Helping Seniors Of Brevard

News from Helping Seniors Non-Profit **JANUARY 2025**

SENIOR RESOURCE CENTER OF BREVARD

Joe's Senior Resource Center
1344 S Apollo Blvd - Ste 2c
Melbourne FL 32901
(321) 473-7770
HelpingSeniorsofBrevard.org

The Helping Seniors Senior Info Helpline

(321) 473-7770

Answering the call now into our 15th year of service.

TOGETHER, WE CAN HELP CREATE A MIRACLE.

Consider a gift to Helping Seniors of Brevard County Inc., a registered Florida Nonprofit Organization. The support we receive from individuals like yourself helps thousands of vulnerable seniors to secure the help they need to get what we all deserve, quality of life and peace of mind.

Your gift of $25, $50, $100, $250 or more will help to ensure that Helping Seniors of Brevard is able to continue assisting everyone who calls us.

Helping Seniors of Brevard County
Call us to give by Credit Card – 321-473-7770
Give online - HelpingSeniorsofBrevard.org
To send a check - P.O. Box 372936 - Satellite Beach FL 32937

The Secret of Success for 2025.

Nancy Deardorff
Director of Development- Helping Seniors

Happy New Year to all our readers, for many a time of resolutions. Unfortunately, most people do not stick to their resolutions.

A resolution you should make and stick to is to "Get Your Ducks in a Row" by staying informed and educated and developing your personal aging plan. If you already have an aging plan, it's great time to review and update your plan because as we age, things change. Albert Einstein once said, "you can't explore a new world with an old map."

How do you know what you don't know? The answer is…you don't. You do not have to have all the information; you just need to know where to find it. Albert Einstein is also quoted as saying "Know where to find the information and how to use it. That's the secret of success."

Helping Seniors of Brevard is here to connect you to information and resources important to seniors such as legal, medical and health, financial, Medicare plans & insurance, household, senior living options, case management, real estate, safety, and so much more.

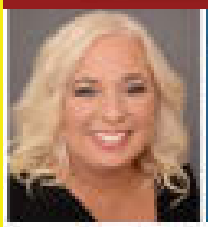
In this era of many scams and schemes targeting seniors, it is important that you have a reliable and trustworthy source of information and resources.

Our large network of trusted, senior-focused providers and businesses are here to help you navigate through a variety of issues, important to seniors.

Helping Seniors of Brevard is here to serve you.

To donate or for information and resources call us at 321-473-7770 or you can also visit our website online at HelpingSeniorsofBrevard.org.

Helping Seniors Of Brevard



Welcome to Your New Year: An Action Plan 2025

Ruth C. Rhodes, Esq.,
Board Certified Elder Law Attorney

Stepping into a new year is an opportunity to reflect on your goals and ensure you have an action plan in place in the event of incapacity or death.

One of the most important, yet often overlooked, aspects of financial and personal security is estate planning.

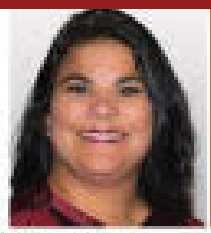
Planning for the possibility of incapacity or death ensures that your wishes are honored and that your loved ones and pets are cared for, no matter what the future holds.

Estate planning involves more than drafting a will. The combination of durable power of attorney, trust, healthcare surrogate, and/or living will, may be used to take care of you and your assets and avoiding guardianship if you lose capacity. It is also about planning for your family and pets and avoiding probate.

Guardianship and Probate are expensive court proceedings that often cause family and financial stress that may be avoided with proper planning.

Estate planning also includes a plan for the care of your beloved pets in the event of incapacity or death. Whether you are permanently unable to care for your pets due to death or incapacity or temporarily due to hospitalization or rehab, without a plan, your pets may be at risk of going into a shelter and/or being euthanized.

It's New Year, and it's time to create or update your old or out-of-state estate plan to take care of you, your family, and your pets. It would be my honor to help you with creating a comprehensive plan. Please call me at (321) 610-4542 to schedule a free consultation.



Welcome to Your New Year: Formulating an Aging Plan for Your Future

Danica Scuderi-Carluccio
Advocates for the Aging, Inc.

Creating a care plan for your future is a vital step toward ensuring well-being and stability. Enlisting the assistance of a case manager can streamline this process, providing expert guidance tailored to your unique needs and goals.

Case managers are professionals skilled in assessing an individual's circumstances, identifying resources, and coordinating care. Their support can make navigating complex decisions more manageable and effective.

The process begins with a comprehensive assessment. A case manager works collaboratively to evaluate your medical history, financial situation, social network, and personal aspirations. This holistic approach ensures that the care plan addresses all aspects of your life, including physical, emotional, and financial needs. Their expertise helps prioritize immediate concerns while planning for long-term objectives.

Case managers also provide access to valuable resources. Whether coordinating with healthcare providers, identifying community support programs, or assisting with insurance and legal documentation, they ensure that all necessary components of the care plan are in place. For instance, they can assist in exploring advanced directive choices, secure long-term care options, or connect you to mental health services.

Moreover, a case manager's role does not end with the initial plan. They offer ongoing support, adjusting the care plan as life circumstances change. This adaptability ensures that the plan remains relevant and effective over time.

By working with a case manager, individuals can create a personalized, comprehensive care plan that fosters security, independence, and peace of mind for the future.

Helping Seniors Of Brevard

Welcome to Your New Year:
Creating Your Aging Plan for 2025

Jital Patel, OTR/L, DRS
Coastal Occupational Therapy

As we welcome a new year, it's a perfect opportunity to take charge of aging on your terms. An aging plan is a proactive approach to staying safe, independent, and engaged in the activities that bring you joy. Whether it's ensuring your home is functional, maintaining your ability to drive safely, or simply planning for future needs, your aging plan can empower you to live life fully in 2025 and beyond.

Start by assessing your current lifestyle. Are there changes that could improve safety or mobility at home? Small updates like adding grab bars, improving lighting, or rearranging furniture can prevent falls and make daily living more comfortable. Next, consider your transportation needs and driving habits. Staying mobile is key to independence, and regular assessments can help ensure you remain safe on the road.

This is where Mobile Occupational Therapy and Driving Rehabilitation can help. Our tailored services are designed to address seniors' unique needs. From in-home occupational therapy that improves strength, coordination, and independence to driving rehabilitation programs, we provide practical, personalized solutions.

Using state-of-the-art technology, our driving rehabilitation services assess and enhance driving skills, ensuring you feel confident and secure behind the wheel.

Creating an aging plan doesn't mean anticipating limitations; it means preparing for possibilities. Take control of your new year by investing in your safety, independence, and well-being. Let us support you in making 2025 your best year yet!

Step into The New Year!

Liz Taylor RN
T.O.E. - Touch of Excellence Senior Foot Care

Healthy feet are happy feet. Did you know the average person walks approximately 75,000 miles by the time they are 80 years old? Prioritizing health includes focusing on our feet, which are essential for mobility and independence. Healthy feet are key for an active lifestyle and help reduce the risk of falling. Here are three strategies to support your aging plan and foot health this year.

Regular Checkups

See a podiatrist, doctor, or foot care nurse for routine foot evaluations. Regular foot care can prevent complications such as infections, or ulcers, especially for high-risk individuals. Martha, a 92-year-old cancer survivor, is followed closely by her foot care nurse and podiatrist to ensure her feet, with poor circulation, remain in good health.

Wear Supportive Footwear

Choosing the right shoes is crucial. Shoes that provide proper arch support and cushioning can prevent corns and callouses. Louis, an 80-year-old walker, has reduced foot pain after switching to orthopedic shoes, enabling him to continue his daily activity. As you age, reassess your footwear needs and invest in shoes or inserts designed for seniors.

Maintain Good Foot Hygiene

Good hygiene prevents infections and keeps feet comfortable. Wash daily, dry thoroughly, and apply moisturizer. Marian, a 78-year-old grandmother, found her feet less prone to irritation after starting a daily care routine. Consult a foot care nurse or podiatrist for persistent issues.

By following these strategies and an aging plan tailored to your needs, you can keep your feet healthy and enjoy your favorite activities in the new year. Contact information for Liz Taylor RN: Phone: 321-341-7925 - Email: Liz@Touch-of-Excellence.com

Helping Seniors Of Brevard

Starting 2025 Proactively!

Carlos Cuesta
Synergy Home Care

Starting 2025 to ensure safety for seniors in the comfort of their home is a proactive step toward enhancing their well-being. Here are some key areas to focus on for senior safety:

1. Personalized Care Plans

Customized Services: Synergy HomeCare creates tailored care plans based on individual health needs, preferences, and safety concerns. This ensures that seniors receive the right level of support, whether they need assistance with daily activities or help managing chronic conditions.

Health Monitoring: Regular assessments help monitor vital health signs, medication management, and overall wellness to avoid any health crises.

2. Fall Prevention

Home Safety Modifications: The company can guide on necessary home modifications to prevent falls, such as installing grab bars, improving lighting, and ensuring clutter-free living spaces.

Assistance with Mobility: Caregivers assist seniors with mobility, helping them move safely around the home to avoid falls.

3. Companionship and Social Engagement

Reducing Isolation: Companionship care fosters social interaction, reducing the risks of loneliness and depression. Caregivers can engage seniors in activities that enhance cognitive function and emotional well-being.

Mental Health Support: Regular companionship helps improve seniors' emotional stability, ensuring they feel secure in their environment.

4. 24/7 Availability

Dependable Care: Synergy HomeCare offers round-the-clock care, ensuring that seniors are never without assistance. This is critical for seniors who may have unpredictable medical needs.

Reach Synergy Home Care at 321.340-3828

Podcasts Explained:
Your Ticket to Endless Entertainment

Jen Hardy
CEO, YouTuber, Podcaster,
and Best Selling Author

No matter how you're feeling or where you are, even if you're homebound—podcasts let you explore the world and learn about anything you can imagine!

Podcasts talk about everything from news to true crime to comedy. Some podcasts even bring back the charm of old-fashioned radio shows. Whether you're curious about learning something new, or just want some entertainment to brighten your day, there's a podcast for you. And they're easy to access on your phone, tablet, or computer.

My podcast, Fabulous Over 50, celebrates this incredible stage of life, embracing all we've achieved while finding humor and joy in the challenges that come with aging. For a different kind of perspective, my YouTube channel, The Jen Hardy Show features "Voices of Justice," which offers a behind-the-scenes look at the United States Judicial System. I've had the privilege of interviewing judges, legislators, lawyers, (even ex-convicts.) allowing listeners to get to know the people behind the system.

That's the beauty of podcasting. There are as many kinds of podcasts as there are human interests, and you're sure to find something you like. Podcasts offer a fun, easy way to expand your world—one episode at a time.

How can you listen? Video podcasts are on YouTube.com. For audio podcasts, download a podcast app and listen to episodes as you go about your day. You can even search for them on Google - just type the word podcast and any topic, and you'll have a list of shows.

Helping Seniors Of Brevard

Pet Care for Seniors in Need.

Christine Evans
Companion Animal Care of Brevard County, FL

Companion Animal Care of Brevard County, (CAC), is dedicated to ensuring that no senior must worry about the well-being of their beloved pets during times of medical emergencies, hospitalization, or end-of-life situations. Our mission is to provide compassionate support by offering fostering and re-homing services, as well as necessary veterinary care for animals in need.

In 2024, thanks to the dedication of our volunteers and the generosity of our supporters, CAC successfully found new homes for twenty-four animals and provided fostering services for many more. This vital work ensures that pets receive the love and care they deserve, even when their owners are unable to provide it. We are committed to continuing this work in 2025 and expanding our reach to help even more seniors and their pets.

In addition to our fostering and re-homing efforts, CAC actively addresses food insecurity for pets. Through donations, we purchase pallets of pet food, repackage, and distribute to local food pantries, ensuring that families and individuals facing financial challenges can provide for their furry companions.

Our success is driven by the unwavering commitment of our volunteers and the support of our community. Every contribution, whether in time, resources, or monetary donations, makes a tangible difference in the lives of both people and pets.

As we look ahead to 2025, we invite you to join us in our mission. Together, we can ensure that every pet has a safe, loving home and that no senior must face the uncertainty of their pet's future alone.

Learn more at CompanionAnimalCareBCFL.org

Understanding Medicare in the Long-Term Care Planning Conversation.

Laura Peery
Medicare Plan Advisor /National Long-Term Care Plan Specialist - Endorsed by Dave Ramsey

Understanding Medicare in the Long-Term Care Planning Conversation.

There are a lot of "spokes in the wheel" of long-term care planning. Many people wrongly assume that Medicare will pay for long-term care.

It is important to understand what is covered and what is not, and it depends not only on the type of care but the type of Medicare policy you are enrolled in.

Turning 65 and enrolling in Medicare, it is critical that you consult with an experienced Medicare - Care Plan Advisor that will share with you the consequences of your choices when you first turn 65.

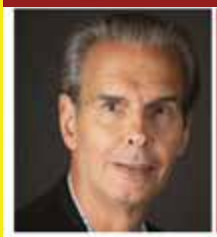
There is a big "push" to enroll in the $0 premium Medicare Advantage Plans but be mindful of the true cost buried in the "zero premium."

Understand the lifetime penalties and consequences that may be imposed without properly understanding the implications of your choices.

As a National, seasoned Medicare Plan Advisor and Long-Term Care Plan Specialist, I guide my clients to make the best choices that suit their medical needs and goals, their budget, and their Aging Plan and lifestyle, which may include travel.

Do not compromise your quality of care, your freedom to choose your doctors without referrals, and the ability to have medical treatment without the insurance company requiring pre-approval in exchange for an over-the-counter benefit that gives you free band-aides.

Helping Seniors Of Brevard



Travel The World and Support Helping Seniors

Chris Morse
Helping Seniors Travel Club

The Helping Seniors of Brevard Travel Club is one of the top CLUBS in the area. Here are some of the great benefits that you receive from the CLUB:

(1) The best pricing available, match or beat any internet rate and if you book direct, we can match that price and give you extra amenities that the tour vendor cannot (cruise or land)

(2) Senior Travel is Special Needs Certified. Our goal is to help seniors who thought they could never travel again to cruise with us and have a great time.

(3) Residential Residences: We ask you to give us the opportunity to show your residences how we can save them money on fabulous cruises or tours. We even invite the cruise lines to come out and make presentations.

(4) Special Senior Clubs: We invite your club to join us on one of our special cruises or plan a special cruise just for your group. We have a BOCCE group, a Heritage Isle group, a Buena Vida group, Trail Blazers, all have saved money by booking their trips with us.

(5) Solo Guests: There are over 76,000 solo seniors in Brevard County. This group is looking for specials and a way to get out and meet new people on their trips. That is exactly what Senior Travel does- we plan our groups with seniors and their families living in Brevard County. So, when a solo traveler goes on one of our Helping Senior Programs, they will meet other solo seniors. This encourages seniors to travel & get to know more people in their community. Note: We always get the very best pricing for our Solo Travelers. We also have a match program where we try to find another solo traveler looking for a roommate. This program has worked out perfectly!

(6) Travel on your favorite cruise line or tour operator: We will honor your traveling status with all travel vendors. We will also give you the best price and additional amenities only available through our agency. You can travel on your favorite cruise line, get your frequent traveler's amenities, and get additional amenities from Senior Travel!

(7) Award Winning Customer Service: Senior Travel has won awards as one of the top customer service travel agencies in the Brevard County/Florida area. Together Chris and Betty have over 75 years of experience, and their special agents are well trained to take care of you, the customer, not the tour vendors. We pride ourselves in reaching out to our clients, making sure that they have the best price even after booking their travel program. Safety is our first priority with our seniors we make sure they travel safely with our special travel insurance program.

(8) You can book directly with your favorite tour company (cruise or land programs). Then call us to take over the reservation. We will keep the same price; add amenities you cannot get by booking direct and make sure your travel program goes as exactly as you want.

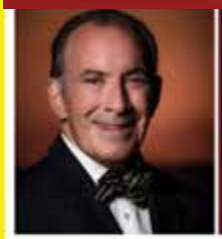
(9)The BEST part of booking through the HSOB Travel Club is that every booking made, the travel vendor donates back to Helping Senior a portion of their profits. A great way to donate back to your favorite charity without having to spend any money out of pocket. A VERY SPECIAL TRAVEL PROGRAM!

Call Chris or Betty at 818-430-1480 or 818-618-1222 (Merritt Island) with any questions, or programs you want to book, or to join us on one of our special cruise packages throughout the year.

WHO WOULD HAVE THOUGHT THAT BY TRAVELING THE WORLD YOU ARE ALSO HELPING YOUR COMMUNITY AND THOSE LESS FORTUNATE!

SUPPORT HELPING SENIORS & YOUR COMMUNITY BY BOOKING WITH SENIOR TRAVEL!

Helping Seniors Of Brevard



A New Year in Real Estate.

Mark Gallegos
Real Estate Professional

At the end of 2024, Brevard County's real estate prices continue to trend upward but at a slower rate. Yet, demand for homes remains strong and more Seniors are selling. The Brevard County real estate market has begun to settle into a more balanced pace. While the Space Coast still holds its allure, the market's frenetic energy has cooled, offering both opportunities and challenges for buyers and sellers.

The median age of first-time buyers rose to 38 (up from 35 in 2023). The median age of all buyers jumped to 56 (from 49 in 2023). The median age of all sellers was 63 (up from 60 in 2023). As of October 2024, median home prices in Brevard County have climbed to $348,000, a modest 2.1% increase year-over-year. Buyers should not underestimate the competition, especially for coveted properties in prime locations. With inventory levels on the rise, buyers have more options. Nevertheless, homes are still selling relatively quickly, with an average of 71 days on the market.

Key factors influencing this positive outlook include Strong population growth: Florida continues to attract residents from other states, driving demand for housing; Limited inventory: The supply of homes for sale remains relatively low, supporting price appreciation; Economic stability: Florida's economy is diverse and resilient, which contributes to a stable housing market.

Brevard County's enduring appeal remains. Its pristine beaches, thriving aerospace industry, and laid-back lifestyle continue to draw residents and investors alike. Buyers have a unique opportunity for those seeking a piece of paradise.

MARK GALLEGOS, ValueREmsg@gmail.com; text/phone 305-761-8500

Why Should You Take Dental X-rays?

Dr. Lee Sheldon
Drs. Sheldon & Furtado - Solid Bite

Patients sometimes question the need for dental X-rays. Why are they important? Dental X-rays allow us to detect problems in areas we cannot see during a routine exam, helping us treat issues early and prevent severe damage.

One key benefit of X-rays is identifying dental decay, or caries, in hard-to-see areas, such as between teeth. Detecting caries early allows us to treat it with a simple filling, avoiding deeper decay that could infect the tooth's nerve or extend into the jawbone, causing pain, swelling, and other health issues.

X-rays also help diagnose periodontal disease by showing bone loss around teeth and hardened bacterial deposits, known as calculus. Visible calculus on an X-ray often indicates advanced disease requiring immediate treatment to prevent further damage.

Advanced three-dimensional X-rays, like CT scans, are invaluable for planning procedures such as dental implants and orthodontic treatments. They help us assess bone density and alignment with precision.

Safety is a common concern. Dental X-rays involve minimal radiation, measured in micro-sieverts. A single X-ray is equivalent to about a day of natural background radiation, while a full-mouth series or CT scan equals several days to weeks. Digital X-rays further reduce radiation exposure by enhancing images with minimal radiation.

At our practice, we use a combination of full-mouth X-rays and CT scans for comprehensive examinations. These tools enable us to detect and address issues efficiently, reducing the need for extensive treatments.

We are happy to share your X-rays with you during your visit, so you can understand your dental health more clearly.

ADVOCATE & SENIOR PLACEMENT

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

Senior Care Authority PLATINUM
Member: Joe's Senior Resource Center
1344 S. Apollo Blvd. Ste. 2C, #2, Melbourne
www.seniorcareauthority.com/brevardfl
321-341-8444

ATTORNEY

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www.AmyBVanFossen.com
321-345-5945; (fax) 321-345-5417

Ruth Rhodes, Esq. Rhodes Law, P.A. GOLD
Member: Joe's Senior Resource Center
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
140 Interlachen Dr., Suite B, Melbourne
www.floridaelderlaw.net
321-253-1667

CARE/CASE MANAGEMENT

Advocates for the Aging SILVER
Member: Joe's Senior Resource Center
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
6767 N. Wickham Road #400, Melbourne
www.TlcConsultantServices.com
321-752-0995

DENTIST

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

DOWNSIZING/PRO ORGANIZER

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

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Senior Expos
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321-773-1454

FINANCIAL PLANNING

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www.RaymondJames.com/TishaHill
321-253-7914

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Beachside123@yahoo.com
321-961-9870

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www.monarchhomesofbrevard.com
321-806-3948

HOSPICE

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www.ReflectionLSC.org
321-269-4240

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

IN HOME CARE

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Member: Joe's Senior Resource Center
Caregivers from 4 hrs/day to live-in
mfolkerds@aquahc.com
321-831-7331

Family Home Care of Central FL SILVER
1326 Palmetto Ave, Winter Park
Familyhomecarecf.com
407-641-4306

Seniors Helping Seniors SILVER
Member: Joe's Senior Resource Center
1344 S. Apollo Blvd, Ste 2-C, Melbourne
www.seniorcarebrevard.com
321-722-2999

SYNERGY HomeCare of Palm Bay SILVER
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

Visiting Homecare
2237 S. Babcock St., Melbourne, FL 32901
www.visitinghomecare.org
321-574-1622

INSURANCE

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

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

INSURANCE

Medicare Solutions – Jerry Hadlock SILVER
Helping you unlock the Medicare confusion
478 Babcock St – Ste 102 – Melbourne FL 32935
jldm253@aol.com | 321-720-4526

Moore Insurance Solutions SILVER
Member: Joe's Senior Resource Center
Your #1 Resource for Insurance Solutions
1344 S. Apollo Blvd, Ste 2-C, Melbourne
solutions@vickimooreinsurance.com | 321-272-0218

MEALS AT HOME

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

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

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Concierge Medical Equipment Services
Shawn Parker, MS, President/CEO
1367 B. Cypress Ave., Melbourne 32935
321-956-4000

MEDICAL RESEARCH

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7000 Spyglass Ct. Ste. 130, Viera
info@clincloudresearch.com
407-680-0534

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admin@miboxspacecoast.com
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OCCUPATIONAL THERAPY

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Member: Joe's Senior Resource Center
Mobile Outpatient Therapy Service
www.coastaltherapyfl.com
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www.brownings.net | 321-725-6320

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Member: Joe's Senior Resource Center
1344 S. Apollo Blvd, Ste 2-C, Melbourne
www.canadianmeds-melbourne.com
321-574-6976

Faith Walk By Two Melbourne SILVER
Member: Joe's Senior Resource Center
Medication Therapy Management (MTM)
Dr. Chrisita Cornish, PhD, MBA, RPh
drchrisita@faithwalkbytwo.org | 321-381-5988

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

PHYSICAL THERAPY / FITNESS

FYZICAL Therapy & Balance Center SILVER
417 5th Ave., Ste 101B, 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 SILVER
2176 Sarno Rd. Ste. 102, Melbourne
advancefitness@rsbaffiliate.com
321-693-9246

PODCAST

Hardy House Media SILVER
Member: Joe's Senior Resource Center
Fabulous Over 50 Podcast
Jen's Friends daily encouraging videos
Jenhardy.net | 321-831-2411

PRINTING

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www.allegramarketingprint.com
321-252-4701

REAL ESTATE

Mark Gallegos SILVER
305-761-8500
Real Broker, LLC

REAL ESTATE / RIGHTSIZING

FLamazing Real Estate, Inc
Lavada Carlett Delliquadri, Broker
Delivering a reliable network of services for seniors.
321-223-5665 - FlamazingRealEstate@gmail.com

SENIOR LIVING / MEMORY CARE

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

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

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

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Services – Outpatient Speech Therapy
www.proclaim-services.com
321-209-0171

SPIRITUAL/MENTAL/NATURAL HEALTH

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Member: Joe's Senior Resource Center
Chaplain Ken Cornish
chaplainken@faithwalkbytwo.org
321-381-5988

Faith College of Natural Health SILVER
Dr. Kevin Kilday
HolisticHealthCtr@gmail.com
321-549-50711

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CanadianMeds-Melbourne.com

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

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

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FLamazingRealEstate@gmail.com

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VickiMooreInsurance.com

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BringingCaretoYou.com

Ruth C. Rhodes, Esq. / Rhodes Law P.A.
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SeniorCareAuthority.com/brevardfl

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DrLeeSheldon.com

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FloridaElderLaw.net

Zon Beachside Assisted Living
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ZonBeachside.com

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AmyBVanFossen.com

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AssistedLivingLocators.com

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BuenaVidaEstates.org

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

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

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FCNHedu.com

Family Home Care Central Florida- (407) 641-4306
Email - Gabriella@FamilyHomeCareCF.com

Fyzical Therapy & Balance Center
(321) 372-3090 - Fyzical.com/Indialantic

Mark Gallegos (Real Broker, LLC)
(305) 761-8500 - ValueREMSG@gmail.com

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

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RockSteadyBoxingBrevard.com

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ReflectionsLCS.com

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

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

Helping Seniors Info Series

Helping Seniors Resource Center Events

(1344 S Apollo Dr - Ste 2-C - Melbourne)

Headline Events:

Knowledge College for Aging - Long-Term Care

Speaker: Cathy Rowlands (Total Long-Term Care Consultant Services)

Date: Thursday, January 23rd, 10:00am - 11:00am

Call for Information – (321) 473-7770

Join us for our "Get Your Ducks in a Row" Knowledge College for Aging certificate program. It is a FREE monthly series, 10 am-11 am on the 4th Thursday of the month at Joe's Senior Resource Center! It is 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: Cathy Rowlands, Long-Term Care Expert, explains things to consider for your Aging Plan in terms of Long-Term Care. With a lifetime of experience in Elder Care, Cathy is a great resource to learn from to help you organize best ideas. Join us for Coffee/Snacks and great information!

Helping Seniors Wellness - Express Thoughts Clearly & Confidently

Date: Thursday, January 23rd, 11:00am - 12:00pm

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

Join us for a great discussion with Shavonne Marsical, of Proclaim Communication and Rehabilitation Services as she provides expertise that empowers individuals to express thoughts clearly and confidently, whether refining business pitches or overcoming speech challenges. In addition to offering a full range of Speech Therapy services, she very much enjoys helping others develop professional communication skills - valuable in improving employment opportunities as well as simply communicating more effectively with doctors and caregivers. Join us for Coffee/Snacks and great information!

CALENDAR HIGHLIGHTS

Helping SENIORS TV — Weekdays on SCGTV

Find SCG-TV:
Spectrum Channel 499
Comcast (North Brevard) Channel 51
Comcast (South Brevard) Channel 13
AT&T U-Verse Channel 99

Date	Day	8:00am	8:30am	5:00pm	5:30pm
Jan 1	Wed	Chaplaincy - What it Means	Fabulous Over 50 Podcast	Legal/Financial - New Year	Helping Seniors & MSC Cruises
Jan 2	Thu	Rock Steady Boxing	Help Finding Good Senior Living	Wellness: Healthy Cooking	Consideration in Home Care
Jan 3	Fri	Buy/Sell/Invest Real Estate	How Canadian Meds Helps Save	Occupational Therapy: What it is	Capital Update
Jan 6	Mon	Legal/Financial - New Year	Turning 65? All About Medicare	Your Aging Plan: Organizing Papers	Myths about Hospice
Jan 7	Tue	Best Home Care Ideas	Considerations in Assisted Living	Finding Good Place for Mom or Dad	Updating Your Estate Plan
Jan 8	Wed	Medicare Supplement or Advantage	Periodontal Disease	New to Florida? Elder Law	Your Aging Plan: LTC Insurance
Jan 9	Thu	Safe & Secure at Home	Chefs for Seniors	Wellness: Skin Health	Senior Travel Safe & Fun
Jan 10	Fri	Life Enrichment	Great Employment for Seniors	What is Holistic Health	Capital Update
Jan 13	Mon	VA Aid & Attendance Benefits	Helping Seniors Services Directory	Cosmetic Dentistry	How Canadian Meds Helps Save
Jan 14	Tue	Considerations in Home Care	Value of Professional Printing	Buy/Sell/Invest Real Estate	Wellness: Case & Care Manage
Jan 15	Wed	Wellness: Healthy Cooking	Why Comprehensive Evaluation	Help Finding Good Senior Living	Durable Power of Attorney
Jan 16	Thu	Helping Seniors & MSC Cruises	Technology & Home Care	Rock Steady Boxing	Fabulous Over 50 Podcast
Jan 17	Fri	Finding Good Place for Mom or Dad	What Elder Law Can Do	Chaplaincy - What it Means	Capital Update
Jan 20	Mon	When to Call Adult Abuse Hotline	Making Plans for Retirement	Medicare Supplement or Advantage	Best Home Care Ideas
Jan 21	Tue	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2	Things to Know - Elder Law	Wellness: Heart Smart
Jan 22	Wed	Long Term Care Insurance	Your Aging Plan: Organizing Papers	The Parts of Medicare	Probate - How & Why to Avoid
Jan 23	Thu	Myths About Hospice	How Medical Office Team Helps	Guardianship	Checking Out Zon Beachside
Jan 24	Fri	Power of Attorney/Super Powers	5 Steps to Staying Safely at Home	When is Assisted Living Appropriate	Capital Update
Jan 27	Mon	Helping Seniors - 12 Years Later	Probate - What it is/How it works	Value of Second Opinion	Reverse Mortgages: Now the Time?
Jan 28	Tue	How Canadian Meds Helps Save	Fabulous Over 50 Podcast	Your Aging Plan: Building Blocks	Wellness: Health Cooking
Jan 29	Wed	Two Assisted Living Questions	Chaplaincy - What It Means	Considerations in Home Care	Finding Good Place for Mom or Dad
Jan 30	Thu	Wellness: Technology & Wellness	Buy/Sell/Invest Real Estate	Helping Seniors Travel Club	Turning 65? All About Medicare
Jan 31	Fri	Help Finding Good Senior Living	Rock Steady Boxing	Helping Seniors & MSC Cruises	Capital Update

Helping SENIORS RADIO — 90.3 FM WEJF

12pm - 1pm Wednesdays
Listen on 90.3 WEJF-FM Radio or online WEJF.net

Date	Day	Program	Special Guest		
Jan 1	Wed	Helping Seniors on Elder Law	Bill Johnson Esq.	William A Johnson, P.A.	Elder Law & Related
Jan 8	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon	Sheldon & Furtado, PLLC	Dental Health & Related
Jan 15	Wed	Helping Seniors on Real Estate	Kerry Fink	Helping Seniors	Buy/Sell/Invest in Real Estate
Jan 22	Wed	Helping Seniors on Help at Home	Jennifer Barton	Seniors Helping Seniors	Getting Great Help at Home
Jan 29	Wed	Helping Seniors on Senior Living	Kerry Fink	Helping Seniors	All About Options in Senior Living

More Helping Seniors Key Events

Space Coast Podcasters - Tuesday - January 14th

Join us for a "New Year's Party" to kick-off the 2025 Podcast Year

6:00pm-8:00pm - SpaceCoastPodcasters.com

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

Golden Providers - Tuesday - January 21st

Camera Confidence: Unleash Your On-Screen Star - Guest Speaker - Jen Hardy

11:00am-12:30pm - Golden Providers Business-to-Business Meeting (for those who Serve Seniors with Excellence - GoldenProviders.org)

Glenbrooke Senior Living - 815 Briar Creek Blvd NE - Palm Bay FL.

A New Year's Resolution

By Joe Steckler, President Emeritus, Helping Seniors of Brevard County

The best exercise you could get is walking. This is a great New Year's resolution to make for yourself, with many health benefits such as improved sleep, increased energy, stress relief, improved mood, increased mental alertness, weight loss and even improved cardiovascular health.

To make it easier to keep this resolution, set a goal and start small. For instance, select a place where you live and mark off a walking course of half a mile in length. Start small. Perhaps you walk a quarter of a mile at the beginning, then work your way up. Before you know it, you'll be walking a mile, or even more. Many will say, "I don't have time", or "I just don't feel like it now." You may think these are valid reasons for not doing the walk you had planned, but they simply are excuses for putting it off to another time, a time you will never find. Don't take your ability to walk for granted. As we age, we lose muscle mass and strength, and as they say, if you don't use it, you lose it, so regular exercise like walking is a low impact and safe way to keep your muscles strong.

If you like alone time, walking is a great way to spend time with yourself and let go of the cares of the day. If you are a social person, then walk with a friend or several friends and turn your walk into a fun way to connect with others.

I urge those who are overweight or lack muscle tone to take corrective action. It can and should be done. Believe me, for I have been in similar shoes. When I was 12, I was more comfortable at Jacksonville Beach when holding the oblong surfboard in front of me.

Weight control is one of the biggest challenges that most of us will contend with as we age. It affects us whether we want to admit it or not. I constantly must limit my desert intake – and I could eat ice cream for breakfast. (I remember one time at the Naval Academy we were served ice cream with pancakes for breakfast.) Years ago, after my stroke, weight control and building muscle strength was key in my rehabilitation.

Walking, along with a healthy diet is one way to help you reduce your weight, build muscle strength and increase and maintain your mobility. Are you up for the challenge?

SENIOR SCENE MONTHLY TRAVEL TIPS

10 Cruise Cabin Tips You Don't Know About Your Room

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

Corporate Travel / The Travel Center / Senior Travel • Phone: 800-870-9345 • Fax: 805-980-4580 • Office: 321-978-5211
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No matter how many cruises you've been on, there are probably some cruise cabin tips that you don't know about. For instance, did you know that some cruise ships sailing today only have round European two-prong electrical outlets in their cabins?

The takeaway is this: If your electric devices use standard U.S. 110-volt plugs, you should have at least one adapter with you on every single cruise. Otherwise, you may be without your electronics for your entire trip.

We've scoured the Cruise Critic message boards and canvassed our staff for all the other things you may not know about your cruise ship room. Here are the top 10.

1. The Walls and Doors of Your Cruise Cabin Will Hold Magnets (But Not the Showers)

You might already know that your cruise cabin walls are made of steel (which means they're great for holding magnets), but that doesn't necessarily help you use this tried-and-true organizing hack.

Look for magnetic hooks or pegs designed to hang barbecue utensils because they'll hold enough weight for jackets or backpacks. Put one for each cabin occupant near the door and some in the bathroom for towels and swimwear. We also like magnetic whiteboards for leaving messages for cabinmates.

Cruise ship cabin door decorations can be hung up using magnets instead of tape. You can also keep all your excursion tickets, coupons, daily schedules and invitations conveniently organized. We highly recommend standard office supply magnetic clips for that.

As for showers, they are usually tile, marble or fiberglass, so magnets won't work there. Take along suction cup hooks, toothbrush holders or shelves to make your cruise cabin shower more functional.

2. Cruise Ship Bathrooms Lack Ventilation

Few staterooms on cruise ships have bathrooms with ventilation fans -- a fact that can make you question your cabin

10 Cruise Cabin Tips... continued on page 45

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