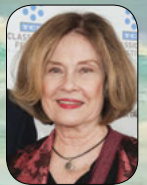


THE PREMIER SPACE COAST MAGAZINE ESPECIALLY FOR ADULTS

SENIOR SCENE[®]

APRIL 2024

FREE



**We Talk To
Diane Baker**

Long Term Care

Smartphone AI

Oil Well Here

Cover Artist:

Diane Larson



FINANCE | HEALTH | ENTERTAINMENT | COUPONS | NEWS

vipcare 

Specializing In Primary
Care For 65+

866-333-7897
www.getvipcare.com



One Visit Could Change Your Life.

Click Twice
to Visit
Website

Get More With VIPcare

- ✔ More time with your doctor
- ✔ Specialized care
- ✔ Primary care that goes above & beyond

Benefits, costs, and other details vary from plan to plan.
Discuss with a licensed broker or agent for more details.



www.getvipcare.com

Schedule your visit today!
(321) 334-3441

VIPcare Titusville

687 N Washington Ave,
Titusville, FL 32796



Shervin Sarmad, M.D.

Young
at Heart 
BOOMERS

& SENIORS EXPO

April 25
10 to 1



Thursday, April 25 - 10 am - 1 pm

Viera Regional Community Center

2300 Judge Fran Jamieson Way, Viera

- Free admission
- Coffee, Health Screenings & Snacks
- Great Door Prizes Every 15 Minutes
- Bring a Friend & Enjoy the Fun

SPONSORED BY:

SENIOR SCENE[®]
Magazine

FOR INFO CALL:

321-773-1454

A Place to Call Home

“COME FOR THE LIFESTYLE AND STAY FOR A LIFETIME”



WESTMINSTER ASBURY EAST
1420 DIXON BLVD., COCOA



WESTMINSTER ASBURY SOUTH
1430 DIXON BLVD., COCOA



WESTMINSTER ASBURY NORTH
1200 CLEARLAKE ROAD, COCOA

NOW ACCEPTING APPLICATIONS

Westminster Asbury is a retirement community for seniors age 62 or older. Rent includes all utilities. Fees are established using either 30% of the resident's monthly income or a low basic rental fee depending upon the ability to pay under program rules. We operate on a philosophy of excellent service and quality living, with the goal to provide quiet, comfortable surroundings, while offering stimulating recreational and educational opportunities. The lifestyle fostered by this philosophy encourages self-sufficiency and privacy, in addition to providing opportunity for fellowship and friendship.

AMENITIES

You'll find a variety of enjoyable planned activities such as parties, banquets, cookouts, crafts and worship services. Fun times shared with good friends will enhance your quality of life. Enjoy many opportunities for companionship, plus all the privacy you desire. Activity room, library, Chaplain, shuffle board, social and entertainment programs. Nearby bus lines, meal program, laundry, pet friendly, smoke free campus, assigned free parking, courtesy call system, fire sprinklers, fourteen passenger bus for outings, Service Coordinator on-site.

Professionally Owned and Managed by Westminster Communities of Florida.



**Westminster
Asbury**



(321) 632-4943 • TTD # (800) 545-1833 ext.#922



THE 4TH ANNUAL FOUNDATION CRUISE HELPING SENIORS OF BREVARD

June 9-16 2024 - 7-Night Cruise Round Trip Port Canaveral

Great Family Cruising!



Sail with your friends - and bring your whole family! Meet your Helping Seniors friends from Brevard County on the luxurious MSC Seashore! Make Summer 2024 special on our 7-night sailing to the Ocean Cay Marine Preserve, Costa Maya, Cozumel and more!



4th Annual Helping Seniors Foundation Cruise

- * Cabin * All Port Charges * All Taxes
- * Gratuities * Meals * Drink Package
- * Wi-Fi * Special Events
- * Private Cocktail Party * Admin Fee
- * Donation - Helping Seniors of Brevard
- * Work-Out Facilities * World Class Spa
- * Great Dancing

Balcony - As low as \$1,320 pp including Gratuities
Outside - As low as \$1213 pp including Gratuities
Inside - As low as \$963 pp including Gratuities
 (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.

COVER STORY

11 Cover Artist: Diane Larson



FINANCIAL ADVICE

- 13 What is Probate? – Truman Scarborough
- 17 Long-Term Care: The Movie – Max ValaVanis
- 19 Social Security Column

GENERAL INTEREST

- 12 The State of One's Health – Joe Steckler
- 23 HELPING SENIORS OF BREVARD NEWSLETTER
- 35 Mom & Me – Audrey & Kimberley
- 36 Play the Piano for Brain Health – Matilda Charles
- 40 JROTC Cadets Wrap Up Great Year of Competition
- 41 Veterans Post – Freddy Groves
- 42 COUPONS & SPECIALS
- 43 The One Command of Jesus – Reverend Jeff Wood

NOSTALGIA

- 9 Diane Baker Remembers Tcm Host Robert Osborne – Nick Thomas



- 10 The OIL WELL on Turkey Creek – South Brevard Historical Society

SENIOR HEALTH

- 20 Lifecourse Changes Due To Cognitive Impairments – Dr. Arvind M. Dhople, Ph.D.
- 21 Understanding Memory Changes: Normal Aging vs. Alzheimer's Disease – ClinCloud
- 22 Ask One Senior Place

AROUND THE HOUSE

- 16 Is It Possible To Use AI On My Smartphone And If So, How Do I Do It? – James Bowman
- 37 Cat Walking – Beneficial or Not? – Sam Mazotta
- 39 Recipes from "Something New for One or Two"
- 48 Use Ferns To Add Beauty In Shaded Garden Areas – Eddie Smith



COMMUNITY

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

ENTERTAINMENT

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

CREDITS:

Senior Scene® Magazine is locally owned & operated made possible through the participation of local advertisers & distributors.

Please remember to thank them.

Senior Scene® Magazine, Inc. is a national publication with 25 years publishing service.

PUBLISHER:

John Frederiksen

ASSOCIATE PUBLISHER:

Liz Colicchio

ART DIRECTION:

Bernadette de Isaza

PRODUCTION:

Seadragon Creative – Dan Lee

EXECUTIVE EDITOR:

Charlotte McQueen

ASSOCIATE EDITOR:

Jill Fulford

PHOTO JOURNALIST

Cheryl Clermont

BROADCAST AUDIO

PRODUCTION:

Pirate Alley Studios

Senior Scene® Magazine & its publishers are not responsible or liable for misinfo, misprints, typographical error, opinions, etc. herein contained. The entire contents of this publication are copyrighted by Senior Scene® Magazine, Inc., all rights reserved.



ELDER HELPLINE For info about or referral to a service provider,
(407) 514-1800 or 1 (800) 963-5337

Brevard Veteran's Services
Office: 321-633-2012

Florida Senior Scam Helpline:
800-962-2873



It's All About the **EXPERIENCE**



Buena Vida Estates, the only Continuing Care Retirement Community in Brevard, has more than 40 years of experience serving the most independent seniors.



(321) 360-4814 • Toll-free (800) 742-0060

BuenaVidaEstates.org • 

2129 West New Haven Avenue, West Melbourne, FL 32904

Entrance on Doherty Drive

A 501(c)(3) Not For Profit Organization



Letter from the Publisher

Hold on! We are already in April, heading full speed ahead into another great summer. So watch our Calendars and pick your favorite events to enjoy. I hear so many of our readers comment on how many events and activities are available in our area.

Did you know that April is National Volunteer Month? If you don't already volunteer, there is surely a worthwhile organization that can use your time and talent. You can find many such groups listed in one of our two calendar sections.

I don't know about you, but we are using this great time of year to play tourist as much as possible. So get out while the temperatures are great and before the real tourists arrive.

We are lucky enough to have the Space Center right here in Brevard. It's filled with space history and fun exhibits, not just for nerds. Then of course there are all the world famous theme parks just an hour away. Create new memories and enjoy.

Take care, stay safe and see you next month. Good times ahead.

John



Click Twice
to Visit
Website

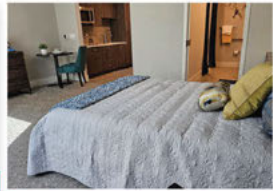
Alura

SENIOR LIVING

777 Roy Wall Blvd. Rockledge, FL 32955
321-549-3980 • AluraSeniorLiving.com

Enjoy life to its fullest and take advantage of our daily activities

\$500 One Time Discount
(Restrictions apply,
Expires April 30, 2024)



Assisted Living License AL #13616

Included with Monthly Fee:

- ✓ Anytime Dining (7AM - 6PM)
- ✓ Housekeeping
- ✓ Laundry Services
- ✓ Utilities
- ✓ Complimentary Transportation
- ✓ Engaging Social Activities
- ✓ And More



Call to Schedule a Tour

INDEPENDENT LIVING
ASSISTED LIVING
MEMORY CARE

TINSELTOWN TALKS

Diane Baker Remembers TCM Host Robert Osborne

By Nick Thomas

The 15th Turner Classic Movies Film Festival is scheduled for April 18-21, in Hollywood. Canceled for a couple of years due to the pandemic, no one was more pleased to attend the festival when it resumed in person two years ago than actress Diane Baker, a popular guest at many of the past festivals.

"I love them!" said Baker from Los Angeles, who noted that the 2020 and 2021 events had been held virtually.

The five current TCM hosts (Ben Mankiewicz, Alicia Malone, Dave Karger, Eddie Muller, and Jacqueline Stewart) will be on hand to introduce dozens of movies during the four-day event as the classic film community rallies around this year's "Most Wanted: Crime and Justice in Film." festival theme (see www.filmfestival.tcm.com).

A prolific film and television actor, producer, and college teacher, Baker remembers when the TCM cable channel came into existence 30 years ago this month and its first host.

"I was there the night of the announcement at the Writer's Guild Theater in Los Angeles," she recalled. "Roger Mayer (the late Columbia Pictures, MGM, and Turner former executive)

came on stage to announce Turner Classic Movies was going to be launched and with no commercials, and that Robert Osborne (1932-2017) would be the new full-time host."



During his subsequent two decades with the channel, Osborne became the beloved public face of TCM due to his genial on-screen nature, mellow comforting voice, and encyclopedic knowledge of the entertainment industry.

"I'd known Robert since I was 19 years old," said Baker. "He studied journalism at the University of Washington but came to LA to try acting and lived in the neighborhood where I was growing up – Sherman Oaks."

Diane Baker Remembers TCM Host... continued on pg 39

Are You Ready to explore?

Community Credit Union of Florida can help you hit the open road with great RV Financing.

- Up to 125% of Net Invoice or NADA Wholesale*
- Terms up to 240 months*
- Choose your payment schedule (weekly, bi-weekly, monthly)

**Your road trip adventure awaits!
Apply at ccuFlorida.org or 321.637.3211**

**Community
credit union**

FLORIDA

*Loan rates and terms are based on credit history, borrower qualifications and year of RV. Contact CCU Florida to determine your rate. Membership available in Brevard and surrounding counties.

FEDERALLY INSURED BY NCUA
EQUAL HOUSING OPPORTUNITY

The OIL WELL on Turkey Creek

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

The new street in Melbourne was properly named – Prospect Avenue. Residents were excited about the prospect of emerging Florida investment opportunities. Most of the neighbors had already bought into the expanding Florida real estate market, but were open to new ventures.

Well-heeled Prospect Avenue neighbors invested in the Florida East Coast Oil, Gas and Mineral Company organized by fellow Prospect resident L. B. Eschbach. Miami investment brokers handled buy in from the Wells and Metcalf families from Melbourne and William Gleason of Eau Gallie.

A full page ad in the local newspaper assured that preliminary investigation and engineering would bring bountiful returns on initial stock purchases. A test well would bring liquid gold- oil.

Work began on Turkey Creek land owned by the Conkling family. The professional drill rig pounded an eight inch pipe and casing through 120 feet of sugary sand into limestone with pockets of water, not oil. At 350 feet, the drill hit the Floridan Aquifer releasing tremendous pressure and a gushing head more than thirty feet into the air. Oops- alas, again no oil,

just a fountain of fresh water pulsing thousands of gallons per minute. So ended Brevard County oil exploration.

The well continued to flow creating a streamlet into Turkey Creek of clear warm water. The Conklings sold their Palm Bay property to what became a health resort, claiming the healing properties of pools created from the stream. Invalids bathed to treat, if not cure, arthritis, muscle injuries, etc.

During the Great Depression, the health spa became the Bethesda Baptist Retirement Home also utilizing the stream. With time, however, the gush included an increasing smell of sulfur, rotten eggs and a shoreline hued a greenish-yellow. But one asset remained, heat.

Manatees, like people, are sensitive to cold and subject to viruses and pneumonia. Manatees found refuge in the 72 degree warmth of the oil wells stream during winter cold snaps, pulling themselves up into the spa-like flow.

Florida, once seventy percent covered by water, faced a water crisis. By the 1980s management of fresh water

The OIL WELL on Turkey Creek continued on pg 43



National Cremation
SOCIETY®

CONSIDERING CREMATION?

Gain peace of mind for you
and your loved ones by
preplanning today.

During the presentation, we'll discuss:



The Benefits of
Preplanning Cremation



Affordable Options
& Savings



Establishing
Your Legacy

For more information or to
schedule a private consultation,
call (321)626-2350.

SERVING FAMILIES
BY PROVIDING
PEACE OF MIND
FOR OVER 50 YEARS

One Senior Place

8085 Spyglass Hill Road, Melbourne, FL 32940

Wednesday, March 6th at 11:00 AM

Thursday, March 28th at 2:00 PM

Call now to RSVP
(321)441-3080

COVER STORY

Diane Larson

Diane Larson has been sailing and painting for most of her life, in the Pacific, the Atlantic and Caribbean. From San Francisco to Mexico, from Maine to the Caribbean and everywhere in between. She works from her studio on the Space Coast in Cocoa, Florida

Diane grew up near the beach in Southern California and like many artists, became interested in art at an early age. If she wasn't at the beach, she could be found with her Mother's art books and painting supplies. School was challenging for her. Undiagnosed dyslexia (until she was 23) kept her from excelling in academics. Art classes were a safe place for her to express herself and she sure did! So much so that she was given the opportunity to hold her first solo show!

Like many women of her generation, marriage and motherhood became her main occupation for many years. They

were fantastic years spent sailing from their home in the Ventura Keys, up and down the West Coast and Mexico. One weekend, while in Catalina, she walked into an art gallery in Avalon and saw the breathtaking work of Denise Burns, founding member of Plein Air Painters of America. Those luscious oil paints just spoke to her and she knew immediately what she wanted to do. As a psychotherapist,

Diane Larson continued on pg 46



ESTATE PLANNING BOOKLET



By Attorney

TRUMAN SCARBOROUGH

239 Harrison Street, Titusville, FL

For A Complimentary Copy

Phone 321 - 267 - 4770



The State of One's Health

By Joe Steckler, President, Helping Seniors of Brevard County

Those of you who have followed me know that I place great emphasis on physical fitness. If you take care of your body, eat correctly, and exercise, your body will respond favorably. The best way to explain what I am saying is to use my own experiences.

At age 86, which included nine years of football plus bouncing around on ships and submarines during my 38 years of Navy life, my knees just gave out. I had surgery on my left knee first with no complications. But when I tried to stand, the pain was intense, and the knee would not support me. I have spent the last three years trying to walk again. My knees will not get me to a standing position unless I have a walker or similar device—and that will only last for a minute or two. I have tried water therapy, in-home and outpatient therapy, and my own workout exercises, all to no avail.

While I am not a therapist, I know what helps me and what does not. Often, the limiting factor is the way Medicare dictates the times and duration of weekly therapy. In both the in-home and outpatient therapies, I started with visits three days a week, then two, then one, then it ended. I asked if I could continue at my own expense but was refused.

My last outpatient therapy session got me on my feet with a walker, but the dwindling sessions did not give me the PUSH I needed to stay out of the wheelchair. My current in-home therapist is outstanding, doing hard leg exercises that will help me stand and walk short distances. At age 90 I think this is a good goal.


The problem now is that I can only get four more weeks of in-home therapy, then Medicare dictates that I move to outpatient therapy. For both in-home and outpatient therapy, Medicare has a one-size-fits-all plan that includes a certain number of sessions per week, for a set number of weeks based on patient progress as determined by an assessor. In my own case, I would prefer to get five sessions a week to start off and then have my therapist decide on cutbacks based on his/her assessment.

Compounding the problem is that every assessor visit counts as a patient care visit. Since I have physical therapy (leg) and occupational therapy (upper body), both OT and assessor visits count against physical therapy visits, thereby lessening the number of care visits for my legs.

When you are in a wheelchair fighting to get back on your feet, having to work through all the system nuances, you might wonder at the way we help people. It is frustrating to have a type of care work for you and then have it limited. The real problem is that the system does not work for everyone, and I happen to be one of the exceptions. Fortunately, my doctor understands the problem and is helping me get the care I need. ☺

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


**Quality Pharmacy
Care Is More Than
Just Prescriptions!**



*Caring beyond prescriptions.*SM

**We offer FREE
Prescription
Delivery Service**

For a Healthy Dose of Care



NOW OFFERING A FULL LINE OF CBD PRODUCTS*

- CBD is a Natural alternative support for overall well-being gaining rapid popularity
- A remarkable response from customers for uses including: sleep, mood, pain and memory
- Our product is Non GMO, Gluten Free, Third Party Lab tested quality
- Stop in and talk to our pharmacist about any questions or concerns

321.242.2440

2176 Sarno Rd, Melbourne
HRS: Mon-Fri 9-6 & Sat 10-1
Melbourne.MedicineShoppe.com

- Now accepting United Healthcare and Health First insurance
- COVID Vaccines/Boosters available
- Preferred Pharmacy for Health First
- United Healthcare Pharmacy Provider

*These statements have not been evaluated by the FDA. CBD is not intended to diagnose, treat, cure, or prevent any disease. It is advised you check with your physician before starting any new dietary supplements



What is Probate?

By Attorney Truman Scarborough

This is the fourth in a series of articles on the probate process in Florida. In the prior articles we have discussed "Formal Probate", which is required if the decedent died within the last two years and the assets to be probated are valued at more than \$75,000. In this article we will look at two shorter processes called "Summary Administration" and "Disposition of Personal Property Without Administration".

When someone dies, assets titled just in the decedent's name without beneficiaries are frozen. No one can sign the deceased person's name on checks, deeds, etc. A Power of Attorney does not help since it is effective only while the creator is living. It is similar to an employer – employee relationship. If an employer goes out of business, there are no employees.

The process where property is transferred from the decedent's name to beneficiaries is called probate. In "Formal Probate", a legal entity (like a corporation) called the Probate Estate is created by the court to take the decedent's place and hold the decedent's assets. A Personal Representative (executor) is appointed to manage the estate. Step-by-step the Probate Court must be shown that everything is proceeding in accordance with the Florida Probate Code and Probate Rules. This includes publishing Notice to Creditors in the newspaper and waiting three months to see if any unknown creditors file claims. From the time pleadings are first filed with the court, it takes approximately six months to close the estate if everything runs smoothly.

In addition to Formal Probate, there is Summary Administration which is available when there are no creditors and the assets to be probated total less than \$75,000. Two years after the date of death, creditors' claims are barred and Summary Administration can be used regardless of the estate's value. In this abbreviated process there is simply a petition to the court and a court order directing distribution of the assets to the specific beneficiaries.

One problem that we have encountered with Summary Administration is that financial institutions in other states at times do not honor a Florida Order of Summary Administration. Therefore, before filing anything with the court, we forward a copy of the proposed order to the financial institution to be sure they will comply with the Order.

Another possible concern with Summary Administration is that creditors (unless they are barred by the passage of two years from the decedent's death) can seek payment directly from the recipients of the distribution.

When there is no real property, some small estates may qualify for a process called "Disposition of Personal Property Without Administration" which is designed to eliminate the need for an attorney. It may be utilized 1] where assets

What is Probate? continued on pg 19

THE BRENNITY
AT MELBOURNE
SENIOR LIVING

Experience
Award Winning
Senior Living

BrennityMelbourne.com
(321) 414-4837
7300 Watersong Ln., Melbourne, FL 32940

BEST
INDEPENDENT LIVING
USNews
2023-2024

BEST
ASSISTED LIVING
USNews
2023-2024

A Sagora Senior Living Community AL 11595



SENIOR SCENE MONTHLY TRAVEL TIPS

Brightline Information From Senior Travel



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

Brightline Information:

1. Stops: 6

Orlando, West Palm Beach, Ft. Lauderdale, Boca Raton, Adventura, Miami

- a. Orlando and Miami are the largest stations with food and beverage, very nice terminals
 - 1. breakfast and lunch menus with full bar
 - 2. Premium and Smart Lounges

2. Major Stations:

Orlando- MCO airport, terminal C. 10705 Jeff Fugua Blvd. Orlando, FLK 32827. Parking at the station for \$21.00 per day

Miami- 600 NW 1st Avenue, Miami, FL 33136. Parking at the station, call 831-539-2901 for location and pricing.

- a. Security: All stations have security programs in place. Your luggage will be scanned before entering terminal.

3. Types of fares:

- a. Can buy tickets through Senior Travel 818-430-1480 or at the kiosks located at each station.
- b. Smart Tickets, like coach seating on an airplane
 - 1. Smart guests have free Wi-fi, can pay for snack carts on the train or in the terminal, bags are \$20 each, free carry-ons, each seat has USB and plug in for computers and phones
 - 2. Seats are very large (can fit a 6'7" person with ease) and have two drop down tray tables (one for drinks, one for computers. There is seating for families with two seats facing each other with a table in between.
- c. Premium Tickets, like first class, all food and drinks are complimentary,
 - 1. premium gets wi-fi, free bags, free snacks, free beverages, free uber at both Orlando and Miami up to 5 miles, USB and plugs at each seat.

Brightline Information continued on page 44

Tired of missing out on your favorite food? Dr. Chenet has a solution to help you enjoy eating again!



"Dr. Chenet and staff provided me with the utmost professional service I ever experienced in a dental office." - Arthur G

Dr. Chenet
Retired US Air Force Dental Officer

- Serving Brevard County for over 17 years
- Over 2000 five star verified reviews
- 97.9% of our patients would refer friends and family to us!

Let our team take care of your Dental Health. CALL TODAY.



321-319-8738

336 BABCOCK ST,
MELBOURNE, FL 32935
www.dentalexcellencemelbourne.com

CEDRIC C. CHENET DDS, PA

Excellence in Dental Healthcare

2 Locations to Better Serve You

321-369-9103

7331 OFFICE PARK PL. STE 100
MELBOURNE, FL 32940
www.ChenetDental.com

ADULT & PEDIATRIC MEDICAL MARIJUANA CERTIFICATIONS

Qualifying Conditions include:

- **Cancer**
- **PTSD**
- **ALS**
- **Crohn's**
- **Parkinson's**
- **Chronic Non-Malignant Pain**
- **Terminal Conditions**
- **Epilepsy**
- **Glaucoma**
- **Multiple Sclerosis (MS)**
- **HIV/AIDS**

Other possible qualifying conditions:

- ADD/ADHD
- Anorexia
- Anxiety
- Arthritis
- Depression
- Sleep issues
- Migraines
- Restless Leg Syndrome



*It's about the EDUCATION
not just about the card!*



Paul M. Weisman, MD

In Person Visits For New Patients
And Transfer Patients, Telehealth
Visits For Recertification

321-288-3873

www.zcmmj.com



Is It Possible To Use AI On My Smartphone And If So, How Do I Do It?

By James Bowman, Data Rescue Computer Services

Yes, it is possible to utilize AI capabilities on your smartphone. Many smartphones today come with built-in AI features, and there are also numerous AI-powered apps available for download. Here's how you can use AI on your smartphone:

1. Voice Assistants: Most smartphones have built-in voice assistants like Siri (iOS), Google Assistant (Android), or Bixby (Samsung). These assistants use AI to understand and respond to your voice commands, perform tasks, and provide information.

2. AI-Powered Apps: There are many apps available on app stores that leverage AI technology for various purposes such as image recognition, language translation, virtual personal assistants, recommendation systems, and more. Some popular AI-powered apps include Google Photos, Google Lens, Duolingo, and SwiftKey Keyboard.

3. Camera Features: Smartphone cameras often include AI-based features such as scene recognition, portrait mode, and night mode. These features use AI algorithms to enhance your photos and videos automatically.

4. Smart Home Integration: Many AI-powered smart home devices and systems can be controlled using smartphone apps. These devices include smart speakers, smart thermostats, smart lights, and security cameras, among others.

5. Health and Fitness Apps: AI can be used in health and fitness apps to track your activity, provide personalized workout plans, monitor your sleep, and offer dietary recommendations based on your goals and preferences.

6. Chatbots and Virtual Assistants: Some apps incorporate AI-powered chatbots or virtual assistants to provide customer support, answer questions, and assist with tasks like booking appointments or making reservations.

To make use of AI on your smartphone, you can follow these steps:

- Ensure that your smartphone's operating system is up to date to access the latest AI features and optimizations.
- Explore the app store on your device (such as Google Play Store for Android or Apple App Store for iOS) and search for AI-powered apps that align with your interests and needs.
- Activate the built-in voice assistant on your smartphone by following the setup instructions provided by the manufacturer. You can typically activate it by voice command or by pressing a designated button.

Is It Possible To Use AI... continued on page 39

COMPUTER PROBLEMS?

Viruses? Worms? Spyware? Adware? Pop-Ups?
Slow Computer? Dead Computer? Lost Data?

Why guess?
WE FIX IT ALL!

Come in today and receive a
FREE
Computer Check-Up
while you wait!

(321) 242-0366
7640 N. Wickham Rd.
Suntree/Viera

DATA RESCUE
Computer Services®
www.DataRescueCS.com

PROFESSIONAL GRAB BAR INSTALLATION

One Call Stops the Fall®

Safe. Fast. Affordable.
Free estimates — Call today!

800-215-7560
SameDayGrabBars.com

S SAME DAY GRAB BARS®

Franchise Opportunities Available



Long-Term Care: The Movie

Max Valavanis, CFP®

Retirement is often hailed as the golden age of relaxation and leisure, but behind the scenes lies a potential plot twist of long-term care costs. Like your favorite film where the protagonists must face the maleficent villain, long-term care often can embody this trope for millions of retirees. So, grab your popcorn, and let's explore how our main characters can plan to overcome the evil of long-term care expenses.

According to Genworth – you can picture them as our editors for this movie – long-term care expenses are rising, and probably won't stop. For the Space Coast, they state the monthly cost of a nursing home facility to be a staggering \$11,000! While many may not need this level of care, even assisted living costs have climbed to \$4,900 monthly. Since 2000, these numbers exponentially rose by 141.4%, according to a survey from Senior Citizens League. How are our heroes supposed to save for long-term care when the target is moving farther and farther away?

Seniors often believe Medicare will help them pay these daunting costs. However, once a hundred days have passed, Medicare will wipe their hands and leave our characters to the wolves. One payment method in which millions of retirees pay their long-term care expenses is through Medicaid. This government program can cover the costs for those with limited income and expenses. While the eligibility will vary by state,

many times the individual will have to spend down their assets to near zero qualify.

Unfortunately, for our protagonists Medicare and Medicaid will not pay for long-term care; therefore, they must seek another path. Many along this journey inevitably reach the question – is long-term care insurance worth it? While it will cover many – if not all – expenses associated with nursing homes, assisted living, and at-home services, it can be costly. Premiums for long-term care insurance vary based on factors such as age, health status, and coverage options. While premiums can be costly, they may pale in comparison to the out-of-pocket expenses associated with long-term care services.

Long-term care planning is integral to retirement planning. Not preparing for these services will and has crippled many seniors' savings. By understanding the potential expenses involved, exploring funding options, and planning, retirees can mitigate the financial impact and potentially maintain their quality of life as they age. Our heroes in this film, found their necessary plan before it was too late, and I hope you as our reader will as well. ☺

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.

FATHER & SON PAINTING & PRESSURE CLEANING

- \$99 Per Room (Two Room Minimum)
- Popcorn removal
- Specializing in wallpaper removal



EXTERIOR SPECIAL: HOUSES \$995 & UP

AFFORDABLE RATES

954-816-7894

License # 02-10400-P ★ INSURED

RESIDENTIAL & COMMERCIAL

The Guidance You Need For The Care They Deserve.

You're Not Alone.

Our expert senior care advisors can help you and your family. Working hand-in-hand with you and your family, we'll provide you with all the information you need about a wide variety of care options, such as:

- Senior Apartments/Independent Living
- Assisted Living Homes & Communities
- Personal & Adult Care Homes
- Alzheimer's & Memory Care Communities
- Nursing Homes or In-Home Care



Assisted Living Locators
Your local senior living advisor



Contact Us
321-367-3520

assistedlivinglocators.com/palm-bay-melbourne

Rese Garson

Elder Care Advisor & Owner

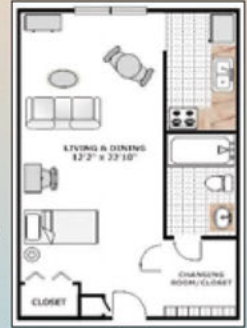
rgarson@assistedlivinglocators.com





Senior Living At Its Finest!

Trinity Towers is the perfect apartment community for active adults 62+ who want to experience carefree living at affordable prices. At Trinity Towers, caring is truly at the heart of our community. It's a place where you can meet new friends, enjoy a variety of activities in the community room or simply take quiet delight in settling in to read a good book in the privacy of the community library. Located in historic downtown Melbourne, Trinity Towers is within walking distance to shopping, dining, medical facilities, public library, U.S. Post Office and so much more!



**THE RIGHT LIFESTYLE! THE RIGHT LOCATION!
THE RIGHT PRICE!**

- Newly Renovated Community Room
- Card Room
- Movie Viewing Area
- Library
- Fitness Center
- On-Site Service Coordinator
- Laundry Facilities On Each Floor
- 24-Hour Maintenance
- Emergency Call System
- Pet Friendly
- Public Transportation
- All Utilities Included In Rent

Call or stop by today to start saving!
TRINITY TOWERS EAST-WEST

650 & 700 E. Strawbridge Avenue, Melbourne
321.312.1029 • TTY 1.800.955.8771

Sponsored by Preservation of Affordable Housing, Inc



LOCATED IN THE HEART OF HISTORIC DOWNTOWN MELBOURNE

TRINITY TOWERS SOUTH

APARTMENT HOMES

For Seniors 62 Years of age & older
We invite you to call for an appointment today or just stop by to tour our lovely community.

We would *love for you* to be a part of our resident family.



AFFORDABLE Monthly Rent Based on Income

RENT INCLUDES:
FREE Basic Cable Service - FREE Electric - FREE Water

- FEATURES:
- Pet Friendly • Local bus comes directly to front door
 - Full-service congregate dining room
 - On-site beauty shop • Carpeting and window treatments
 - Free assigned parking • 24 hour desk attendant
 - Meal program • Emergency call response
 - Located near banks, restaurants, churches, stores, hospitals and library

Trinity Towers South has provided affordable housing for seniors since 1982. Our community is designed to meet the physical and social needs of our residents and contribute to their health & happiness.

Applications Available at:
615 E. New Haven Avenue, Melbourne
Call (321) 723-8620
TTY 1 (800) 955-8771



Securing today and tomorrow


Making The Most Of America Saves Week 2024

America Saves Week, which runs from April 8 to 12 this year, is an excellent opportunity for organizations to promote good financial habits and for people to assess their own saving status. This year's theme is "Saving for What Matters Most."

Planning and saving are key to a successful retirement. The earlier you start saving for retirement, the better off you will be. People with a plan are twice as likely to save successfully. Set a goal, make a plan, and save automatically. During America Saves Week, we encourage you to pledge to start saving – or save more. For suggestions, check out americasavesweek.org.

Also, please visit our website for more useful information on ways to help you plan for your retirement at www.ssa.gov/retirement.

You are never too young to begin saving. Younger workers may think they have time to put off saving for their future, but the sooner they begin, the more their money can grow. Visit and share our website for young workers at www.ssa.gov/people/earlycareer where they will find resources that can help them secure today and tomorrow.


For more information on America Saves Week, visit americasavesweek.org. 

What Is Probate?

continued from page 13

exempt from creditors (including household furniture, furnishings, and appliances in the decedent's usual place of abode up to \$20,000 in value and two motor vehicles) are going to the decedent's spouse or children and 2] where non-exempt assets are used to pay up to \$6,000 in medical expenses for the last 60 days of illness and funeral expenses.

Information on this process and forms are available from the Brevard County Clerk's office and on the Clerk's web site.

In the next article, we will look at how the probate procedures differ depending on whether the decedent did or did not have a will. 



SERVICING RETIREES FOR OVER 30 YEARS

- Fixed Annuities / Fixed Indexed Annuities
 - Diversified Portfolio Investing
 - Long Term Care Insurance
 - Lifetime Income Strategies
 - IRA And 401K Rollovers
 - Life Insurance



321.956.7072

LOCATED IN DOWNTOWN MELBOURNE
600 STRAWBRIDGE AVE, STE 100
MELBOURNE, FL 32901



Jason Vala Vanis
Certified Financial
Planner™ Professional

Max Vala Vanis
Certified Financial
Planner™ Professional

Securities offered through J.W. Cole Financial, Inc. (JWC)
Member FINRA/SIPC. Non-Securities products and services are not offered by JWC.
ValaVanis Financial and JWC are not affiliated.

St. Francis REFLECTIONS Lifestage Care
Established 1977 - Licensed 1990

Reflecting Life, Love, and Compassion

Focus on the moments that matter most.

Quality Care
For patients & families

Brevard's longest-serving and only independent, interfaith, not-for-profit hospice care resource.

CHAP

We Honor Veterans

Care & Support Programs

- Hospice Care
- Inpatient Care
- Palliative Care
- Pet Pledge
- Grief Support
- We Honor Veterans

CONTACT US 321-269-4240 ReflectionsLSC.org

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.



Lifecourse Changes Due To Cognitive Impairments

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

Cognitive impairments can have detrimental effects on various aspects of an individual's life, including reduced social interaction, a diminished sense of purpose, difficulties in performing daily activities, and decreased resilience in recovering from illness or injury.

Although cognitive decline is an inevitable part of the aging process, there is still a certain degree of cognitive plasticity in later life. Existing research has shown that modifiable risk factors, such as metabolic diseases, sensory impairments, unhealthy lifestyles, and air pollution, account for 40% of the risk factors for dementia. Therefore, it is important to identify modifiable factors associated with cognitive decline to help maintain cognitive function in later life.

A group of scientists at the University of Michigan delved into the association between negative wealth shocks experienced in later life and subsequent cognitive function. The findings suggest that negative wealth shocks (defined as a > 75% loss in wealth or a decline in within – population wealth quintile rank) might be a modifiable risk factor associated with cognitive decline. The study specifically examined the relationship between negative wealth shocks and subsequent cognitive function across four countries (China, England, Mexico, and the US), highlighting the importance of

socioeconomic determinants in studying modifiable factors related to cognitive health.

Following the COVID-19 pandemic, global economic growth has sharply declined, contributing to instability and intensifying the health challenges associated with wealth shocks, especially for vulnerable populations such as older adults and individuals excluded from public policies. The scientists (as above) found a significant correlation between wealth shocks in later life and subsequent decline in cognitive function in older adults in China and the USA, but not in Mexico and England. Disparities in government policies and social safety nets for older adults were suggested to be the potential reasons for this variations. For instance, an established public health-care and welfare system in England and a non-contributory pension programs for individuals aged 70 years and older in Mexico could have potentially reduced the risks associated with wealth shocks and mitigated their adverse effects on cognitive health.

The association between wealth shocks and cognitive health care be regarded as a manifestation of the cumulative impact of accumulated risk factors on health outcomes

Lifecourse Changes... continued on page 49

Check out our newly redesigned website!

www.SeniorSceneMag.com

Easy to find all things senior-related in the Space Coast area!

- Directory
- Community
- Entertainment
- Financial Advice
- Senior Health
- General Interest
- Around the House
- Nostalgia and more!



SENIOR SCENE
Magazine

Always Updated. Always Available. 24/7 Online.

SeniorSceneMag.com

SENIOR SCENE
Magazine

Understanding Memory Changes: Normal Aging vs. Alzheimer's Disease

As we age, it's natural to experience changes in memory and cognitive function. However, distinguishing between typical age-related memory decline and more serious cognitive issues, such as Alzheimer's disease, can be crucial for early intervention and management. We spoke with Dr. Rosemary Laird, a specialist in memory care, to shed light on these differences and offer valuable insights for readers.

Normal Aging: Recognizing Common Memory Changes

As people get older, a certain amount of forgetfulness can be expected. "Aging affects every bodily system, including the brain," Dr. Laird explained. "It's common for individuals to notice a decrease in the speed of memory retrieval and an increased need for focused attention on tasks. While forgetfulness may occur occasionally, it typically does not lead to significant problems."

Dr. Laird emphasizes, however, the importance of recognizing when memory lapses may indicate a more serious issue. For instance, occasional forgetfulness, such as momentarily misplacing car keys, is considered normal aging. In contrast, persistent memory lapses that interfere with daily functioning -- like repeatedly forgetting where one parked the car -- could be indicative of Alzheimer's disease.

Alzheimer's Disease: Understanding the Differences

Alzheimer's disease involves more severe changes in brain function compared to normal aging. "The key difference lies in the severity of the change in functioning brain tissue," says Dr. Laird. "Aging leads to reduced brain size, known as atrophy, which can result in reduced function. However, Alzheimer's disease causes atrophy at markedly faster rates than aging alone, particularly in the memory and language centers."

Certain risk factors and genetic predispositions may increase susceptibility to Alzheimer's disease:

Age: Advanced age is the most significant risk factor for Alzheimer's disease. The likelihood of developing the condition increases with age, particularly after 65 years old.

Family History and Genetics: Individuals with a family history of Alzheimer's disease are at higher risk of developing the disease. Certain genetic variations are associated with early-onset familial Alzheimer's disease.

Down's Syndrome: People with Down's syndrome have an increased risk of developing Alzheimer's disease, typically at an earlier age than the general population.

Cardiovascular Risk Factors: Conditions that affect cardiovascular health, such as hypertension, diabetes, obesity, and high cholesterol, have been linked to an increased risk of Alzheimer's disease.

Traumatic Brain Injury (TBI): A history of moderate to severe traumatic brain injury, particularly repeated head injuries, may increase the risk of developing Alzheimer's disease later in life.

Lifestyle Factors: Certain lifestyle factors, such as physical inactivity, poor diet, smoking, and limited social engagement, may contribute to an increased risk of Alzheimer's disease.

Environmental Factors: Exposure to certain environmental toxins or pollutants may play a role in the development of Alzheimer's disease, although further research is needed to understand these associations fully.

For further information on risk factors and genetic predispositions, individuals can explore resources such as the National Institute of Aging.

Diagnosis and Assessment: Advances in Early Detection

"In diagnosing Alzheimer's disease, significant advancements have been made," notes Dr. Laird. "It is crucial to undergo evaluation by a memory care specialist familiar with the full range of diagnostic testing available. It is no longer sufficient to attribute symptoms solely to age without thorough testing."

Advancements in diagnostic tools have revolutionized the early detection of Alzheimer's disease. Now more than ever, it is important to see a memory care specialist. This may include a thorough history of cognitive complaints, physical examinations, cognitive assessments, and advanced imaging techniques such as PET scans.


Additionally, individuals concerned about their cognitive health are encouraged to undergo baseline cognitive assessments and explore strategies for risk reduction. Local resources such as Memory Disorder Clinics or research clinics like ClinCloud in Viera, where Dr. Laird is a Principal Investigator, can provide guidance and support for those seeking evaluation.

Advice for Readers: Taking Proactive Steps

In conclusion, there are two essential steps for readers concerned about cognitive health "I encourage people to seek evaluation and obtain a baseline assessment of cognitive abilities," advises Dr. Laird. "Additionally, educate oneself about risks and strategies to maintain brain health and reduce Alzheimer's risk factors."

By taking proactive measures and staying informed, individuals can empower themselves to preserve cognitive function and address potential concerns early on.

About ClinCloud Research

Explore cutting-edge medical research at ClinCloud, a premier institution conducting clinical trials for various conditions, including Alzheimer's disease, liver disease, diabetes, and more. With clinics conveniently located in Maitland and Viera, ClinCloud serves the broader central Florida community. For additional information, visit ClinCloudResearch.com or call (407) 636-4031. 



Will Medicare Pay For Medical Marijuana?

By Brenda Lyle



ask ONE SENIOR PLACE
Brenda Lyle

The short answer is no. Cannabis, although legal in Florida as medical marijuana, is still illegal according to the Federal Government and has not been cleared by the Food and Drug Administration. Your primary care doctor likely cannot prescribe it and the costs will NOT be covered by your Medicare prescription drug coverage.

Cannabis has been used medicinally by some cultures since ancient times. In Florida, voters approved the Florida Medical Marijuana Legalization Initiative (Amendment 2) in 2016. After subsequent passage by the Senate, the Florida Department of Health established the Office of Medical Marijuana to regulate its prescribing and dispensing. The Amendment authorized the use of medical marijuana for patients diagnosed with ALS, Cancer, Crohn's Disease, Epilepsy, Glaucoma, HIV/AIDS, MS, Parkinson's disease, PTSD, Chronic Nonmalignant Pain and terminal conditions (< two years to live). Medical marijuana became legal to smoke in 2019.

Prescribing and dispensing of medical marijuana is highly regulated. Qualified physicians complete special training and must be listed with Florida's Medical Marijuana Use Registry. Only these physicians can determine a patient's eligibility to receive a Medical Marijuana Use Registry Identification Card. The card is required by the dispensary along with a prescription from the qualified physician. The physician prescription controls the type, quantity and frequency of the medical marijuana for the desired outcome.

Currently, there are more than 600 dispensaries in Central Florida, with names like Surterra, Curaleaf and Trulieve. These dispensaries sell medical marijuana in all its legal forms in Florida, including flower buds, vapes, oils, tinctures, edibles and even drops. Dispensary assistants are trained to help patients decide among the different forms, consistent with their prescription. Patients who require assistance with

administration may register a caregiver --who must also get a Registry ID card. Nearly 900,000 Floridians are registered with the state's medical marijuana program.

Ready to learn more? Dr. Frank Filiberto will speak during Senior Health Friday with Nurse Lisa on April 12th. RSVP online at www.OneSeniorPlace.com or call 321-751-6771 in Viera. ☺

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. Brenda Lyle is a Certified Care Manager and Certified Dementia Practitioner with One Senior Place, Greater Orlando.

Cancer Care Centers of Brevard
Our Focus is Your Healing

Craig Badolato, MD
Medical Director
& Medical Oncology

Sumeet Chandra, MD
Medical Oncology
& Hematology

Rahul Chopra, MD
Medical Director
Radiation Oncology

Gregory B. Hoang, MD
Medical Oncology
& Hematology

Y. Pavan Kancharla, MD
Medical Oncology
& Hematology

Giuseppe Palermo, MD
Medical Director
Medical Oncology
& Hematology

Todd V. Panarese, MD
Radiation Oncology

David L. Ross, MD
Medical Oncology
& Hematology

Ravi Shankar, MD
Radiation Oncology

For over 34 years, our board-certified oncologists have been leading the way in cancer treatment for patients in Brevard and Indian River Counties. We focus on achieving the best possible outcomes for our patients through a comprehensive, multi-disciplinary approach to fighting cancer.

Most major insurance plans accepted including Health First

Cancer Care Centers of Brevard is the only independent, community-based oncology practice in Brevard County. CCCB offers:

- High quality, cost-effective cancer care
- Clinical research trials
- Leading-edge technology
- Additional patient services including physical therapy, acupuncture, nutritional counseling, and more
- Most insurance plans accepted, including Health First

833.394.4904
CancerCareBrevard.com

Timeshare Victim?

Legal Attorney Timeshare Cancellation For less!

TimeShareBeGone

100% Money Back Guarantee!

Low flat Fee Payment Plans <15 years in business!

ACCREDITED BUSINESS
A+ Rating

800-223-1770

Timesharebegone.com



Make Your Finances Work for You!



Let's Get Your Ducks in a Row!



Be Wise...
Don't Try this
On Your Own!



Senior Info Helpline
(321) 473-7770



SENIOR RESOURCE
CENTER OF BREVARD



1344 S Apollo Blvd - 2nd Floor
Melbourne FL 32901



Your Financial Plan. Chapter #3 of Your Aging Plan!



Inside this Edition:

- Tips to Help You Handle Financial Stress
- Rock Steady Boxing
- Solid Financial Plan for Assisted Living
- State Programs Save
- A Move to Continuing Care Retirement is a Financial Decision

Did You Hear?



Helping Seniors Car Raffle Tickets are now Available!

CALL (321) 473-7770

HelpingSeniorsCarRaffle.com



It's On!

The 8th Annual Helping Seniors Car Raffle!

"Choose Your Adventure"

Pick from 6 Great Cars!

Grand Drawing: Sunday October 27th 2024

American Muscle Car Museum!

Let's Go Sailing!

MSC Seashore - June 9th - June 16th 2024
from Port Canaveral with your friends from Brevard County!



Travel is Better with Friends.

HelpingSeniorsTravelClub.com



Travel with friends from Brevard County
Special Group Pricing and Upgrades
Call Chris or Betty today
(818) 430-1480

President's Message

A Word from Joe Steckler,
Our President & Founder



Welcome to the April edition of Senior Scene and my Helping Seniors message from the President's perspective. Those of you who have followed me in my media outreach programs over the years know that I have always placed great emphasis on physical fitness. That belief has served me well as I have worked to again walk for the last three years following a knee operation.

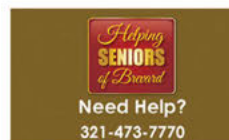
Every therapist I have used has commented favorably on my upper body strength and said that this has enabled me to build my leg strength. It has been a long process and I now know that had I worked harder in earlier knee rehabilitation, I might now be walking. All said, I again have confirmed my belief in taking care of one's body with a daily workout based on one's age and physical condition. Never give up and do your best, both men and women, to practice a daily workout regime. It really is important, along with managing your body weight.

The 2024 car raffle is underway and our idea to use cars representing all Boniface-Hiers dealerships seems to be working. The more tickets for which we receive donations the happier I will be.

We have also started our Annual Fund drive. Instead of sending a letter for the Annual Fund we used the internet to send a message to all previous donors. Please read our short email and if you can do so, please donate to the Annual Fund electronically. This will enable us to develop a donor source with minimal fundraising costs, because we all have seen the rising costs of using the postal system.

The Resource Center is adding new capabilities, and we need volunteers for several new programs. If you want to be involved, I invite you to call the office at 321-473-7770. I assure you that we do need volunteers and will work to get you into a program you will enjoy.

If you have a question or want to comment, please call us at 321-473-7770 or send an email to info@helpingseniorsofbrevard.org. Many thanks.





Step #3 In Your Aging Plan

*Kerry Fink, Executive Director
Helping Seniors of Brevard*

Welcome to April 2024. This month we tackle Step #3 in Your Aging Plan, “Your Financial Planning” and managing your money for your best success. (You may recall that Step #1 is “Health & Wellness Planning” and Step #2 is “Legal Planning.”)

This month let’s look at ideas that can help you balance your checkbook long-term and provide good solutions for the long run. This issue features articles like “Tips on Handling Financial Stress” as well as ideas to help develop a solid financial plan for assisted living, where beneficial, in your future.

So many good things ahead in April - we are beginning our “Knowledge College for Aging” Series at Joe’s Senior Resource Center, to help you, in easy monthly sessions, complete your own Aging Plan. Look for details on how to register for these free classes online at HelpingSeniorsofBrevard.org or call us at (321) 473-7770.

Our CarePlus/Omni Healthcare Wellness Series continues April 25th at Joe’s Senior Resource Center featuring Licensed Pharmacist Dr. Chrisita Cornish sharing on polypharmacy and ensuring that your prescriptions are doing good and not harm! And, our 55+ Renters Workshop series continues April 20th, making a positive impact as Seniors understand their legal rights in those circumstances.

Want to remind you, as well, about our weekly Helping Seniors Radio program - each Wednesday 12pm-1pm on 90.3 WEJF-FM (online WEJF.net) - as we tackle up-to-the-minute news and information and conversations that can make the aging journey more pleasant and provide illumination in those areas it helps for us to understand better.

Thanks for supporting the work of Helping Seniors - we are grateful for your help, your encouragement, and your support to help us keep going to serve Seniors in Brevard!



Have You Thought About This?

*Nancy Deardorff, Operations Director
Helping Seniors of Brevard*

People today are living longer, and we must plan for that financially. Do you have your financial ducks in a row?

Some questions to ask yourself when it comes to financial planning for the future:

Do you have a mortgage or rent, are there homeowner’s association fees? Do you have a car payment? How much is your car insurance? What do you spend on gas per month? What are your annual property taxes and homeowner’s insurance costs? How much do you spend on groceries per month? What are your electricity and utility costs per month, TV, cable, and internet costs?

This list goes on. And what about unexpected but necessary home repairs, not to mention any out-of-pocket prescription drug costs?

A good starting point when getting your financial ducks in a row is to make a detailed list of all your expenses, then compare your list of expenses and your income. Also consider if your income was cut in half due to the death of a spouse.

Do you have a savings account for unexpected expenses, and if so, how long might this last you? Also consider your “Wants” list. This is a list of expenses for things you do not necessarily need, but you want, such as travel, eating out, home remodeling and the like.

I know it can seem stressful and overwhelming, but taking time now to plan for your future will save you stress in the long run, knowing that you have your financial ducks in a row.

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.



Tips to Help You Handle Financial Stress

Corina Savela
Total Long-Term Care Consultant Services



Financial Planning for Assisted Living

Denise Bergman, CSA, CDP
Senior Care Authority Brevard

It's natural to feel as though your money doesn't go as far as it used to. At the end of June 2022, consumer prices were 9.1% higher than a year earlier. It was the largest increase in 40 years.

Inflation has slowed a bit since then, but you may still be worried about money. These tips might help you manage that stress.

Pay essential bills first. Paying your most important bills first (before making any discretionary purchases) can help you stay on track and spend less on nonessentials.

Rework your budget. Revising your budget regularly can ease your anxiety over the unknown. You'll have a better picture of your finances at any given time, even as circumstances change.

Reevaluate your debt. If you're carrying high-interest credit card debt, one option is transferring the balance to a 0% APR credit card. The new card will charge you a fee — 3% to 5% of the amount you transfer — but can give you a year or longer to repay your balance before you have to pay interest again.

Ask for help. If you're struggling with money management, try seeking advice from a financially stable family member or friend. Other options include getting help from a fee-only financial planner or educating yourself with books and podcasts by financial experts.

Have the right insurance. When things don't go as planned, having the right insurance coverage can alleviate financial stress. Certain risks are too large and unpredictable to cover from your savings. The less financial cushion you have, the more insurance you need. Worried about paying insurance premiums? You may be able to adjust your policy to make it fit your budget. If you have health or life insurance questions, call Total Long-Term Care Consultant Services at (321) 752-0995.

As individuals approach their later years, planning for assisted living becomes increasingly important. While many focus on the emotional and logistical aspects of this transition, having a solid financial plan in place is essential. Here's why:

1. **Understanding Costs:** Assisted living facilities vary in terms of amenities, services, and associated costs. A professional financial plan can help seniors accurately their current financial situation and determine how much they need to save or invest to cover the expenses of assisted living comfortably.
2. **Long-Term Care Funding:** The cost of long-term care can be substantial, and many seniors underestimate the financial implications. A financial planner can evaluate various funding options, such as long-term care insurance, annuities, and Medicaid planning, to ensure seniors have the resources needed to afford quality care without depleting their savings.
3. **Preserving Assets:** Seniors may be concerned about preserving assets for their loved ones while covering the costs of assisted living. A financial plan can identify strategies for asset protection, such as establishing trusts, gifting assets, or maximizing tax-efficient investment vehicles.
4. **Managing Retirement Income:** Transitioning to assisted living may coincide with a shift in income sources. A financial plan can help optimize retirement income streams, including Social Security benefits, pensions, retirement accounts, and other investments, to support their lifestyle in assisted living. *(Continued on page 28)*



A Move to a Continuing Care Retirement Community

*Teri Brant
Buena Vida Estates*

Moving to a retirement community, whether a rental or a Continuing Care Retirement Community (CCRC), is a financial decision that some people truly agonize about!

There are many other life decisions we make that are also major financial commitments, but people don't seem to worry about them quite as much as they do the decision to move to a CCRC. People worry about whether they can afford their decision and how much their monthly costs will be compared to remaining in their current home. Deciding to have children, or moving to different parts of the globe, are some other choices people make with much thought and consideration. While a CCRC can be a big financial commitment, when you weigh it all out, many people find it's a commitment worth making...just like the decision to have children!

For those that opt for a CCRC, there is an even greater perk that must be factored into the cost-benefit analysis. CCRC residents know that should their ability to live independently change, they will have access to a continuum of care services, usually on the same campus! This peace of mind can create the ultimate freedom for residents, and their loved ones—peace of mind—as they let go of worries about the future's unknowns.

In today's world, a long-term care policy is not the same as it was years ago. They cost much more, and the coverage is not the same as was originally offered. A CCRC's entry fee acts as a long-term care policy—which is usually a medical tax deduction (ask your financial expert about more specifics on this), and specifically at Buena Vida Estates, will ensure you that your care costs for assisted living, memory care and/or nursing care—when needed, will be less than the retail costs at a rental community.

An entry fee at a CCRC ensures you that you know the costs ahead of you, but also that you will have a place when you need it. Unlike the rental communities which are month to month commitments, a CCRC has a contract that states you won't be asked to leave for medical or financial changes. Talk about peace of mind and security!

Moving to a retirement community isn't right for every senior adult. There are many different factors that go into a senior living decision, and a person should make an informed choice based on their individual preferences, finances, and goals. People considering their senior living options sometimes wrestle with what freedoms they may be giving up if they move to a CCRC or other type of retirement community. Besides giving up freedoms, consider that you may also gain new freedoms in exchange.

Just as other decisions in life, such as having children and traveling the world, can bring immeasurable happiness—for some people, the cost and relatively minor freedoms that may be given up with a retirement community move may be well-worth it when they weigh the deciding factors that are most important to them.

TOGETHER, WE CAN HELP CREATE A MIRACLE.

Your gift of \$25, \$50, \$100, \$250 or more will help ensure that **Helping Seniors of Brevard**, a registered 501(c)(3) charitable organization, can continue assisting callers.

Thank you!



Helping Seniors of Brevard
P.O. Box 372936
Satellite Beach FL 32937
321-473-7770

info@helpingseniorsofbrevard.org



State Programs Can Save You Money

*Jerry Hadlock
Medicare Solutions*

Your state may be able to help you pay your Medicare premiums. In some cases, Medicare Savings Programs may also pay Medicare Part A (Hospital Insurance) and Part B (Medical Insurance) deductibles, coinsurance, and copayments if you meet certain conditions.

There are four kinds of Medicare Savings Programs:

1. Qualified Medicare Beneficiary (QMB)
2. Specified Low-Income Medicare Beneficiary (SLMB)
3. Qualifying Individual (QI)
4. Qualified Disabled & Working Individuals (QDWI)

If you qualify for a QMB, SLMB, or QI program, you automatically qualify to get Extra Help paying for Medicare drug coverage (Part D).

If you answer “yes” to the questions listed below, call your State Medical Assistance (Medicaid) office to see if you qualify for a Medicare Savings Program in your state:

- Do you have, or are you eligible for Part A? If you aren’t sure, look on your red, white, and blue Medicare card, or call Social Security at 1-800-772-1213. TTY users can call 1-800-325-0778.
- Is your income at or below the following limits? The 2024 resource limits for the QMB, SLMB, and QI programs are \$9,430 for one person and \$14,130 for a married couple. Resource limits for the QDWI program are \$4,000 for one person or \$6,000 for a married couple. Countable resources include money in a checking or savings account, stocks, and bonds. When you count your resources, don’t include your home, one car, burial plot, up to \$1,500 for burial costs (if you’ve put that money aside), furniture, or other personal items.

If you have income from working, you may qualify for these benefits even if your income is higher than these limits. Many states figure your income and resources differently, so you may qualify in your state even if you think you’re above these limits. Limits are slightly higher in Alaska and Hawaii. Some states have higher resource levels or don’t count resources. Check with your state to find out more.

QMB \$1,235 \$1,663 Part A and Part B premiums and other costs (like deductibles, coinsurance, and copayments) SLMB \$1,478 \$1,992 Part B premiums only QI \$1,600 \$2,239 Part B premiums only QDWI \$4,945 \$6,659 Part A premiums only

Please call Jerry Hadlock at 321-720-4526 or email jldm253@aol.com. Source-Medicare.gov

*Financial Planning for Assisted Living
(Continued from page 26)*

5. **Planning for Unexpected Expenses:** Healthcare needs can change unexpectedly, leading to additional expenses beyond the scope of typical assisted living fees. A financial plan can include provisions for emergency funds and medical expenses to provide peace of mind and ensure seniors are prepared for any unforeseen circumstances.
6. **Avoiding Financial Stress:** Worrying about money can detract from the enjoyment and comfort of living in an assisted living facility. A professional financial plan can alleviate financial stress by providing a clear roadmap for managing expenses, maximizing resources, and achieving financial security in retirement.

Having a professional financial plan in place is vital for seniors preparing for assisted living. By working with a knowledgeable financial planner, seniors can make informed decisions, protect their assets, and ensure a comfortable and financially secure future in assisted living.



Fight Back Against Parkinson's

*Janice Moia
Rock Steady Boxing
at Advance Fitness Melbourne*

April is Parkinson's Awareness Month, which not only raises awareness about the disease our Rock Steady Boxers live with every day, but also shines a light on their incredible tenacity in 'fighting back' against the disease.

We are about more than just one class or one program, Rock Steady Boxing at Advance Fitness's mission is to provide hope and better quality of life for people with Parkinson's disease in our community.

The Rock Steady Boxing Method was developed in Indianapolis over the course of seven years. In 2012 the training was launched to share the Rock Steady Boxing Method.

Today, there are over 900 Rock Steady Boxing affiliate programs around the world, initiated by Certified Rock Steady Boxing "Coaches." All coaches completed the requirements of Rock Steady Boxing and have been officially certified. They are required every two years to update their certification by completing continuing education courses.

"Since its inception, there has always been something special about the Rock Steady Boxing Method," said Rock Steady Boxing, Inc. President Ryan Cotton.

"In 2006 when Rock Steady was founded, there was little scientific evidence for this method of exercise. Today, there is growing scientific evidence supporting the Rock Steady Method. We can confidently say that participants in Rock Steady have fewer falls, better balance, and improved quality of life. Regular and consistent exercise is now considered an essential component for the

management of Parkinson's symptoms."

Rock Steady Boxing (RSB) at Advance Fitness Melbourne 501c (3) will be having fundraisers to raise funds to help with scholarships, respite care, transportation, education, and eventually full tuition for all activities at RSB at Advance Fitness in Melbourne. We will join millions in observing Parkinson's Awareness Month.

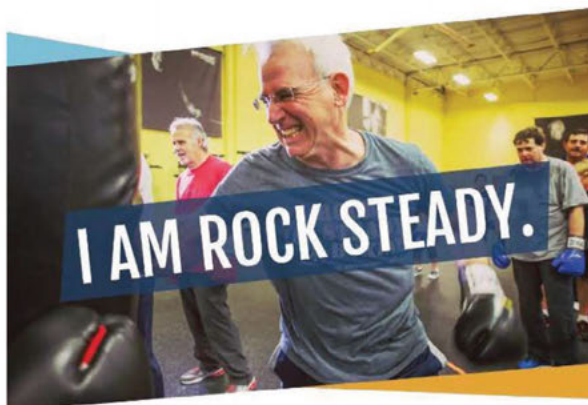
RSB at Advance Fitness Melbourne gives those living with Parkinson's disease hope, by offering a non-contact, boxing-inspired fitness routine proving to dramatically improve their quality of life. Their facility is also expanding and already offers Tai Chi, Dance S.T.E.P.S. classes along with a weekly PD support group, and a monthly care partner support group.

Soon we will also be incorporating fall prevention, balance, stretch and core classes along with hosting an activity day once a month with Ping Pong, card games and bingo or just a day of socialization. The hope is that we become a great Resource and Activity Center for those with Parkinson's and their families.

My name is Janice Moia, I started this program almost six years ago with 4

boxers and 3 classes a week. I now have 9 classes a week with 68 boxers. I have 5 certified coaches and many volunteers. All proceeds are kept locally to serve those in our community who are battling Parkinson's disease. I run my program according to the founder Scott Newman's mission, a quote from Scott,

"We want to be meeting and exceeding expectations about what can be done to conquer PD, well equipped and decently funded to that task, but designed to fall short as a profit center, growing for the moral reasons, not the financial or self-justifying reasons, so we must be partners together that form a champion, something larger than life."





Fall Prevention

Carlos E. Cuesta
SYNERGY HomeCare of Palm Bay

According to the U.S. Department of Health and Human Services, 1 in 3 older adults experience a fall every year, making it one of the biggest hazards in the older population. At SYNERGY HomeCare of Palm Bay, we know this all too well.

In order to help reduce the prevalence of falls in our older community, we've created an all-in-one Fall Prevention Guide with plenty of tips that you can use to protect yourself and your loved ones.

Try following some of this simple advice:

- Secure or remove all throw rugs in the house to reduce the risk of tripping.
- Place non-slip mats on the bathroom floor and in the shower or bathtub.
- Keep frequently used items in easily accessible cabinets.
- Keep the house brightly lit, especially in hallways and stairways for easier navigation and to be able to spot potential hazards.
- Monitor medication side effects and interactions that may cause drowsiness, lightheadedness, disorientation, or confusion.

Even though you're more than capable of taking fall prevention into your own hands, we're still happy to help and be a free local resource that can take your prevention planning one step further. For absolutely no cost, our professional caregivers can provide free in-home safety assessments, where we can identify and problem-solve any additional concerns in your home.

To contact us, please call 321-340-3828 or go to <https://synergyhomecare.com/fl-palm-bay-32905/>. You can also visit us in person at 1501 Robert J Conlan Blvd. NE, Suite 140, in Palm Bay.



Will I Get My Teeth Cleaned the Same Day?

Lee Sheldon, DMD
Sheldon and Furtado, PLLC

“Will I get my teeth cleaned on the same day?” How many times have I heard that question? The answer to that question is the heart of this paper. Because getting your teeth cleaned the same day has so many different meanings that it's impossible for me to do that correctly.

Why? 42% of adults in the U.S. have periodontal disease. That means that nearly half of those who see us need more than “a cleaning.” It also means that more than half of those who see us don't. I love it when I see a patient for a second opinion, and I surprise that patient by saying, “You don't need anything.” It happens a lot.

Periodontal cleaning is a specialized skill requiring talented hygienists and equipment. Great hygienists who are coached by two periodontists, an endoscope to help them see diseased root surfaces below the gum line, chemical agent that helps to dissolve calculus, hand instruments that are hand-sharpened and replaced regularly, sharpening stone, ultrasonic scaler, and full periodontal chart of each patient for comparison with previous visits. Each patient is scheduled for a full hour, meaning that the patient is in the chair for a full fifty minutes.

There are different levels of cleaning for each patient. Some need a lot with a consequent amount of time and skill. Some need none and are only seeing us because they want their teeth cleaned, not because they need their teeth cleaned.

A part of the comprehensive examination is to determine what is necessary to control your periodontal disease, if you need that control at all. That's one of the reasons that a doctor sees you first. From there, we can determine what you need or do not need.



ADVOCATE & SENIOR PLACEMENT

Assisted Living Locators **SILVER SPONSOR**
2573 Temple St. NE, Palm Bay, FL 32905
rgarson@assistedlivinglocators.com
321-367-3520

Senior Care Authority **PLATINUM SPONSOR**
CENTER SPONSOR
1344 S. Apollo Blvd. Ste. 2C, #2, Melbourne
www.seniorcareauthority.com/brevardfl
321-341-8444

ATTORNEY

Law Office of Amy Van Fossen, P.A. **SILVER SPONSOR**
211 E. New Haven Ave., Melbourne
www.AmyBVanFossen.com
321-426-1848; (fax) 321-345-5417

Ruth Rhodes, Esq. Rhodes Law, P.A. **GOLD SPONSOR**
CENTER SPONSOR
1751 Sarno Rd Ste. 2, Melbourne
www.rhodeslawpa.com
321-610-4542

Truman Scarborough Law Office
239 Harrison St., Titusville
www.trumanscarborough.com
321-267-4770

William Johnson, P.A. **PLATINUM SPONSOR**
140 Interlachen Dr., Suite B, Melbourne
www.floridaelderlaw.net
321-253-1667

CARE/CASE MANAGEMENT

Advocates for the Aging **SILVER SPONSOR**
CENTER SPONSOR
Guardianship, case management
AFTA101@advocatesfortheaging.com
321-953-2273

Emerald Care Management LLC
Karen Wernlund | 321-622-8030
emeraldcare21@gmail.com
Wellness & Home Safety Checks

Total Long-Term Care Consultants **SILVER SPONSOR**
6767 N. Wickham Road #400, Melbourne
www.TlcConsultantServices.com
321-752-0995

DENTIST

Sheldon & Furtado, PLLC **PLATINUM SPONSOR**
2223 Sarno Road, Melbourne
www.drleesheldon.com
321-802-2810

DOWNSIZING/PROFESSIONAL ORGANIZER

Make Space Now, LLC
Christina Knowles Certified Senior Move Manager
Decluttering, organizing, packing/unpacking & More
christina@makespacenow.com | 321-312-7959

EVENTS/SENIOR EXPOS

Platinum Events Production **SILVER SPONSOR**
Senior Expos
www.platinumexpos.com
321-773-1454

FINANCIAL PLANNING

Raymond James / Tisha Hill, AAMS, WMS
709 S. Harbor City Blvd., Ste. 510, Melbourne
www.RaymondJames.com/TishaHill
321-253-7914

GENERAL CONTRACTOR/ HANDYMAN

Hansen's Handyman Services & Construction
Remodel, Windows, Doors, Flooring Installation
Family Owned & Operated Since 2007
Licensed/Insured | 321-302-9441

GRAB BARS

Same Day Grab Bars®
3830 S. Hwy A1A 4-113, Melbourne Beach
www.samedaygrabbars.com
800-215-7560

HANDYMAN

David's Handycures LLC **PLATINUM SPONSOR**
Veteran-owned / general home repairs
Beachside123@yahoo.com
321-961-9870

HOME BUILDERS

Monarch Homes of Brevard **PLATINUM SPONSOR**
Model: 1728 Tullagee Ave., Melbourne
www.monarchhomesofbrevard.com
321-806-3948



HOSPICE

St. Francis Reflections Lifestage Care **SILVER SPONSOR**
6905 N. Wickham Rd. #300, Melbourne
www.ReflectionLSC.org
321-269-4240

VITAS Healthcare
4405 W. Eau Gallie Blvd. #250, Melbourne
www.vitas.com
321-751-6671

IN HOME CARE

Aqua Home Care **SILVER SPONSOR**
CENTER SPONSOR
Caregivers from 4 hrs/day to live-in
mfolkerds@aquahc.com
321-831-7331

Avid Home Care (non-medical) **SILVER SPONSOR**
2425 N. Courtenay Pkwy Ste 10
traci@avidhomecareservices.com
321-392-3400

Seniors Helping Seniors **SILVER SPONSOR**
CENTER SPONSOR
1344 S. Apollo Blvd, Ste 2-C, Melbourne
www.seniorcarebrevard.com
321-722-2999

SYNERGY HomeCare of Palm Bay **SILVER SPONSOR**
1501 Robert J Conlan Blvd NE, Ste 140, Palm Bay
www.SynergyHomeCare.com
321-340-3828

VIPAmerica Home Health Referrals
1507 Riverview Dr., Melbourne, FL 32901
www.vipamericaa.com
321-541-1248

INSURANCE

Care Plus Health Plans **GOLD SPONSOR**
www.careplushealthplans.com
321-751-7645

Health Plan Marketplace / Bruce Williams
1127 S. Patrick Dr. Ste. 1, Satellite Beach
www.BWilliamsInsurance.com
321-543-3495

Laura Peery **GOLD SPONSOR**
Medicare Plan Advisor, LTCi Plan Specialist
Ramsey-Trusted ELP
LauraPeeryAgency.com | 321-848-3838

INSURANCE

Medicare Solutions – Jerry Hadlock **SILVER SPONSOR**
Helping you unlock the Medicare confusion
601 E. Strawbridge Ave. Melbourne
jldm253@aol.com | 321-720-4526

Moore Insurance Solutions **SILVER SPONSOR**
CENTER SPONSOR
1344 S. Apollo Blvd, Ste 2-C, Melbourne
solutions@vickimooreinsurance.com
321-272-0218

MEALS AT HOME

Chefs for Seniors
Nutritious meals prepared in your home
www.ChefsforSeniors.com/Melbourne-FL
321-210-6953

MEDICAL

Practitioners in Motion **SILVER SPONSOR**
CENTER SPONSOR
We Bring Medical Care to You
www.bringingcaretoyou.com
321-216-2288

MEDICAL RESEARCH

ClinCloud Research **SILVER SPONSOR**
7000 Spyglass Ct. Ste. 130, Viera
info@clincloudresearch.com
407-680-0534

MOVING

A Mother's Touch Movers
Senior, Military & Veteran Discounts!
Packing/Unpacking! Storage Available!
321-253-6040

MI-BOX Moving & Mobile Storage
5101 W. Eau Gallie Blvd., Melbourne
admin@miboxspacecoast.com
321-500-4344

OCCUPATIONAL THERAPY

Coastal Occupational Therapy **SILVER SPONSOR**
CENTER SPONSOR
Mobile Outpatient Therapy Service
www.coastaltherapytl.com
321-361-8040

PHARMACY / MEDICAL EQUIP

Browning's Pharmacy and Health Care
Durable Medical Equipment
141 E. Hibiscus Blvd, Melbourne
www.brownings.net | 321-725-6320

Canadian Meds of Melbourne SILVER SPONSOR
CENTER SPONSOR

1344 S. Apollo Blvd, Ste 2-C, Melbourne
www.canadianmeds-melbourne.com
321-754-6976

Faith Walk By Two SILVER SPONSOR
Medication Therapy Management
drchrisita@faithwalkbytwo.org
321-381-5980

The Medicine Shoppe Pharmacy
2176 Sarno Rd., Melbourne
www.melbourne.medicineshoppe.com
321-242-2440

PHYSICAL THERAPY / FITNESS

FYZICAL Therapy & Balance Center SILVER SPONSOR
150 5th Ave., Ste C, Indialantic
Balance, Fall Prevention, Vertigo
321-372-3090

3830 S Hwy A1A Ste C-5, Melbourne Beach
Rock Steady Boxing for Parkinson's Disease
321-327-7889

Rock Steady Boxing at Advance Fitness SILVER SPONSOR
2176 Sarno Rd. Ste. 102, Melbourne
advancefitness@rsbaffiliate.com
321-693-9246

PODCAST

Hardy House Media SILVER SPONSOR
Fabulous Over 50 podcast
Jen's Friends daily encouraging video email service
Jenhardy.net | 321-831-2411

PRINTING

Allegra Marketing Print Mail
2040 Murrell Rd., Rockledge
www.allegramarketingprint.com
321-252-4701

REAL ESTATE / DOWNSIZING

Next Chapter Real Estate SILVER SPONSOR
CENTER SPONSOR

Debbie Beard, Broker 321-298-5562
55+ Real Estate & Downsizing Expert
www.NextChapterFlorida.com

Team Taranto Keller Williams Realty SILVER SPONSOR
Downsizing Experts
2020 Highway A1A Unit 107, IHB
tomtaranto@kw.com | 321-961-2871

SENIOR LIVING / MEMORY CARE

Buena Vida Estates SILVER SPONSOR
2129 W. New Haven Ave., W. Melbourne
www.buenavidaestates.org
321-724-0060

Hibiscus Court Assisted Living and Memory Care Community GOLD SPONSOR
540 E. Hibiscus Blvd, Melbourne
www.slm.net | 321-345-9830

Palm Cottages Assisted Living
3821 Sunnyside Ct., Rockledge
www.palmcottagesfl.com
321-633-1819

Residences at Zon Beachside PLATINUM SPONSOR
1898 S. Patrick Drive, Indian Harbour Beach
www.theresidencesatzonbeachside.com
321-777-8840

Zon Beachside PLATINUM SPONSOR
1894 S. Patrick Drive, Indian Harbour Beach
www.zonbeachside.com
321-777-8840

SPEECH THERAPY

Proclaim Communication and Rehab.
Services – Outpatient Speech Therapy
www.proclaim-services.com
321-209-0171

SPIRITUAL / MENTAL HEALTH

Faith Walk By Two SILVER SPONSOR
Hospital/hospice/assisted living visitation, chapel services
www.faithwalkbytwo.org
321-381-5980

TRAVEL

Helping Seniors of Brevard Travel Club
travelcenterusa@gmail.com
Chris & Betty | 321-978-5211
We create “trips of a lifetime” for seniors



Helping Seniors Of Brevard



Helping Seniors Senior Resource Center Partners



Advocates for the Aging, Inc.
(321) 953-2273
AdvocatesfortheAging.com



Aqua Home Care
(321) 574-1180
Melbourne.AquaHC.com



Canadian Meds of Melbourne
(321) 574-6976
CanadianMeds-Melbourne.com



Coastal Occupational Therapy
(321) 361-8040
CoastalTherapyFL.com



Faith Walk by Two
(321) 381-5988
FaithWalkbyTwo.org



Moore Insurance Solutions
(321) 272-0218
LinkedIn.com/in/vmoorehealthplans



Next Chapter Real Estate
(321) 321-8289
NextChapterFlorida.com



Practitioners in Motion
(321) 216-2288
BringingCaretoYou.com



Ruth C. Rhodes, Esq. / Rhodes Law P.A.
(321) 610-4542
RhodesLawPA.com



Senior Care Authority
(321) 341-8444
SeniorCareAuthority.com/brevardfl



Seniors Helping Seniors
(321) 722-2999
SeniorCareBrevard.com



Helping Seniors Gold Sponsors



CarePlus Health Plans
(321) 751-7645
CarePlusHealthPlans.com



Hibiscus Court Assisted Living
(321) 345-9830
HibiscusCourtMelbourne.net



The Peery Agency (Lori Peery)
(321) 848-3838
LauraPeeryAgency.com



Wuesthoff Brevard Hospice
(321) 253-2222
LHCGroup.com



Helping Seniors Platinum Sponsors



Monarch Homes of Brevard
(321) 806-3948
MonarchHomesofBrevard.com



The Residences at Zon
(321) 777-8840
ZonBeachside.com



Sheldon & Furtado, PLLC
(321) 802-2810
DrLeeSheldon.com



WILLIAM A. JOHNSON, P.A.
WILSON CARR, WOODWARD & LOUISIANA PRACTITIONERS

William A. Johnson, P.A.
(321) 253-1667
FloridaElderLaw.net



Zon Beachside Assisted Living
(321) 777-8840
ZonBeachside.com



Helping Seniors Silver Sponsors

Law Office of Amy B Van Fossen - (321) 426-1848
AmyBVanFossen.com

Assisted Living Locators - (321) 367-3520
AssistedLivingLocators.com

Avid Home Care Services - (321) 392-3400
AvidHomeCareServices.com

Buena Vida Estates - (321) 351-3082
BuenaVidaEstates.org

Chefs for Seniors - (321) 210-6953
ChefsforSeniors.com/Melbourne

ClinCloud Research - (407) 680-0534
ClinCloudResearch.com

David's Handcures - (321) 961-9870
Email - Beachside123@Yahoo.com

Fabulous After 50 / Hardy House Media
Contact@JenHardy.net / JenHardy.net

Medicare Solutions - Jerry Hadlock, Jr.
(321) 720-4526 - Email JLDM253@aol.com

Platinum Events Productions
(321) 723-1454 - PlatinumEventsProduction@gmail.com

Rock Steady Boxing - (321) 693-9246
RockSteadyBoxingBrevard.com

St Francis Reflections - (321) 269-4240
ReflectionsLCS.com

Synergy Home Care / Carlos Cuesta
(321) 340-3828 - SynergyHomeCare.com

Team Taranto - Keller-Williams Realty
(321) 676-0185 - TeamTaranto.KW.com

Total Long-Term Care Consultant Services
(321) 752-0995 - TLCConsultantServices.com



Mom & Me *by Audrey & Kimberley*

DEAR MOM AND ME,

I retired at fifty because my physical pain and difficulty walking made it impossible for me to continue in the fast track.

We moved to a picture book setting and I enjoyed the life style, but I always wished I was able to be out in the rat race.

On a routine visit my doctor told me that a new treatment would soon be available and I would be an ideal candidate. After six months my condition improved so much that I bought myself a computer and I am working again after ten years of retirement. My office is at home, so I have the best of both worlds and I enjoy being a contributor again.

Leisure is OK, but I enjoy working more, I would like your comments.

– Fred

DEAR FRED,

Some people retire too early, either for reasons of health or company mergers, and for others retirement is not an option. My advice is to get another job if you are physically well and want and are able to work.

If you have selling skills for example they do transfer, selling a bridge is not much different from selling buttons, you just have to sell more of them.

Many men/women start businesses after retirement and love the thrill of being their own boss. Your home office sounds like a wonderful idea - in this age of computers - it really doesn't matter in some businesses where the office is located. Care for your health and good luck to you.

– Audrey

DEAR FRED,

Your letter describes the experiences of many people I have worked with through the years. People anxiously wait for retirement only to find after one year they are bored to death!

If working at a business at home is what excites you then do it. If there is something else that invigorates you then explore that. What is important is that you develop interest and hobbies that create an interesting life for you. We all transition through different stages of life. It is important that we make the best of each stage.

– Kimberley

Patsy Skipper
Permanent Make-Up Artist & Instructor



**Board Certified Diplomat
Over 18 Years Experience**

OFFERING:

- Eyeliner • Brows
- Lip Liner • Full Lip Color
- Beauty Mark

Studio located in Sugarlash Salon
822 N Miramar Ave, Indialantic

**Call 321-917-7052 for
FREE Consultation!**

Located on A1A Beachside
www.cosmetics4ever.com
PSkipper1@gmail.com

License # CL-0069060



**You've Tried The Rest, Now Try The Best!
Why Homeowners Choose eMaids:**

- ★ Tailored Cleaning Plans
- ★ 100% Happiness Guarantee
- ★ Experienced, vetted, and insured cleaners
- ★ Cleaners who respect your space and privacy
- ★ Veteran Owned

From one-time deep cleans to regular maintenance, eMaids of Space Coast is here to simplify your life, giving you more time to enjoy the beauty of Suntree. Take the first step towards a cleaner, happier home with eMaids.

**10% OFF YOUR FIRST CLEANING
Book Today and Feel the Joy of a Clean Home!**

1-321-462-3331
www.eMaidsofSpaceCoast.com



Play the Piano for Brain Health

By Matilda Charles

I've been reading in too many places about taking steps to hold off memory and cognitive impairment, so I've paid attention to some of the ideas we can use to keep our brains active.


One idea that's been very enticing is playing the piano and using that as a protective factor against dementia and impairment.

When I began my hunt for a piano, I quickly realized that space would be a major consideration, never mind the expense of a real piano. However, there are smaller electronic pianos, and I bought one: a Yamaha Piaggero NP-12. I've placed it on a board between two two-drawer file cabinets to avoid the additional cost of the metal stand and seat. It only has 61 keys, rather than the standard 88, but it's enough and fits into the space I have and only weighs 11 lbs.

It's a great little piano even for those who've played before (it's touch sensitive, for those who know about these things). It has buttons to select between the sound of piano, electronic piano, organ, strings and harpsichord, with a built-in metronome and volume dial.

If you're interested in such a piano, hunt around the internet or call music stores in your area. Be sure to order the wall plug adapter as well, so you don't have to worry about batteries.

If you don't already play, consult YouTube online for beginner lessons for seniors on video. Ask at a music store, rec center or college music department about signing up for beginner lessons to get you started. If you don't have sheet music, look on the internet for free music you can print out (try pianosongdownload.com), or check garage sales or even the library.

Even if the first songs you learn are along the lines of "Mary Had A Little Lamb," it's a step in the right direction for brain health. 

(c) 2024 King Features Synd., Inc.

Timeshare Victim?
Legal Attorney Timeshare Cancellation For less!

TimeShareBeGone
100% Money Back Guarantee!
Low flat Fee Payment Plans <=>15 years in business!



Click Twice to Visit Website

800-223-1770

Timesharebegone.com

King Crossword

ACROSS

- 1 Not so hot?
- 5 Dog tags, e.g.
- 8 Quick look
- 12 Antioxidant berry
- 13 French vineyard
- 14 Impetuous
- 15 Dungeon's quality
- 17 Actress Rae
- 18 Small batteries
- 19 Detroit hoopster
- 21 Like a neglected lawn
- 24 Coop group
- 25 Within (Pref.)
- 26 Foppish behavior
- 30 Caustic cleaner
- 31 Loud
- 32 Dean's list stat
- 33 Writer Steel
- 35 Three- — sloth
- 36 Barn birds
- 37 Travesty
- 38 "Jane Eyre"

author

- 41 Tofu source
- 42 Chicago's Mayor
- Lightfoot
- 43 Hanging loosely
- 48 Location
- 49 Swiss canton
- 50 Roasting spot
- 51 Church song
- 52 Domino spot
- 53 Harvest

- 16 Aye underoer
- 20 "500" race
- 21 Use a blowtorch
- 22 New Age singer
- 23 Genesis garden
- 24 Salutes
- 26 Prettified
- 27 Composer Stravinsky
- 28 Detail, briefly
- 29 Created
- 31 Salamander
- 34 Sea off Sicily
- 35 "Fearless" singer Swift
- 37 Boating hazard
- 38 Humdrum
- 39 "Gilmore Girls" daughter
- 40 Utah city
- 41 Use scissors
- 44 "Exodus" hero
- 45 " — had it!"
- 46 Museum-funding org.
- 47 Econ. measure

DOWN

- 1 Bankroll
- 2 Obamacare acronym
- 3 Scooted
- 4 Japanese emperor
- 5 Frosts a cake
- 6 Hosp. workers
- 7 Hitchcock forte
- 8 Overly proper
- 9 Bridge position
- 10 Canadian gas brand
- 11 "Star Trek II" villain

1	2	3	4		5	6	7		8	9	10	11	
12					13				14				
15				16					17				
			18				19	20					
21	22	23				24							
25					26					27	28	29	
30				31						32			
33			34							35			
			36					37					
38	39	40					41						
42						43	44				45	46	47
48						49					50		
51						52					53		

© 2024 King Features Synd., Inc.

PAW'S CORNER

By Sam Mazzotta

Cat Walking - Beneficial or Not?

DEAR PAW'S CORNER: I have a neighbor who puts both of her cats on leashes and walks them through the neighborhood each day. Shouldn't they be outside on their own, prowling and doing cat stuff?

– Concerned Cat Mom in Providence, RI

DEAR CONCERNED: As long as the cats aren't distressed by the leash, I don't see a problem.

Some cats are completely uninterested in exploring the world outside, and some are downright fearful of it. And that's totally fine. Others, however, want to be outside every chance they get.

Letting cats wander outside puts them at risk of being struck by a car, attacked by wildlife or feral cats, or contracting an illness. Cats can be a menace to other creatures, so much so that there's evidence they are impacting the bird population. Songbirds are already under threat from climate change and bird flu (which spreads just as easily among wild birds as it does on chicken farms), so adding another predator to the list is not a good thing.

Putting a cat on a leash (and in a harness, rather than a collar) is a great way to help them explore while keeping them safe. It's also helpful when taking your cat on long car trips -- they can stretch their legs safely at rest stops.

For those who'd like to try walking their cat, buy a harness that fits your cat. Cats won't like the harness at first; put it on and just let them get used to it while you hold the leash loosely. Make it a positive experience with lots of treats. Once they start exploring comfortably with the harness on, walk around with them, guiding them. Don't tug on the leash or drag them. Pick them up if they won't move, but always keep it positive.

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

(c) 2024 King Features Synd., Inc.

Helping
SENIORS
of Brevard

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

Need Help?
Call 321-473-7770



SENIOR
looking for
assistance
in finding
services?

Medical, Legal,
Financial, Household
or other Needs?

(321) 473-7770
Senior Info Help Line



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

The Senior Information Helpline - (321) 473-7770

HelpingSeniorsofBrevard.org



Helping Seniors Info Series

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

Food Truck Tuesday

Date: Tuesday, April 2nd, 11:00am - 1:00pm
Call for Information – (321) 473-7770

Call your friends and make it a lunch date! 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!

Knowledge College for Aging - Your Aging Plan

Date: Thursday, April 18th, 10:00am - 11:00am
Call for Information – (321) 473-7770

April sees the launch of our "Get Your Ducks in a Row" Knowledge College for Aging certificate program. It is

a FREE monthly series, 10am-11am on the 2nd Tuesday of the month at Joe's Senior Resource Center, designed to help you learn the 7-key Chapters in your own aging plan. Kerry Fink, Helping Seniors Executive Director, moderates the series with the help of subject matter experts. This month - gain a 35,000 foot overview of the components that make up your Aging Plan so you are ready for the road ahead! Join us for Coffee/Snack and a complimentary take-home lunch for those who are RSVP'd.

Helping Seniors Wellness Series - Medication Therapy Management

Date: Thursday, April 25th, 11:00am - 12:30pm

Call for Information & RSVP – (321) 473-7770

Heard the word Polypharmacy - meaning the use of multiple medications at the same time? Learn how to stay safe with your Prescriptions/Medications with

special guest speaker Licensed Pharmacist Dr. Christa Cornish, of Faith Walk by Twon. She explains how to avoid drug interactions and invites you to bring "your bag of medicine" for an independent review to help keep you safe! Programs brought to you by Care Plus Health Plans, Omni Health Care, and Helping Seniors of Brevard.

More Helping Seniors Events:

Renters of Palm Bay FL Housing Workshop

Saturday – April 20th, 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 2nd Annual All European Car Show - Sunday - April 14th 2024 10:00am-2:00pm - The All European Car Show

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

Young at Heart Senior Expo - Thursday - April 25th 2024 10:00am-1:00pm - Platinum Expos presents "The Young at Heart Expo" Viera Regional Community Center - 2300 Judge Fran Jamieson Way - Viera FL 32940

Golden Providers Network Meeting - Tuesday - April 16th 2024 11:00am-12:30pm - Golden Providers Business-to-Business Meeting (for those who Serve Seniors with Excellence - Golden-Providers.org) Hibiscus Court - 540 E Hibiscus Blvd - Melbourne FL 32901

The Fearless Caregivers Conference - Thursday - April 25 2024 10:00am-2:00pm - The Fearless Caregivers Conference. Complimentary Tickets for Family Caregivers Still Available.

Caregiver 911 - Find the Money, the Support & Resources You Need Now!

Ascension Catholic Community - 2950 N Harbor City Blvd - Melbourne FL 32935. Register at Caregiver.com or call 954-362-8126

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm
Apr 1	Mon	Al Dia Today Newspaper	Elder Law Services	Printing & Direct Mail Options
Apr 2	Tue	Senior Mental Health	Controlling Cost of RX	Chefs for Seniors
Apr 3	Wed	Real Estate Transactions for Seniors	Medicare - Questions & Answers	The Talk About Assisted Living
Apr 4	Thu	Senior Expos & Events	Debt Relief for Seniors	Info Resources for Seniors
Apr 5	Fri	The Dental Experience	Care Management	Senior Travel - Safe & Fun
Apr 8	Mon	Safe & Secure at Home	Hometown News	Put Your Kids on House Title?
Apr 9	Tue	Smorgasbord of Legal Matters	When Assisted Living Appropriate?	The Parts of Medicare
Apr 10	Wed	Helping Seniors Travel Club	Living Beyond Your Current Home	Discounted Prescriptions
Apr 11	Thu	Info Needs for Seniors	Why Dental Implant not the Best	The Dirty "D" Word - Dementia
Apr 12	Fri	Durable Power of Attorney	Assisted Living Options	Golden Providers - Biz to Biz
Apr 15	Mon	Life Enrichment in Assisted Living	Probate - What it is/How it Works	How to Cruise Successfully
Apr 16	Tue	Legal Documents Checklist	Reverse Mortgages - Now Time?	A Beautiful Smile
Apr 17	Wed	Great Employment for Seniors	All About Home Health Care	Staying Home Safe or Downsize?
Apr 18	Thu	Ordering RX at Lowest Prices	Senior Info in Senior Scene	Avoiding Probate
Apr 19	Fri	The Parts of Medicare	Chefs for Seniors	How Assisted Living Benefits
Apr 22	Mon	Helping Seniors 12 Years Later	The Value of Professional Printing	Getting RX at Best Prices
Apr 23	Tue	What Elder Law Attorney Can Do	5 Steps to Stay Home Securely	Technology and Home Care
Apr 24	Wed	About Golden Providers	2 Assisted Living Questions	Power of Attorney/Super Powers
Apr 25	Thu	Periodontal Disease	Top 3 Public Benefits Questions	Hometown News / AARP
Apr 26	Fri	Assisted Living Right for You?	Helping Seniors Travel Club	Care Management
Apr 29	Mon	How Assisted Living Helps Thrive	Senior Expos & Events	Trusts
Apr 30	Tue	New to Florida? Elder Law	Senior Real Estate - Things to Know	The Parts of Medicare



Date	Day	Program	Special Guest
Apr 3	Wed	Helping Seniors on Elder Law	Bill Johnson, Esq.
Apr 10	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon
Apr 17	Wed	Helping Seniors on Senior Living	Terri Brant
Apr 24	Wed	Helping Seniors on Help at Home	Jennifer Barton

Something New For One Or Two

Recipes especially created for 1 or 2 diners

Thank Goodness Spring is here. I sit in Washington D.C. where it snowed last night and can't wait to get back to my warm and wonderful Gulf Coast. It is too early up here for really fresh vegetables, but ours are coming into the market now and we are very lucky. Hope you enjoy these recipes, one of which I fixed last night.

LIGHT & SPICY SHRIMP AND CHICKEN

1/2 a large skinless chicken breast sliced in quarter inch strips. 1/4 lb. large shrimp, peeled and deveined.
1/4 cup chicken stock
1/4 t. red pepper
1/4 t. chili powder
1/4 t. ground ginger
2 t. tomato paste
1 large clove garlic, minced
1 large bok chop stalk, chopped
10 fresh snow peas, washed and cut in long strips
1 cup of thinly sliced red, green or yellow peppers or mixed.
1/4 cup celery diced
2 T. diced green onion
1/4 cup sherry or dry white wine.

Combine stock red pepper, chili powder, ginger and tomato paste and sherry. Set aside. Heat 1 T. olive oil in a large skillet and quickly stir-fry garlic, about 1 minute, add the chicken strips and stir fry till lightly browned on both sides, remove the chicken to a plate and add the shrimp to the fry-pan. Stir-fry till pink. Add the vegetables and stir-fry for several minutes, stirring all the time. Add the chicken and

the reserved stock mixture and cook, covered for 3 to 5 minutes on low heat. After removing the chicken, shrimp and vegetable mixture you can thicken the sauce with a T. of cornstarch mixed with a little water. Serve with rice. Serves 2.

MARINATED MUSHROOM & SPINACH SALAD

1/2 package of sliced mushrooms
1/2 cup of your favorite Italian dressing
2 hands full of fresh spinach leaves, washed & dried
1 T. shredded Swiss cheese

Marinate the mushrooms in the dressing at least six hours. Drain, reserve the dressing. Arrange the spinach leaves on two salad plates, spoon the mushrooms on top and sprinkle with the cheese and drizzle some of the dressing on top.

FRESH BERRY COBLER

1/4 cup butter
1/2 cup flour
1/2 cup sugar
1/3 cup milk
1/2 t. baking powder
1/4 t. salt
1 cup strawberries, sliced
1/2 cup blueberries, rinsed & dried
Melt the butter in a 1 1/2 quart baking dish in the oven. Combine the flour, sugar, milk salt and baking powder and pour over the melted butter, mixing the butter into the flour mixture. Top the batter with the berries. Bake at 350 for about 40 minutes, or until browned on top. The batter will rise to the top. You can serve with a dollop of whipped cream if you can stand the calories.

Diane Baker Remembers TCM Host Robert Osborne *continued from page 9*

When attempting to secure her first Hollywood contract, Baker even read audition scenes with Osborne.

"I was offered a contract and he was not!" said Baker, who signed with Twentieth Century Fox and soon began filming her first feature, 1959's emotionally charged "The Diary of Anne Frank." Osborne, she says, accompanied her to the premiere.

Filmed almost entirely on a cramped stage setting to reproduce the confined attic where the Frank family hid for two years during the Nazi occupation of the Netherlands, Baker still vividly recalls her role as Anne's sister, Margot, seven decades earlier.

"Mr. Stevens (director) wanted us to be there most of the time even if we weren't in the scene because it was claustrophobic and he wanted that feeling of being a family closed off," she recalled. "He was very kind and gentle with us newcomers (and) used to give me little peppermint candies so I would be confident and less nervous before a scene. I'll never forget getting a beautiful box of yellow roses when the filming ended, from Mr. Stevens."

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.

She also recalls the last time she met with Osborne. "We stayed friends until he passed away and I saw him in his apartment just two weeks before. He was in a wheelchair, and we just talked and talked. I've always been involved with TCM and Robert was their rockstar." 📞

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

JROTC Cadets Wrap Up Great Year of Competition

Most teenagers will do everything they can to sleep in on Saturday mornings during the school year. Not so with hundreds of JROTC Cadets in the 14 Brevard Schools which host 7 Army, 3 Air Force, 2, Navy, 1 Marine Corps and 1 Space Force Junior Reserve Officer Training Corps programs. Already this 2023-24 school year, many hundreds of them got up at 5 am or earlier on many Saturday's to be ready for 10 major competitions. On many other weekdays they also arrived early to school or remained late to practice.

Each Service Branch directs their JROTC programs to conduct a wide range of competitions each year ranging from academic, to STEM to skills to stressful physical tests. They compete with cadet teammates, other high schools and themselves. When grandparents begin to worry about the next generation of American leadership, let's commend the more than 1700 JROTC Cadets in Brevard County, their instructors and supportive parents and guardian. The Cadets are preparing and learning sacrifice, teamwork, leadership, good citizenship and what constitutes building their own characters. The latter will likely include a willingness to serve others.

Space does not allow us to cover all such competitions, but the County and District Drill Meets at the Veterans Memorial Center on Merritt Island Feb 24 and Mar 9 are both capstones and offer good highlights. In addition to support from the VMC and the fantastic Veterans Memorial County Park, the JROTC programs get support from many parents groups, companies and veteran organizations throughout the year. This year the Cape Canaveral Chapter of the Military Officers Association of America was able to fund the cost of every trophy, individual award and ribbon presented in 10 major Raider Challenge, Rifle and Drill Meets. That cost alone was over \$7000. This happened after more than a total of \$35,000 was evenly presented to all 14 JROTC and 5 other Cadet units as they began classes in August.

On Mar 9 parents, instructors and veterans on site all commented on huge improvements by all the Cadet Drill



Teams for this final completion before the State Drill Championships in April. Cadets were seen in sharp renditions of Color Guards, armed and unarmed marching squads, platoon size marching and individual and dual rifle demonstrations, all in Male, Female and Mixed categories. While some schools won more trophies than others, all cadets competed hard and their scores indicated Brevard will be sending many teams in the various Drill graded events to State. We wish them good luck in the competition and life!! (S)



Weekly SUDOKU

by Linda Thistle

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

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!

© 2024 King Features Synd., Inc.

\$5 Million in Housing Grants for Special Needs Veterans

The Department of Veterans Affairs has done the final math for 2023, and the number of homeless veterans who found permanent housing has passed the initial goal. The total now stands at 46,000 veterans who were helped.

At the same time, the VA hooked up with 40,000 veterans to get them the resources they need to find housing and worked to ensure that 95% of housed veterans can stay that way.

All this is part of the Housing First program. The theory is that getting a veteran into a home first is crucial, then to be followed up with the services needed to ensure the continued housing. Part of that includes education, legal help, health care and jobs training. Veterans who are part of the Housing First program generally find housing more quickly, in 35 days as opposed to 223 days on average.

Now, having the final 2023 number of 46,000 veterans put into housing, the VA has announced funding in the amount of \$5 million in grants (renewable for a second year) to help the

special needs group of homeless veterans (mentally ill, the elderly, women, the terminally ill and those with children). The Homeless Providers Grant and Per Diem Program gives the cash to community groups that handle both temporary transitional housing and case management, hooking them up with services, permanent housing and access to VA benefits.

There are only 16 of the special needs grant recipient groups that can apply for a share of that \$5 million. The list of grantees indicates that each group concentrates on only one category of the special needs list, with the Chronically Mentally Ill group having a slight edge over the other categories. The actual awarding of the funds will run from October 2024 to September 2026, with applications needing to be received by April 15, 2024.

Veterans who are either homeless or in danger of becoming homeless can go online to www.va.gov/homeless or call 877-4AID-VET (877-424-3838) to get help. © (c) 2024 King Features Synd., Inc.

THE GREATER PALM BAY CHAMBER OF COMMERCE
35th Anniversary
16th Annual MAYORS BREAKFAST 2024

Sixteen (16) Mayors from the cities and towns in Brevard County will provide an update on the development in their respective Municipalities.

RSVP Required. \$40 for Partners and \$45 for Guests or Future Partners. Includes Breakfast

Friday, May 17th
Space Coast Convention Center
301 Tucker Ln, Cocoa

Scan the code for more information and sponsorship opportunities, go to GreaterPalmBayChamber.com or call (321) 951-9998

NEED HELP

with a Federal Government Agency

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

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

Titusville Satellite Office	District Office
Limited Hours of Operation	2715 Judge Fran Jamieson Way
Brevard County	Building C
Government Center	Melbourne, FL 32940
(321) 383-6090	Phone (321) 632-1776
	Fax (321) 639-8595

To contact Rep Posey by email, please visit:
<http://posey.house.gov>

Paid for by official funds authorized by the House of Representatives

C O U P O N S & S P E C I A L S



FREE
Electronic Hearing Test

FREE
Video Otoscopic Ear Inspection

FREE
Batteries for a year

Not valid with any other offer.

See ad on pg. 8

PATSY SKIPPER
Permanent
Make-up
Artist Inc.

FREE CONSULTATION

ALL SERVICES

Offer Valid to
first time clients only

Not valid with any other offer.

See ad on pg. 35



\$25 OFF
Any Job Over \$150

\$50 OFF
Any Job over \$300

\$100 OFF
Any Job over \$600

For Labor Only.
Not valid with any other offer.


SENIOR SCENE
is on
Facebook!





Get updates & info
@ facebook.com/
Seniorscene

King Crossword Answers
Solution Time: 21 minutes

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



VETERANS
REALTY OF BREVARD
Residential & Commercial Real Estate
321-868-1833
1675 N. Atlantic Avenue, Cocoa Beach, FL 32931



Debi and Joe Roth
Licensed Real Estate Brokers

www.VeteransRealtyBrevard.com

Sudoku Answers

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



The One Command of Jesus

Rev. Jeff Wood, First Presbyterian Church of Sebastian

Thirty six times a particular phrase comes up in the New Testament. Repeats are important, a way of saying, "Heads up!" The repeat is, "One another." Encourage one another. Admonish one another. Bear one another's burdens. And so on.

There is one of those one another phrases that is repeated ten times and it is thus the granddaddy of them all. That one is love one another.

Will Durant was a famous historian. He wrote The History of Civilization. At 92 years old he was interviewed on tv and reflecting on life said, "My final lesson of history is the same as that of Jesus...love one another." When Christ says to love one another he uses the Greek word agape. This is a love that

sacrifices for the best interests of the other.

For all of our sakes, let us love one another.

Join us at First Presbyterian of Sebastian as we work positively and together on a "one another faith." Sunday worship is at 10 am in a traditional but personal format. Lent offers a special season of faith expression and faith growth. For it we have Wednesday pot-lucks with devotionals at 5 pm. All are welcome. ☺

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

The OIL WELL on Turkey Creek *continued from page 10*

became critical for the state's growth and development. The local St. Johns River Water Management District set a priority and funding to stop the thousands of free flowing wells.

The Turkey Creek well, among the largest and deepest, was to be stopped, capped by the U. S. Geological Survey. They forced an old electrical power pole down the shaft held

in place by a concrete cork. Once accomplished, the fix was temporary. With a tremendous roar, the pole rocketed out of the well and across Turkey Creek. Finally the shaft was encased, fortified and sealed. So ended oil exploration, spa life and manatee refuge on Turkey Creek. ☺

Professional Painter

J.G. Painting

321-591-0044

- **Call for free estimate**
- **10 years experience**
- **Insured**



\$100 OFF

Complete Exterior House Painting

Cannot be combined with other offers. Expires 12/31/23

\$100 OFF

Entire Interior House Painting

Cannot be combined with other offers. Expires 12/31/23

Miss Annual Enrollment?

Call For Other Available Options

Call For A Free 2024 Calendar


Turning 65 Soon?

Call Me for Help

Understanding Plan Options & Choices

If you are confused by what to do about your healthcare needs, remember you have options. Personal, confidential support from a professional, independent insurance advisor. I can make it easy with all the information you will need to make an informed decision.

- Over 65 Advantage Plans
- Over 65 Supplement Plans
- Prescription Drug Plans
- Individual & Family Health
- Plans for those Under 65

Bruce Williams
321-543-3495
bwilliamfl@gmail.com
www.bwilliamsinsurance.com
1127 S. Patrick Dr. Suite 1
Satellite Beach, FL 32937

Your Beachside Agent

Dedicated to Your Health & Well Being!

Call Today for a FREE

2024 Calendar and Health

Insurance Consultation!



Season
Finale!

Brevard Symphony Orchestra Performs

CELEBRATE

Saturday, April 6, 2024 | 7:30PM

King Center for the Performing Arts

Sponsored by Dale Sorensen Real Estate

Featuring Aaron Coland's *Appalachian Spring* and Dan Forrest's *Jubilate Deo*

Brightline Information *continued from page 14*

2. Premium seating is two on one side, one seat on the other side, and has family style seating.

4. Fares:

Smart: dynamic pricing but averages from \$89 per person to \$129 per person depending on time of day

Premium: dynamic pricing but averages from \$149-\$209 per person depending on time of day

5. Number of cars on train:

a. There are six cars on the train, 4 for Smart clients (240 Pax.), one for Premium clients (50 pax) and locomotives

6. Travel Time

a. From Orlando to Miami or round trip, 3.5 hours

b. From Orlando to West Palm is 1.8 hours

c. Round trip from Orlando to Miami and/or round-trip train leaves stations each hour

7. Special Needs:

a. All trains are special needs certified. Wheelchair access and plug in for breathing machines.

8. Future Stations:

a. Tampa in 2028 and Cocoa in 2030

Notes:

1. Very nice stations, transportation easy to get to, great drop off points, exceptional hospitality, and service

2. All stations are near hotels and shopping centers, less than 5 miles from station

3. All trains are made in the USA!

4. Brightline has a contract with Uber for special local rates at each station

5. If you have a flight delay or are delayed in any way, Brightline will try and get you on the very next train.

6. Clothing & Jacket holders on each seat for traveling comfort

7. Reading lights, window shades at each seat for both classes of service

8. Luggage- plenty of room for your carry-ons above the seat and for your large luggage at the entrance to each train.

9. In Orlando, Walley Park as special parking rates for Brightline users and drops you off at Terminal C.

10. Stay at a Marriott and get \$50 food credit if using Brightline!

11. Pets are welcome, must be on a leash and in animal carrier

12. Special throughout the year, which is why you call Senior Travel for these great prices.

13. Normally 25% off for groups of 4 or more.

Call Chris or Betty for Brightline reservations or information at 818-618-1211 ☎





Office Phone
321-216-7804

Email Address
bsyoinfo@gmail.com

Website
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



THE TRAVEL CENTER LLC
Corporate Travel
Delivering the World...

Super TUESDAYS
\$5 MOVIE TICKETS
 EVERY TUESDAY | ALL SHOWINGS | ALL DAY
\$4 CONCESSIONS
 INCLUDES A SELECTION OF OUR BEST-SELLING ITEMS

SUPER TUESDAY SELECTION AND AVAILABILITY SUBJECT TO CHANGE WITHOUT NOTICE - STANDARD ADMISSION DOES NOT INCLUDE SPECIAL EVENTS

CW THEATERS.COM
 WEST MELBOURNE 15 FEATURING CWX | NEXT TO SAM'S CLUB ON US-192

Diane Larson continued from pg 11

her husband recognized her excitement and was thrilled for her. He suggested she find a place to study art again. She began by taking workshops in the nearby artist community of Ojai and enrolled in the California Art Institute. Even there she found drawing classes challenging due to her dyslexia. Her mentor, Dottie Knight, encouraged her to just keep painting and so she has!

She explains her process. "I don't think many people understand dyslexia. It's perplexing even to me. My style of painting is intuitive. I

have as much trouble trying to copy a shape in the landscape, a still life or a figure as I did with letters while learning to write in grade school. My style comes from a series of marks, at first they are very gestural. Then I keep refining them and start feeling my way through the painting until I can see the whole thing come together. I surprise myself sometimes! In addition to my intense study under

Dottie, I took some faux finishing classes at UC Santa Barbara. That's where I learned all about layering paint to create special effects. It stirred something in me, it was so exciting! I still use this method in my work, layering paint with transparent glazes or scumbling opaque paint over another color to create a vibration. I love it!"

Diane is currently a member of Brevard Cultural Alliance and is displaying her work in many locations including, Lexus of Melbourne, Melbourne Orlando International Airport, SAVANT Wealth Management, and Dixie Crossroads Restaurant. Recently sold artwork that was on display at Urban Prime Restaurant and Marketplace. (S)

2 Products
 Uniquely Designed
 to Bring **Businesses**
 & **Consumers**
 Together

BREVARD'S LARGEST ONLINE COMMUNITY

Proudly Supporting Local Business Since 2011

- LOCAL BUSINESS DIRECTORY
- EVENTS • COUPONS • PROMOTIONS
- FOOD • WINE • ART • CULTURE
- ENTERTAINMENT & MORE!

everythingbrevard.com
 We live local WE DO LOCAL

EVERYTHINGBREVARD.COM 321.676.8920 INFO@EVERYTHINGBREVARD.COM

A Spoonful of Sugar *By Taleen Washington*

“I want to go back to Disney World while I can still ride the rides,” said my 72-year-old widowed mother.

She meant it too. Mom, whose real name is Mae but has been nicknamed “Sugar” by her grandchildren, loves big amusement park rides. Combine giant roller coasters with Disney Imagineering and you have one of her all-time favorite vacation destinations.

The last time we went, the grandchildren ranged in ages from four to twelve. Experiencing the wonder and enchantment of the Magic Kingdom has always been a special memory shared by Sugar, her kids, and her grandkids.

“Brandy should be just the right age,” Sugar continued.

Ah ha, now I understood. This was not just idle conversation. Brandy hadn’t been born the last time we went. She is the “surprise” child of my brother, Stan, and his wife, Kim. There is a good 10-year gap between her and the now next-to-the-youngest grandchild.

Sugar and Brandy have a unique bond. The rest of us could easily be jealous, but there is something so sweet about the relationship between the aging grandmother and her last grandchild that’s too touching to spoil with anything as petty as envy.

What Sugar really wanted was to build the same lasting memories with Brandy that she has with the other grandchildren. She wanted to take Brandy to Disney World while she could still ride the rides – with her.

She also specifically requested that we stay in Fort Wilderness. My mother grew up living in the country and loves the woods and nature trails of the wilderness resort.

Dutiful daughter and fellow Disney enthusiast that I am, I planned a trip to coincide with my son Taylor’s high school graduation – a reward for all of us.

Stan and his entire family originally planned to accompany us. After the trip had already been booked, his oldest daughter, Heather, and her husband, Tyler, announced the pending birth of their first child. The due date was right around the time we had booked the trip.

Stan, Kim, and middle daughter Valerie opted to stay home to greet the new baby. It was decided that Brandy would go ahead and accompany Sugar to Disney World as planned.

In the end there were six of us: Sugar, Brandy, my husband

Jayo, Taylor, Taylor’s friend Ian, and me. We rented a cabin in Fort Wilderness, bought the 6-day park hopper pass and had a blast.

On our first day at the park, Sugar bought Brandy a combination memory book and photo album. She also bought Brandy a disposable camera and let her take her own photos. Each evening Sugar would bring out Brandy’s memory book and diligently record that day’s events including what we saw and which rides we rode.

We rode everything. From the fantasy-themed Mad Hatter’s Teacups and Aladdin’s Magic Carpet to the animated fun of the Haunted Mansion and Pirates of the Caribbean to the full-blown thrill of the Rock-N-Roll Rollercoaster and Space Mountain. You name it; we rode it.

Other memories will stay as well: meeting Winnie the Pooh, Eeyore and Tigger; sitting in the audience for the Lion King performance; watching the giant fireworks display light up behind Cinderella’s Castle after the Character Parade of Lights; and witnessing Tinker Bell’s descent from the Castle Keep.

At the end of the trip, we developed the film and pasted the photos into Brandy’s memory book. Although the rest of us added to Brandy’s photo collection, whenever she revisits her memory book, Brandy will get to remember Disney World as seen through her own 7-year-old eyes.

All of the magic and enchantment captured by those 7-year-old eyes will live on as well. For Brandy, this vacation will end up being one of her earliest childhood memories. For Taylor, it will be remembered as a celebration of a major milestone in his life. For the rest of us, a new entry of amazing shared experiences that will stay with us throughout our lifetimes – just as Sugar intended. ☺

SENIOR SCENE[®] Magazine

DISTRIBUTOR WANTED

PART TIME OR FULL TIME

Will train

Supplies provided

Great supplemental income

Call Senior Scene Magazine

321-777-1114

or email to bcfl@seniorscenemag.com



Use Ferns To Add Beauty In Shaded Garden Areas

By Eddie Smith, MSU Extension Service

If you wonder what plants can be used in shaded areas of your landscape, I suggest that hardy and low-maintenance ferns are a great choice for adding lush, green foliage. Ferns come in a variety of sizes, textures and colors that can add visual interest to darker areas of the landscape. While we can grow lots of ferns in hanging baskets and pots, picking the ones to plant in the ground is a bit trickier.

Imagine a fern that's both bold and beautiful, and you've got the Autumn fern. It's not very tall and has frilly leaves. The best part? The leaves start off a green-copper color and then turn a deep, lush green as the seasons change.

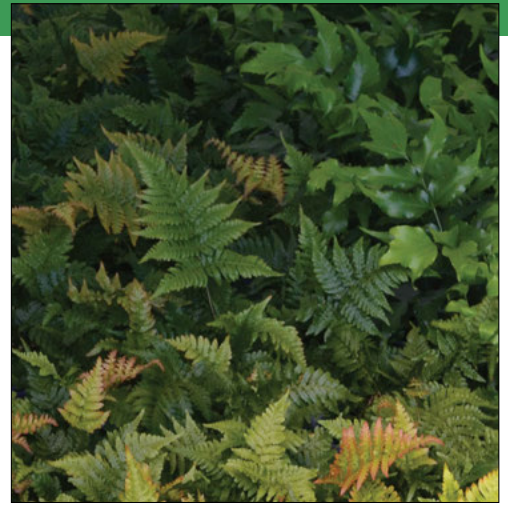
The Autumn fern is a reliable friend for your shade garden, always looking good and providing a pop of color. It is a deciduous fern that typically grows up to 2 feet tall and wide, preferring partial to full shade and well-drained soil. It is deer-resistant and drought-tolerant, making it a great choice for many different types of garden settings.

If you're into evergreen ferns, the Japanese Holly fern is a winner. I love this fern because its dark green fronds are shiny and look a bit like holly leaves. Fronds are pinnately lobed, which means lobes are arranged on either side of a central

axis, and their sharp, serrated edges give the plant a spiky texture.

Japanese Holly fern typically grows up to 2 feet tall and wide, preferring partial to full shade and well-drained soil rich in organic matter. It tolerates a wide range of soil types but does best in slightly acidic soil with a pH between 5.5 and 6.5. It is relatively easy to care for and a great addition to shady gardens or landscapes.

Watch your shade garden turn into a beautiful and timeless place filled with nature's green beauty. ☺



BREVARD'S ONLY LOCALLY OWNED & OPERATED MOVIE THEATER

CHECK OUT OUR DEALS

\$5.00 Tuesdays &
Free Popcorn Wednesdays!

1800 W. Hibiscus Blvd
Melbourne, FL 32901
321-953-3388
www.oaks10.com



Oaks Stadium 10



@premeireoaks10

throughout the life course. Existing evidence highlights the cumulative negative effects of adverse life events, such as job losses and exposure to natural disasters during the prenatal period and early years, which contribute to an increased risk of cognitive impairment or mental health problems in later life.

Wealth shocks can serve as important intermediary pathways linking these major adverse life events with cognitive health. On one hand, wealth shocks resulting from job loss or natural disasters diminished opportunities for engaging in cognitively stimulating activities, thereby reducing cognitive reserves and resilience to cognitive decline. On the other hand, wealth shocks themselves can induce stress and psychological issues such as depression, which can impair information processing and subsequently lead to a decline in cognitive performance.

However, when examining the impact of cumulative exposure factors such as wealth shocks on health, the most

important challenge lies in how to control for confounding factors that can arise throughout the life course. Common approaches to detect these effects include conducting natural experiences or randomized controlled trials to identify casual relationships. Additionally, the establishment of long-term cohort surveys and the development of new analytical techniques to assess the effect of cumulative risks are future directions that require substantial efforts. It is worth noting that some low-income and middle-income countries have already taken steps in this directions.

Finally, the scientists suggested that the association between negative wealth shocks and cognitive function, specifically the casual relationship and underlying mechanisms, should be further investigate as this information can serve as a foundation for formulating relevant policies that aim to safeguard cognitive health and promote healthy aging amidst wealth shocks. §

Is It Possible To Use AI... cont'd from pg 16

- Experiment with the AI features built into your smartphone's camera app, such as portrait mode, night mode, or scene recognition.
- Integrate any compatible smart home devices with your smartphone using their respective apps or through a centralized smart home platform like Google Home or Apple HomeKit.

- Install health and fitness apps that utilize AI algorithms to track and analyze your health metrics and provide personalized recommendations.

By leveraging AI on your smartphone, you can enhance productivity, access personalized experiences, and streamline various aspects of your daily life. §

Trivia test

by Fifi Rodriguez

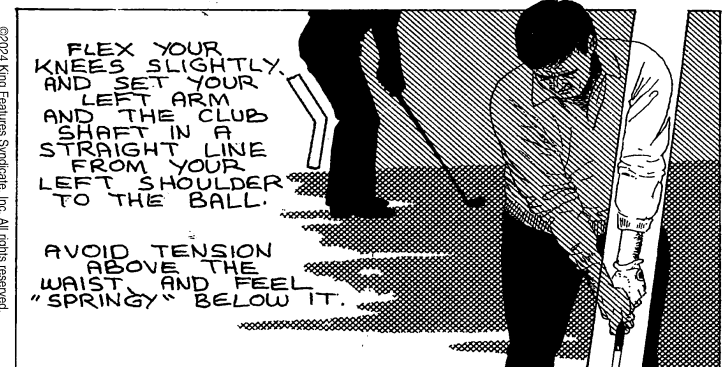
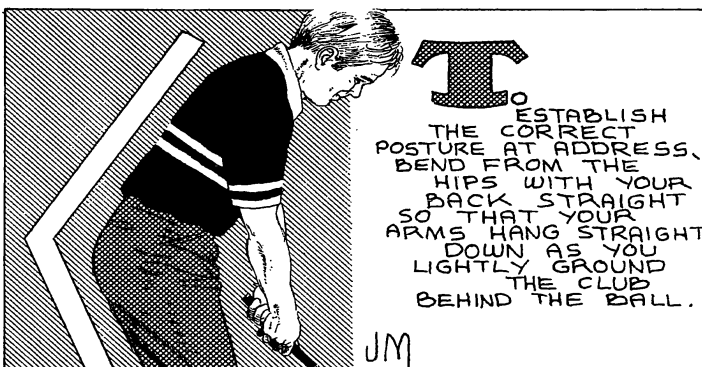
1. LITERATURE: In the children's book, what is Doctor Dolittle's special talent?
2. ART: Who painted the work titled "Starry Night"?
3. FOOD & DRINK: Which vegetable is commonly used to make pickles?

4. MUSIC: What is pop singer Taylor Swift's favorite number?
5. MEDICAL: What is a common name for lachrymation?
6. BUSINESS: When was the Chia Pet invented?
7. U.S. PRESIDENTS: Who was the first American to win a Nobel Prize?
8. HISTORY: The Aztec civilization emerged in which modern-day country?
9. TELEVISION: Who played the character Michael Scott on TV's "The Office"?
10. GEOGRAPHY: The volcano Mount Vesuvius overlooks which modern-day Italian city?

Answers

1. He can talk with animals.
2. Vincent van Gogh.
3. Cucumbers.
4. 13.
5. Tears or crying.
6. 1977 (Chia Guy).
7. Theodore Roosevelt, the Nobel Peace Prize.
8. Mexico.
9. Steve Carell.
10. Naples.

Play Better Golf with JACK NICKLAUS



APRIL 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

APRIL EVENTS

Apr 1 – Apr 7: May We All, Titusville Playhouse, titusvilleplayhouse.com, 321-268-1125

Apr 1 – 28: Florida Flora & Fauna with Pete Steenland, Studios of Cocoa Beach, Downtown Cocoa Beach, studiosofcocoabeach.org, 321-613-3480

Apr 1-28: The Sunshine Boys, Melbourne Civic Theatre, downtown Melbourne, mymct.org, 321-723-6935

Apr 1 – 27: Between Worlds with Erika Masterson, Fifth Avenue Gallery, Eau Gallie, fifthavenuegallery.com, 321-259-8261

Apr 5: First Friday Reception, Eau Gallie, Eau Gallie Arts District, 321-253-5553, EauGallery.com

Apr 5: Friday Fest, City of Cape Canaveral, City of CapeCanaveral.org, 321-868-1220

Apr 5: An Evening with the Stars, Florida Star Fiction Writers, Holiday Inn Melbourne-Viera Conference Center, floridastarwriters.com

Apr 6: Celebrate, King Center, Brevard Symphony Orchestra, Melbourne, kingcenter.com, 321-242-2219

Apr 6: Surfside Movie Night, Surfside Players, Cocoa Beach, SurfsidePlayers.com, 321-783-3127

Apr 7: Martha Seymour: The Golden Steppers, Cocoa Village Playhouse, cocoavillageplayhouse.com, 321-636-5050

Apr 10 – 28: It Takes a Village Historic Cruise, Indian River Queen, Cocoa Village Marina, indianriverqueen.com, 321-305-4753

Apr 12: Helen's Dinner Cruise with Jena, Indian River Queen, Cocoa Village Marina, indianriverqueen.com, 321-305-4753

Apr 12: An Evening with Tab Benoit, King Center, Melbourne, kingcenter.com, 321-242-2219

Apr 12: Theresa Caputo Live: The Experience, King Center, Melbourne, kingcenter.com, 321-242-2219

Apr 13: Fly In Breakfast, Warbird Air Museum, Titusville, valiantaircommand.com, 321-268-1941

Apr 13: Field Manor Founder's Day Fundraiser with Hot Pink, Field Manor, Merritt Island, fieldmanor.org, 321-848-0365

Apr 13: An Evening with the Bodeans, King Center, Melbourne, kingcenter.com, 321-242-2219

Apr 13: Botanical Fest, Downtown Melbourne, downtownmelbourne.com, 321-724-1741

Apr 14: Derek Hough, Symphony of Dance, King Center, Melbourne, kingcenter.com, 321-242-2219

Apr 17 – 18: Honoring Col. Hal Gibson, Melbourne Auditorium, Melbourne Municipal Band, mmband.org, 321-724-0555

Apr 18 – 28: 8 Track in Concert, Henegar Center, Downtown Melbourne, Henegar.org, 321-723-8698

Apr 19 – 21: Grant BBQ Festival, 4580 1st Street, Grant, grantbbqfestival.com

Apr 20 – 21: Disney Royals, Space Coast Symphony Orchestra, Satellite HS, spacecoastsymphony.org, 855-252-7276

Apr 24: Live Jazz by the Ron Teixeira Trio & Scholarship Winners, Veterans Memorial Center, Merritt Island, spacecoastjazzsociety.org

Apr 25 – 28: Spring Art Show & Sale, Catherine Schweinsberg Rood Central Library, Cocoa, Central Brevard Art Association, cbaartists.com, 321-806-8065

Apr 25: The Price is Right Live, King Center, Melbourne, kingcenter.com, 321-242-2219

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

Apr 26 – May 12: The Odd Couple, Surfside Players, Cocoa Beach, SurfsidePlayers.com, 321-783-3127

Apr 27-28: Melbourne Art Festival, Wickham Park, Melbourne, melbournearts.org, 321-722-1964

Apr 27: First City Market, Rockledge Civic Hub, cityofrockledge.org, 321-221-7540

Apr 29: Taylor Swift Trivia Night, Playalinda Brewing Company, Titusville, playalindabrewingcompany.com, 321-567-5974

ONGOING EVENTS

American Police Hall of Fame

Titusville, APHF.org, 321-264-0911

American Space Museum & Walk of Fame, Titusville, SpaceWalkoffFame.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, Indianalantic, TrishStorey.com, 321-213-2427

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

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

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

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

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

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

CLUBS & ORGANIZATIONS

April 5: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at Longhorn Steakhouse, 770 E. Merritt Island Cswy., M. I. on Friday, April 5 at 12 noon. All are welcome to join the group. For additional details, please call (502) 299-8949.

April 18: 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, April 18 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/>

05 Apr – 2024 Shrimp Feast at Port Canaveral Terminal 5. Sponsored by the Propeller Club to support Maritime Education Programs. 1800- 2220 hours. Entry \$60 at the, in advance (none at the door) door but early bird discount at \$50 through 17 March. Cocktails, Shrimp Dinner, door prizes, silent and live auction with Sheriff Wayne Ivey. Contact 321-698-5296; www.spacecoastshrimpefeat.com to register or for more information.

06 Apr – Space Coast Honor Flight to Wash DC for selected veterans to visit their memorials. Guardian volunteers and other supporters welcome for ceremony to launch the flight – 0130 hours at the Se-

nior Center in Wickham Park, Melbourne. Contact SCHF on 321-456-7031 or info@spacecoasthonorfliight.org for more information.

12 Apr – National Veterans Homeless Support (NVHS) Third Annual Golf Tournament Fundraiser. For more info and to register for any NVHS event, see: Latest Events at Updates/.nvhs.org

13 Apr – Veterans Family Fun Day 1000-1400 at a ranch in North Brevard including BBQ meal ,Horseback rides, feeding animals and more. Sponsored by Their Voice of Hope, Tranquility Country and Veteran Connections. Sign up 0 is

required for this event. Contact Dorothy Walsh 321-426-6736 or via dorothy@theirvoiceofhope.com to Register and for questions.

15 Apr – Deadline to sign up to as vendor/participaniceoffhioope.com. in the 36th Annual Florida All Veterans Reunion at Wickham Park featuring VVB's Traveling Walls from Vietnam and GWOT. Contact Doc Russo 321-652-4185 or RARusso1962@gmail.com

27 Apr - Brevard Parkinson's Alliance 5K Walk and Run Fundraiser VMC Park Gray Hall, Plaza 0700-1200. Contact Barbara Fradkin on 262-501-1244 to sign up or for more information.

27 Apr – VETES on the Island Car Show 1000-1400 Merritt Square Mall Dillard's Lot. Portion of the proceeds go to Veterans Memorial Center. VMC will have an info booth. Registration is \$25 with 200 cars expected for a great outing. Contact Peter Lenhard, Car Show Chair, on 321-626-5632 for entry forms and info.

27 Apr –Celebrate April as the month of the Military Child at First Christian Church, 470 Brevard Ave, Cocoa Beach 1100-1300. Sponsored by AVET with food/stem and many activities for the whole family. Please RSVP and learn more at info@avet-project.org

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! Monday, April 8 at 6:00 PM
Discover Brevard's Space History with Randy Coppola! Monday, April 15 at 2:30 PM
Painting Class with Anne Sands Tuesday, April 9, 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).
Movie Matinee Friday, April 19 at 11:30 AM
Purly Girls Knitting Club

Tuesdays 10am to 1pm
FIT Over 50 with Polly Tuesdays from 9-9:55am, \$5/class.
Community Support Day Wednesdays from 9am-3pm
Hosting three great organizations to provide free help for our community: Second Harvest, for SNAP food assistance, 9am – 3pm; United Way for Health Insurance Marketplace, 10am – 3pm; Brevard County Libraries' Community Support Advocate will help you with housing, job/career, social security benefits, senior resources and other types of assistance.

Available every other Wednesday.
Body Talk Yoga Wednesdays from 2-3pm Please bring a yoga mat. \$5/class. No class on 2/21.
Intro to Stamping and Card Making First Thursdays, 1-2pm Just \$1 and includes your supplies.
Card Making with Donna Herring First Thursday, 2-4pm \$5/class and an additional \$5/class for materials, pre-register at herring.donna@gmail.com
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

Cards with Ree April 4 from 12:30PM – 2:30PM Cost is \$5 for instructions and \$5 for supplies.
Community Support Advocate April 2, 16, and 30 from 9AM - 5 PM Do you need assistance with Job/Career assistance, social security related benefits, senior resources, etc. Please contact the

reference department to schedule an appointment or contact Dr. Lisa Montgomery at lmontgomery@brev.org
Tuesday Book Club 2nd Tuesday from 2PM – 3PM Join us each month to share your thoughts on selected books. This month we will be reading The Last Train to Paradise by Les Standiford.

Senior Art Therapy Class, Watercolor Painting 3rd Wednesday, 1PM-2PM Cost \$10 - \$5 instruction and \$5 for materials.
Friends of the Library Book Sale April 26 and 27 from 9AM – 4PM
Tech One-on-one with a Librarian Tuesdays from 9:30am-11:30am

Eau Gallie Ukulele Society First and Third Saturday Morning from 10:30AM – Noon
Master Gardener Plant Clinics Second and Third Friday from 2PM – 4PM
SHINE Third Wednesdays from 9 AM – 12 PM

Franklin DeGroodt Memorial Library 6475 MINTON RD SW, PALM BAY 321-952-6317

DeGroodt library is open 7 days a week and 2 nights, offering a range of services such as free resume and assistance faxing, free scanning,

distributing and collecting Brevard County mortgage/rent assistance forms via the CARES Act, Census training and voter registration.

SNAP food stamp assistance program on Friday's from 9-2pm in the small conference room.

Master Gardener's Free Clinic held on the patio Friday's from 9-11am.

Merritt Island Public Library 1195 N COURTENAY PKWY, MERRITT ISLAND 321-455-1369

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

Mims/Scottsmoor Public Library 3615 LIONEL RD, MIMS 321-264-5080

Computer Basics Class

Tuesdays, 10:00-11:00AM or 11:00AM-12:00PM

Hooks and Needles

Tuesdays, 1:00PM – 2:00PM

Line Dancing Class with "Dance Lady"

Mondays, 12:00PM – 2:00PM Fee: \$5 per class.

Crafternoon

First Wednesday, 2:00PM-3:00PM.

Materials are provided.

Book Club

First Thursday, 1:30PM

Painting Class

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

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

Cook the Book Club

Third Thursday, 6:00 PM

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

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

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

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

Rat Pack Flashback with Dave DeLuca April 29, 6-7 pm

Travel back in time to the days when the Rat Pack ruled the night, as Dave DeLuca performs his one-man tribute to the swingin' sounds of the iconic Las Vegas trio, Dean Martin, Frank Sinatra and Sammy Davis, Jr. All music will be sung in the style of the men who made them famous.

Spring Book Sale

4/17 2-5pm, 4/18-19 9am-5pm, 4/20

9am-3pm, Friends Book Sale-Members Exclusive. Become a member at the door for \$5. Everyone welcome!

Change Suntree Book Club 4th Tuesday
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 Tuesday.

Wednesday Art Group, 1:30-4pm. Meets second Wednesday

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

Brevard Authors Critique Group

1st & 3rd Thursday, 10am-1pm

Neighbors Book Club

3rd Thursdays, 2-4:30pm

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

APRIL 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!

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

APRIL 2024 SENIOR CALENDAR (continued)

Freedom 7 Senior Community Center 5000 TOM WARRINER BLVD, COCOA BEACH 321-783-9505

<p>Monday: 11:00 am: Mahjong: Drop in and play! Bring your board if you have one! \$2 pp</p> <p>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!</p>	<p>Tuesday: 10:00 am: Crafty Ladies (seasonal) 11:00 am: Euchre</p> <p>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</p>	<p>10:40 am: Happy Feet</p> <p>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</p>	<p>11:00 am: Pinochle 11:45 am: Posing to the Oldies (seasonal)</p> <p>Thursday: 10:40 Mat Yoga! We provide cushy mats and beginner levels. \$1-2 1:00 pm: Bingo</p>
---	--	---	---

North Brevard Senior Center 909 LANE AVENUE, TITUSVILLE, FL 32780 321-268-2333 nbsc.com

<p>MONDAY-THURSDAY Billiards 9AM-3PM \$2/\$3 NBSC (321)268-2333</p> <p>MONDAY No. Brevard Line Dance 10AM-12:30PM \$3/\$4 Yvette (321) 225-4872</p> <p>Gentle Yoga 11:30am-12:30pm \$5/\$6 Cindy 321-576-2782</p> <p>Golden Hearts Senior Fitness- Monday 1PM-2PM \$5/\$6 Robin 321-514-5945</p> <p>Mexican Train Dominoes 1PM-3PM \$2/\$3, Joanne (321)267-5923</p> <p>Hand & Foot 1pm-3:30Pm \$2/\$3 Donna (407) 808-5237</p> <p>Poker 10AM-2PM \$2/\$3 321-591-5156</p> <p>Bunco 1PM-3PM Carol 332-268-8087 Sharon (321)383-7927</p> <p>Zumba 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945</p> <p>TUESDAY Pinochle 10AM-2PM \$2/\$3 Rachel</p>	<p>(321) 537-5322</p> <p>Muscle Memory Strength Balance 10:00AM-11AM Natine (321)609-0999</p> <p>Tap & Jazz 11AM-12PM \$2/\$3 Marsha (321)264-2776</p> <p>Connie's Card Making (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410)598-3755</p> <p>Mahjong-12:30 PM-3:30PM \$2/\$3 Andi (321)385-3595</p> <p>Party Bridge- 12:30PM-3:30PM \$2/\$3 Mary (321) 607-2200</p> <p>Darling Damsels Bridge-1PM-3:30PM \$2/\$3 Kathy (321)268 4827</p> <p>Tai Chi, 1PM-2:30PM \$3/\$5 Ada (321) 848-4689</p> <p>Zumba Toning 6pm-7pm \$5/\$6 Robin 321-514-5945</p> <p>WEDNESDAY Bridge Lessons by Appt \$10 Rick (863)640-5798</p>	<p>Zumba Gold 9:15AM-10:15AM \$5/\$6 Robin (321)514-5945</p> <p>Golden Hearts Senior Fitness- Wednesday 11AM-Noon \$5/\$6 Robin 321-514-5945</p> <p>Hurricane Rug Hooking (2nd & 4th Wed) 10AM-2PM \$2/\$3 Fonda (321-298-2796</p> <p>ACBL Duplicate Bridge 12PM-3:00PM \$2/\$3 Judy (901) 336 1306</p> <p>Line Dance Class-Beginners 4:00PM-5:30PM \$3/\$4 Ferrell (321) 267-0195</p> <p>Line Dance Class 5:30PM-6:30PM \$3/\$4 Ferrell (321) 267-0195</p> <p>Line Dance Class 6:30PM-7:30PM \$3/\$4 Barbara (321)452-1944</p> <p>THURSDAY Bingo (Play begins at 10AM) 9AM-2:30PM Varies (#of cards played) Cat (321)231-1135</p> <p>Singles Club Planning Mtg (1st Thurs)4pm Call Jean for location (321)352-2359</p> <p>Tai-Chi - Thursday 1PM-2PM \$3/\$5 Ada</p>	<p>321-848-4689</p> <p>Zumba 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945</p> <p>Zumba Gold Tone/Chair- Thursday 11AM-Noon \$5/\$6 Robin 321-514-5945</p> <p>FRIDAY Euchre - Friday 10AM-1PM \$2/\$3 Barbara 321-750-2679</p> <p>Shuffleboard 10AM-12PM \$2/\$3 Bill (321)544-1430</p> <p>Muscle Memory Strength Balance 10:00AM-11AM \$2/\$3 Natine (321)609-0999</p> <p>Billiards 9AM-12PM \$2/\$3 NBSC (321)268-2333</p> <p>No Brevard Line Dance 12PM-2PM \$3/\$4 Yvette 321-258-6534</p> <p>Line Dance Social (1st and 2nd Fri) 6PM-9PM \$5 Ferrel 321-267-0195</p> <p>SUNDAY Intermed./Adv'd Line Dance Class 2PM-4PM \$3/\$4 Pat (321)268-2333</p>
---	---	--	---

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

<p>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</p>	<p>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</p>	<p>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</p>	<p>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.</p>
--	---	--	---

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

<p>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</p> <p>TUESDAY PROGRAMS Billiards- 8:30 am-4:30 pm Chair Yoga - 3:00-4:00 pm Rogue Bridge 12:15-4:00 pm</p>	<p>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</p> <p>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</p>	<p>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</p> <p>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</p>	<p>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</p> <p>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</p>
--	--	--	--



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

APRIL 2024
ONE SENIOR PLACE EVENTS

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

FREE Liver Scans, Monday April 1st, and Wednesday April 17th, 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 April 2nd and 16th, 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 April 3rd, from 11am, REPEATS Thursday April 25th, 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.

Chair Yoga, Friday April 5th, at 8:30am. A body in motion stays in motion, come move with us! Class will be led by Beth Cooper. Please bring a towel. Class size is limited, RSVP required, call 321-751-6771.

Ask The Doctor Lunch & Learn Series, Nothing Beats a Great Pair of Healthy Legs, Tuesday April 9th, at 11:30am. Join Hany Guirgis, MD with Prestige Cardiology Consultants as he discusses vein disease, leg swelling, & varicose vein issues. Lunch provided by Viera Health and Rehab. Seating is limited, RSVP required, call 321-751-6771.

BINGO!, Tuesday April 9th, 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 April 10th, 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.

My Loved One Was Just Diagnosed With Dementia...Now What?, Thursday April 11th, 10am. Presented by the Estate Planning & Elder Law Centers of Brevard. Topics discussed, how to pay for long term care (home health care, assisted living facility, or nursing home) privately, through VA assistance or Medicaid so that you can make intelligent, informed choices. One size does not fit all. RSVP to 321-751-6771.

Movie Matinee with Rhodes Law, PA, Thursday April 11th, at 2pm. Hosted by Rhodes Law, P.A. Join us as we watch this classic "Never Been Kissed", and enjoy movie treats! MUST RSVP to 321-751-6771.

Senior Health Friday with Nurse Lisa, Benefits of Medical Marijuana, Friday April 12th, at 10am.

Presented by Frank P. Filliberto, MD with Marijuana of Brevard and Lisa Conway, RN, CCM with Senior Partner Care Services. Refreshments sponsored by Senior Partner Care Services. RSVP to 321-751-6771.

Special Needs Trusts, Tuesday April 16th, at 10am. Elder law attorney William A. Johnson will discuss the proper estate planning needed to maintain eligibility for public benefits such as Medicaid, SSI, & the Affordable Care Act for persons with special needs. RSVP to 321-751-6771.

MacMad User Group, Tuesday April 16th, 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 April 17th, 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.

Veterans Day Out, Thursday April 18th, at 9am. Join us for a FREE day trip to multiple destinations and lunch. Leave the driving to us in an air conditioned, luxury bus while you enjoy the journey, reflecting on your service with fellow veterans. Sponsored by VITAS, National Cremation Society, VFW Post 10131 Cape Canaveral, D.A.V. Seats limited. RSVP Required, MUST call 321-253-6324.

Nutrition & Pain Management, Thursday April 18th, at 12pm. Presented by Aquatic Health & Rehab. This presentation will discuss the causes, prevention, and treatment of low back pain. For more information and to RSVP, call 321-253-6324.

5 Movements to Better Mobility, Friday April 19th, at 8:30am. Class will be led by Beth Cooper. Please bring a towel. Class size is limited, RSVP required, call 321-751-6771.

AARP Smart Driver Course, Monday April 22nd, 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.

Elder Law Concepts: What You Need to Know During the Second Half of Life, Tuesday April 23rd, 10am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar will cover the documents that will give you assurance that you are prepared & your family knows your desires. RSVP to 321-751-6771.

Finding Your Path, Wednesday April 24th, 10am. Whether you're just starting to explore estate planning or seeking to refine an existing plan, this presentation will offer valuable insights and practical strategies to help you make informed decisions and establish a comprehensive, tailored approach to secure your legacy. Join us on this journey to 'Finding Your Path' in estate planning. Presented by Attorney Stephen Lacey with Lacey, Lyons, Rezanka. RSVP to 321-751-6771.

Medicaid Planning Seminar, Thursday April 25th, at 10am. Elder Law Attorney William A. Johnson, P.A. will discuss new planning opportunities that are available under the new Medicaid laws,

including legal & financial strategies that can help preserve your assets from nursing home costs even after you or a loved one has entered a nursing home. Limited seating must RSVP to 321-751-6771.

Seeing Is Believing, Friday April 26th, at 10am. Presented by Staci Walters, D.O, F.A.A.O with Space Coast Ophthalmology. MUST RSVP to 321-751-6771.

Quit YOUR Way, Free Tools to Quit Program, Friday April 26th, from 12pm. 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.

Protecting Your Feet, Friday April 26th, at 1pm. Join Kathleen Bauer, MD as she discusses the importance of foot health and its impact on those with diabetes. MUST RSVP to 321-751-6771.

SUPPORT GROUPS

Loss, Grief & Bereavement Support Group, Thursdays April 11th and 25th, 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 April 17th, 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 April 17th, at 2pm. The group encourages caregivers to maintain their own personal, physical and emotional health as well as optimal care for the person with dementia. RSVP call 321-751-6771.

RECURRING EVENTS

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

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

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

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

CONTACT INFORMATION:

Chassity Inglis
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.



CLINCLOUD

(407) 680-0534

ClinCloudResearch.com



FREE MEMORY SCREENS