted by Rhodes Law, P.A. Join us as we watch this classic "Leap Year", and enjoy movie treats! MUST RSVP to 321-751-6771.

Chair Yoga Class, Friday March 15th, at 8:30am. A body in motion stays in motion, come move with us! Class will be led by Beth Cooper. There is possibility of floor based exercises. Please bring a towel. Class size is limited, RSVP required, call 321-751-6771.

St. Patrick's Day Trivia, Friday March 15th, at 10am. Test your knowledge during a St. Patrick's Day themed trivia game. MUST RSVP to 321-751-6771.

Medicaid Planning, Tuesday March 19th, at 10am. Elder law attorney William A. Johnson will discuss new planning opportunities that are available under the new Medicaid laws. RSVP to 321-751-6771.

MacMad User Group, Tuesday March 19th, 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 March 20th, 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.

Alternative Techniques for Pain, Thursday March 21st, at 12pm. Presented by Aquatic Health & Rehab. For more information and to RSVP, call 321-253-6324.

Cupcake Decorating Workshop, Friday March 22nd, at 10am. Join us for a fun filled morning as we make Easter baskets you can EAT! Seating limited. MUST RSVP to 321-751-6771.

AARP Smart Driver Course, Monday March 25th, 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.

Who Will Inherit My Estate? Protecting Heirs, Tuesday March 26th, 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.

Estate Planning Seminar, Thursday March 28th, 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.

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

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays March 14th and 28th, 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 March 20th, 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 March 20th, 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

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THE CLUB ACTIVITIES - Membership \$10 a year - 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

Digital Marketing & Events Assistant

Chassity@oneseniorplace.com

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

321.339.0551

8085 Spyglass Hill Road

Viera, Florida 32940

Monday – Friday 8:30 am – 5 pm

Visit OneSeniorPlace.com for
up to date event information.



Questions? Call for your One Senior Place FREE CONSULTATION.

- My health is declining, but I want to stay in my own home. What are my options?
- My loved one is starting to show signs of memory loss. What should I do?
- We're thinking about moving to a senior living community. How do we decide?
- I'm thinking of retiring soon. What do I need to know or do beforehand?
- My will is about 10 years old. How do I know if it is still enforceable?



Ask OSP, The Experts in Aging! For over 18 years, One Senior Place has helped thousands of seniors and family caregivers with questions like these. Our knowledgeable, experienced nurses and care managers are ready to provide you with sound advice for successful aging. Call today to schedule a FREE 30-minute consultation with an Aging Services Expert.

Read our latest Ask OSP column every Thursday in Florida Today newspaper's "Health" section or find them all on www.OneSeniorPlace.com



VOLUNTEERS NEEDED!

New medical research studies are enrolling in Viera including:

- Alzheimer's Disease
- Asthma
- Fatty Liver Disease
- Fibrosis
- Gastroparesis
- Heartburn
- Lewy Body Dementia
- 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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(407) 680-0534

ClinCloudResearch.com



FREE MEMORY SCREENS