



# Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

APRIL 2025

## Helping You Develop Your Aging Plan!

Inside:

### **Financial Planning: Crucial Part of Aging Plan.**

Amy B. Van Fossen, Esq.  
The Law Office of Amy B. Van Fossen

### **Preparing for a Long & Happy Retirement.**

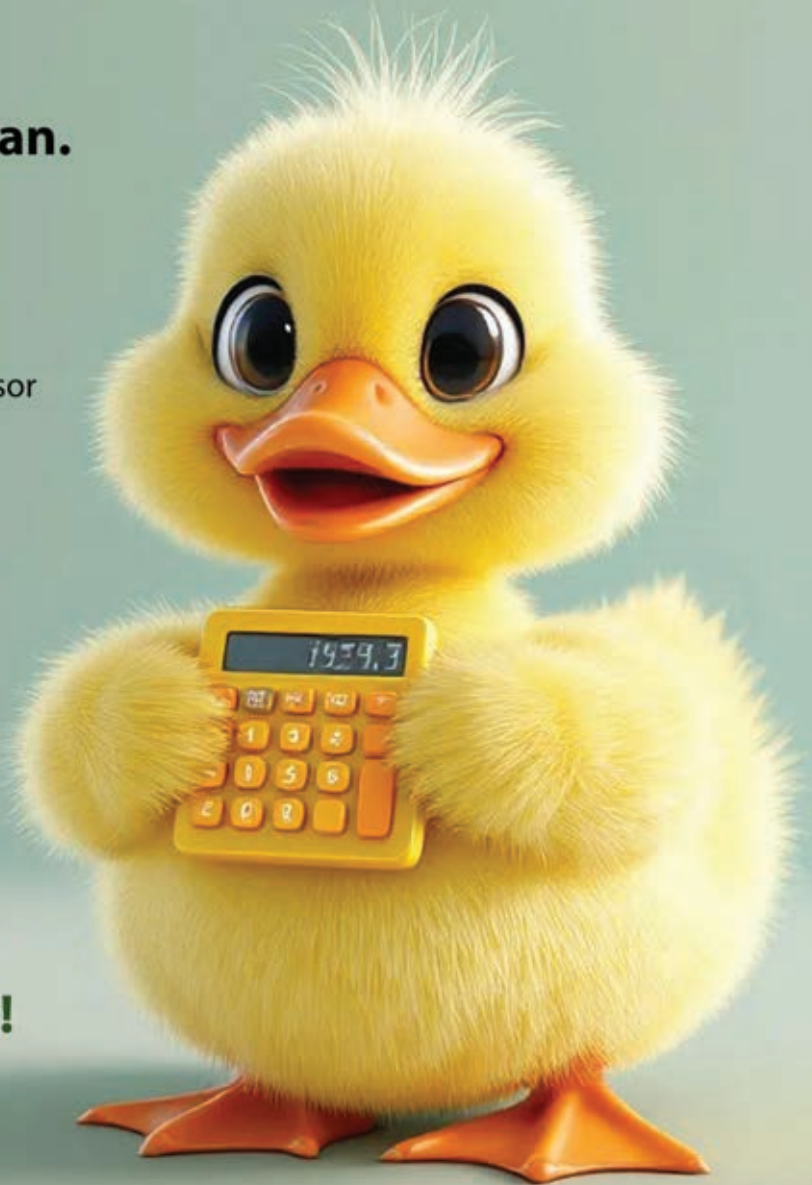
Tisha Hill, AAMS® WMS - Financial Advisor  
Wealth Management Specialist

### **Medicaid Planning: Protecting Your Assets.**

Ruth C. Rhodes,  
Board Certified Elder Law Attorney

### **Planning for In Home Services.**

Carlos Cuesta  
Synergy Home Care of Melbourne



**Let's Get Your  
Financial Ducks in a Row!**



SENIOR RESOURCE  
CENTER OF BREVARD



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



## HELPING SENIORS OF BREVARD WELLNESS SERIES

4th Thursday Series  
Brought to you by:



10am-11am - Thursday - April 24th 2025  
Join us at our 4th Thursday Learning Event!

Advances in Memory Care  
About Clinical Trials

**Dr. Rosemary Laird**  
Board Certified Geriatrician  
Head of Research State  
ClinCloud Research



**Gabriella Rosario**  
Family Home Care  
of Central Florida, LLC



Free  
Event!

11am-12nn  
Thursday Morning  
April 24th 2025

**Family Virtual Care  
Technology in Home Care**

### Thursday April 24th - Learning Series

Free & Fun Morning at

**Joe's Senior Resource Center**

1344 S Apollo Blvd - 2nd Floor - Melbourne FL

Call to RSVP: 321-473-7770



## Forward Thinking

**Kerry Fink**  
Executive Director  
Helping Seniors

Was just commenting today that it seems like we were just celebrating at Holiday parties and hard to imagine we are we are 1/4 way into 2025!

In our Helping Seniors World we are busier than ever - answering the calls on our Senior Information Helpline (321-473-7770), expanding our Joe's Senior Resource Center operations, and implementing new programs to benefit Brevard Seniors like our "Stay Connected" program, and our collaboration with AARP on "SCAM JAM" - a new initiative to keep our Seniors safe from the mayhem that often is out there. (You'll hear a lot more about this next month!)

It becomes more evident that our efforts to help educate Seniors and their families, through programs like Knowledge College for Aging and our Helping Seniors Wellness series, are becoming sought after as families look for effective ways to meet the challenges that Aging can often bring.

Our goal is to stay cutting edge and so recently we have begun working with groups who are implementing technology as a cost-effective means to supplement care that is often required in advancing years.

We are expanding our media efforts as well - using every media tool at our disposal, from our popular magazine-within-a-magazine you are reading now that we publish monthly center-section in each edition of Senior Scene® Magazine, to our weekly Wednesday lunch-time Radio program on 90.3 WEJF Radio, to our daily TV broadcasts on SCG-TV and our YouTube channel. In fact, technology is pushing us further as we expand via our Podcast studio in our offices at Joe's Senior Resource Center Melbourne.

And, of course, we always need your help! As a non-profit, we only exist to serve and we need your help to do so. Buy a raffle ticket, make a donation, volunteer your time! Together, we CAN do this!

God Bless you!



# Helping Seniors Of Brevard



## Volunteers on the Move.

**Karen Wernlund**  
Joe's Senior Resource Director  
Helping Seniors Board Member



## We are Living Longer - Got Your Financial Ducks in a Row?

**Nancy Deardorff**  
Director of Development  
Helping Seniors of Brevard

### National Volunteer week is April 20th – 26 2025.

As Center Director at Helping Seniors of Brevard a main responsibility is our volunteer team. From training them to keeping them busy I have learned more from them than I have taught. I'm lucky each day includes one or two volunteers.

Each day my thoughts go to who our volunteer will be, and this always puts a smile on my face. They are here to support us by answering our Senior Information Line, and in the many projects that we have undertaken.

The principal project is the complete refurbishment of our resources; this includes making a hard copy and a matching electronic copy that can be easily emailed to the client. They help us keep our resources updated daily. We all pride ourselves on having the most updated resources available. We share that if we don't have a resource, we will find one.

For events we have at Joe's Resource Center of Brevard, our volunteers come early and help us set up staying through clean-up. It is our volunteers that make our events run smoothly. They are innovative in their thinking and have assisted in so many ways.

From helping us get recent programs like "Stay Connected" going to being out in the community representing us they are supportive. Every moment with them makes our lives at Helping Seniors of Brevard more meaningful. We are grateful to each of them and thank each for sharing their time with us.

People today are living longer, which makes financial planning more important than ever. Have you taken the time to get your financial ducks in a row?

Here are some key questions to consider when planning for the future: (1) Do you have a mortgage or rent payment? Are there homeowner's association fees? (2) Do you have a car payment? How much is your car insurance? What do you spend on gas each month? (3) What are your annual property taxes and homeowner's insurance costs? (4) How much do you spend on groceries per month? (5) What are your monthly electricity, utility, TV, cable, and internet costs?

Have you planned for unexpected but necessary home repairs or out-of-pocket prescription drug expenses?

A great starting point is to create a detailed list of all your expenses and compare it to your income. Consider how your financial situation would change if your income were suddenly reduced, such as in the event of a spouse's passing.

Do you have a savings account for unexpected expenses? If so, how long would it sustain you? Also, think about your "wants" list—expenses for things that aren't necessities but add to your quality of life, such as travel, dining out, or home remodeling.

Financial planning may seem overwhelming, but taking the time now to prepare for the future can bring peace of mind and reduce stress in the long run.

For more information or to donate, contact us at Helping Seniors by phone at 321-473-7770 or online at [www.helpingseniorsofbrevard.org](http://www.helpingseniorsofbrevard.org).



**(321) 473-7770**  
Brevard County Senior Information Helpline  
Helping Seniors of Brevard



## Financial Planning: a Crucial Part of Your Aging Plan.

Amy B. Van Fossen, Esq.  
The Law Office of Amy B. Van Fossen

Having a financial aging plan is crucial for ensuring long-term financial stability and peace of mind as one ages. A comprehensive financial plan should address not only the specific needs of aging, such as healthcare, housing, and daily living expenses, but also the financial picture when one passes away.

The plan should assess current financial resources, including retirement accounts, savings, and investments, and forecast potential future expenses like medical costs and long-term care.

Planning for healthcare is critical in Florida, where healthcare costs can be significant. Medicaid planning, an important piece of the financial plan, uses legal and financial strategies to protect assets while allowing one to qualify for Medicaid benefits. This planning ensures that you have access to necessary medical care while preserving your wealth.

Creating a last will and testament or a trust to manage the distribution of assets after one passes, is also a vital component of the plan. A will allows individuals to specify how their assets should be distributed after death, while a trust can help avoid probate, ensuring a smoother transfer of assets.

A well-drafted durable power of attorney is also necessary to designate a trusted person to make financial decisions in the event of incapacitation. With careful attention to these areas, individuals in Florida can ensure they are financially prepared to navigate the challenges that come with aging.

Call Amy B. Van Fossen, P.A. at 321-345-5945 or visit our website at [www.amybvansson.com](http://www.amybvansson.com) to meet with an experienced Elder Law attorney and begin your aging plan today.



## Preparing for a Long and Happy Retirement.

Tisha Hill, AAMS® WMS  
Financial Advisor  
Wealth Management Specialist

Life is full of big milestones and small moments. A financial plan should reflect that – incorporating your goals for today and tomorrow, as well as potential surprises to come. Having a financial advisor in your corner gives you the backing of a trusted professional who can provide sound advice and long-term perspective, and help you focus on your goals. Their value in your life goes far beyond managing your portfolio. A trusted advisor walks through all of life's milestones with you.

As with all of life's transitions, adjusting to retirement takes time. Here are five ways to get started.

### **NURTURE YOUR RELATIONSHIPS.**

Stay connected to the people who matter to you most; for example, by establishing weekly game nights with friends.

### **FOCUS ON PHYSICAL AND MENTAL HEALTH.**

Keep up with your regular wellness appointments, stay active and get plenty of good sleep.

### **GET YOUR FINANCES IN ORDER.**

If you need to clarify your retirement income stream, do that now with the help of your financial advisor.

### **TAKE UP A NEW HOBBY.**

Learn how to paint, speak a new language or play an instrument, or audit a college class.

### **GIVE BACK.**

Volunteer, donate money or contribute to your community in another way. Giving makes the world a better place for everyone.

No matter how you envision your retirement, a financial advisor can work with you to help you define and refine all the things that contribute to your quality of life.

Tisha Hill  
Raymond James - 321-253-7914



## Financial Planning for Long-Term Care.

Catherine Rowlands, BS, MBA, RG, CMC  
Total Long Term Care Consultant Services, Inc.

Most individuals do not want to think about their potential long-term care needs. As we all grow older the chance of needing some type of assistance is inevitable. The chances of entering a nursing home at age 65 for at least a 3-month stay are 1 in 2 for females and 1 in 3 for males. The average age of onset for long term care needs is 75 and older for the following conditions: heart disease, arthritis, falls and dementia.

Individuals have the mistaken impression that Medicare will pay for long term care. Medicare, a federal program, only pays for skilled services such as those provided by doctors, nurses and registered therapists in the hospital, a Medicare certified skilled nursing facility or by a Medicare certified home health care agency in the individual's home.

To become eligible for Medicare skilled nursing facility coverage requires at least a 72 hour stay in a hospital Medicare bed not a hospital observation bed.

To be eligible for Medicare coverage for nursing and/or therapy services provided by a Medicare home health care agency, the individual must be homebound, and the eligibility period is limited.

Individuals need to plan for their future retirement not only in terms of where they would like to be, but also in terms of how their physical and/or medical needs would be met and paid for. One of the best ways would be to consult with both a certified long-term care consultant (Aging Life Care Association) and a certified financial planner.

Long-term care insurance purchase is best considered before the age of 60 as the annual cost of the insurance increases with age. Your financial planner will be able to manage your financial assets so that, if needed for your long-term care needs, the assets will be available to you.

*(Continued on page 29)*



## Financial Planning Essential For In-Home Care Services

Carlos Cuesta  
Synergy Home Care Melbourne/Palm Bay

When it comes to paying for in-home care services, proper financial planning is essential to ensure your loved ones receive the care they need without financial strain. Here are some steps to help:

**Cost of Care:** In-home care costs can vary based on the level of care required, location, and the care provider. Start by researching local agencies and understanding their hourly or daily rates. Consider whether the care needed is for help with daily activities, medical needs, or both.

**Insurance Options:** Many people have long-term care insurance that may cover in-home services. Review your policy carefully to see what's included and whether you need to adjust coverage. If you don't have long-term care insurance, check if your health insurance or Medicare provides any in-home support. Medicaid: If your loved one is eligible for Medicaid, they may qualify for home health care services. Medicaid rules vary by state, so it's important to understand what's available in your area and how to apply.

**Budget:** Establish a budget that includes the cost of care along with other necessary expenses. This can help determine if you need to adjust your finances or seek financial assistance.

**Financial Assistance Programs:** Several nonprofit organizations, government programs, and Veterans' benefits (Homemaker/Respite Care and Aid and Attendance) may help offset the cost of in-home care. Research options available in your community to reduce the financial burden.

By taking steps now, you can ensure that your finances are in good order to cover the cost of home care services for your loved ones.



## Medicaid Planning: Protecting Your Assets.

Ruth C. Rhodes  
Board Certified Elder Law Attorney

As the cost of long-term care continues to rise, many families are concerned about how to pay for nursing home expenses without depleting their life savings. Medicaid, a joint federal and state program, can help cover these costs, but qualifying for benefits requires careful planning.

Medicaid has strict income and asset limits, and many people mistakenly believe they must spend down all their assets before becoming eligible. However, with proper Medicaid planning, individuals can protect a portion of their wealth while still qualifying for assistance.

Timing is critical in Medicaid planning. The program has a five-year “look-back” period, meaning any asset transfers within five years of applying for benefits could result in a penalty period of ineligibility. Advanced planning allows for greater flexibility in protecting assets while ensuring Medicaid eligibility when needed.

Consulting an experienced elder law attorney can help individuals navigate complex Medicaid rules and develop a customized plan to safeguard their financial future.

By taking proactive steps, families can ensure their loved ones receive quality long-term care without jeopardizing their financial security.

I'd love to answer any questions and discuss how we can tailor a plan that meets your needs. We always provide free consultations. Thank you for your service, and I look forward to speaking with you!

Call (321) 610-4542 to schedule your FREE CONSULTATION.



## Brevard County Real Estate Outlook.

Mark Gallegos  
Real Estate Professional

The Space Coast is experiencing a surge in demand for residential properties, driven by factors such as its proximity to major cities, its renowned beaches, and the burgeoning aerospace industry. With companies like SpaceX and Blue Origin expanding their presence on the Space Coast, there has been a noticeable influx of tech-savvy professionals moving to the area.

**Supply:** In February, 168,717 homes hit the Florida market, the highest since July 2016. In Palm Bay, I sold a 4/2 single-family home in less than two months, which another agent couldn't sell for over six months, saving the seller significant carrying costs. With 25+ years of experience, I achieved this Residential Home Sale despite rising home inventory due to high prices and rising mortgage rates since May 2022.

**Demand:** The average rate on 30-year fixed home loans dropped to 6.63% for the week ending March 6, according to Freddie Mac. Mortgage rates have declined for seven consecutive weeks. In a revised projection last week, Fannie Mae says it expects the 30-year fixed-rate mortgage to average 6.8% across 2025, and end the year at 6.6%.

Ready to find your dream home on the Space Coast? Contact us now to secure your piece of paradise before it's too late! It is always wise to consult with a Full-Time Real Estate Professional for the most accurate and up-to-date information.

Your home, your dream our commitment

© MARK GALLEGOS, [valueREmsg@gmail.com](mailto:valueREmsg@gmail.com)  
text/phone 305-761-8500



# Helping Seniors Of Brevard



The 9th Annual Helping Seniors Car Raffle is ON!



Protecting Your Home, One Inspection at a Time

Craig Lansing  
Janney Roofing

**Support the Work of Helping Seniors.**

**Pick a Car.**

1 ticket \$25  
or 5 tickets for \$100 donation

Grand Drawing  
October 26th 2025  
1pm-4pm Sunday Afternoon



American Muscle Car Museum  
3500 Sarno Rd - Melbourne FL

**You Choose Your Winning Car!**



**CALL (321) 473-7770 FOR TICKETS**

HelpingSeniorsCarRaffle.com



Craig Lansing, a dedicated professional at Janney Roofing, understands that your roof is more than just a structure, it's your home's first line of defense. With over 30 years of experience owning an insurance agency, Craig brings a unique ability to navigate the often-complex insurance maze. His expertise ensures that you not only receive a thorough roof inspection but also guidance on how to protect your home and wallet.

Serving the Brevard community with integrity and expertise, Craig and the Janney Roofing team are committed to ensuring that every roof they inspect stands strong against time and weather.

Did you know that having your roof inspected annually by a trusted professional can save you both money and stress? Routine inspections allow experts like Craig to identify and address potential issues before they become costly repairs. Beyond the financial benefits, a yearly inspection provides an invaluable record. Should you ever need to file an insurance claim for storm damage, having a documented "clean bill of health" for your roof can help pinpoint the date of loss, simplifying the claims process.

For seniors especially, peace of mind is priceless. Janney Roofing prioritizes honesty, transparency, and customer care, making them the partner you can rely on to protect your home and well-being.

Schedule your yearly roof inspection with Craig Lansing and Janney Roofing today. Together, let's make roof maintenance a proactive step toward protecting what matters most.

## Financial Planning for Long-Term Care

Catherine Rowlands, BS, MBA, RG, CMC

*(Continued from page 27)*

At retirement, remaining in your home may be your choice provided your care needs can be met. Depending on your medical issues and/or physical disabilities, your care needs can be met with an in-home caregiver, monitoring devices (cameras, emergency call buttons), medication reminders along with food delivery and housekeeping services.

Lastly, consideration of your long-term care needs is best made before, not when needed, to ensure that your needs can be met in the most appropriate and cost-effective setting. Crises management does not guarantee your long-term care needs will be met in the way you may have thought they would.



## Signing Up for Medicare.

**Jerry Hadlock, Jr.**  
Medicare Insurance Licensed Agent

Will I get Part A and Part B automatically?

If you're already getting benefits from Social Security or the Railroad Retirement Board (RRB), you'll automatically get Part A and Part B starting the first day of the month you turn 65.

If your birthday is on the first day of the month, Part A and Part B starts the first day of the prior month.

If you're under 65 and have a disability, you'll get Part A and Part B automatically after getting 24 months of disability benefits, either from Social Security or certain disability benefits from the RRB.

If you live in Puerto Rico, you don't get Part B automatically. You must sign up for it. Go to page 16.

If you have ALS (amyotrophic lateral sclerosis, also called Lou Gehrig's disease), you'll get Part A and Part B automatically the month your Social Security disability benefits begin.

If you get Medicare automatically, you'll get your red, white, and blue Medicare card in the mail 3 months before your 65th birthday or 25th month of disability benefits, and you don't need to pay a premium for Part A (sometimes called "premium-free Part A").

Most people choose to keep Part B. If you don't want Part B, let us know *(Continued from page 25)* art date on your Medicare card. If you do nothing, you'll keep Part B and pay Part B premiums through your Social Security or RRB benefits. If you have other coverage and need help deciding if you should keep Part B, go to page 19. If you choose not to keep Part B but decide you want it later, you may have a delay in getting Medicare Part B coverage because you can only sign up at certain times. You may also have to pay a late enrollment penalty for as long as you have Part B.



## Make Your Doctor a Better Doctor.

**Dr. Lee Sheldon**  
Drs. Sheldon & Furtado / Solid Bit

A colleague once joked, saying, "I have stopped doing full-arch dental implant cases. I'm not doing any periodontal treatment either. From now on, I'm limiting myself to single implant cases only. My patients don't understand how they got here—their habits brought them here. If they won't change, why should I treat them if the treatment is bound to fail?"

I know his remark was made in jest on a particularly challenging day. Despite his frustration, this excellent doctor had seen too many failures to ignore the truth.

In life, we are often our own worst enemy. We create many health problems; cancer, heart disease, or dental issues—through our lifestyle choices. I have met several healthcare professionals who left the repair side of medicine to focus on prevention. One inspiring example is Dr. Casey Means, author of *Good Energy*, who abandoned her surgical residency in its final year, disillusioned by the endless cycle of damage and repair. Instead, she embraced functional medicine, helping patients prevent problems before they start.

Modern dentistry offers many treatments for periodontal disease and tooth decay, including methods to reverse damage. Yet, the most effective prevention begins at home. By maintaining diligent oral hygiene and a balanced, low-sugar diet, patients can often avoid or reduce the need for medications known to cause dry mouth—a significant contributor to tooth decay. Adopting strong home care practices not only minimizes plaque buildup but also reduces reliance on treatments that compromise saliva production, ultimately safeguarding oral health.

Ultimately, while doctors share some responsibility for treatment outcomes, our daily habits shape our overall health. By taking charge of our oral care at home, we can prevent dental disease and foster lasting wellness.



## 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  
SeniorCareAuthority.com/brevardfl  
321-341-8444

## ATTORNEY/ELDER CARE

### Law Office of Amy Van Fossen, P.A. **SILVER**

211 E. New Haven Ave., Melbourne  
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  
RhodesLawPA.com  
321-610-4542

### Truman Scarborough Law Office

239 Harrison St., Titusville  
TrumanScarborough.com  
321-267-4770

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

140 Interlachen Dr., Suite B, Melbourne  
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

### 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  
321-259-9980

## DERMATOLOGY / MOBILE HEALTH

### Mobile Dermatology Health

p 321-414-4829 f 321-414-3459  
Info@MobileDermHealth.com  
MobileDermatologyHealth.com

## 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**

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

## FOOT CARE

### Touch of Excellence Senior Foot Care

Nurse-provided Routine Foot Care at Home  
321-341-7925 – Touch-of-Excellence.com

## HOME BUILDERS

### Monarch Homes of Brevard **PLATINUM**

Model: 1728 Tullagee Ave., Melbourne  
www.monarchhomesofbrevard.com  
321-806-3948

## HOSPICE

### St. Francis Reflections Lifestage **SILVER**

6905 N. Wickham Rd. #300, Melbourne  
 ReflectionLSC.org  
 321-269-4240

### VITAS Healthcare

4405 W. Eau Gallie Blvd. #250, Melbourne  
 Vitas.com  
 321-751-6671

## IN HOME CARE

### Aqua Home Care **SILVER**

#### Member: Joe's Senior Resource Center

Caregivers from 4 hrs/day to live-in  
 MFolkerds@AquaHC.com  
 321-831-7331

### Arosa Orlando **SILVER**

3700 34th St. Suite 130, Orlando FL 32805  
 ArosaCare.com/Orlando  
 407-946-2869 – Stacie.Martin@ArosaCare.com

### 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  
 SeniorCareBrevard.com  
 321-722-2999

### SYNERGY HomeCare of Palm Bay **SILVER**

1501 Robert J Conlan Blvd NE, Ste 140, Palm Bay  
 SynergyHomeCare.com  
 321-340-3828

### VIPAmerica Home Health Referrals

1507 Riverview Dr., Melbourne, FL 32901  
 VIPAmerica.com  
 321-541-1248

### Visiting Homecare

2237 S. Babcock St., Melbourne, FL 32901  
 VisitingHomeCare.org  
 321-574-1622

## INSURANCE

### Laura Peery **BRONZE**

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

### 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](mailto:Solutions@VickiMooreInsurance.com) | 321-272-0218

## MEALS AT HOME

### Chefs for Seniors

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

## MEDICAL

### Practitioners in Motion **SILVER**

#### Member: Joe's Senior Resource Center

We Bring Medical Care to You  
 BringingCaretoYou.com  
 321-216-2288

## MEDICAL EQUIPOMENT

### Concierge Medical Equipment Services

Shawn Parker, MS, President/CEO  
 1367-B Cypress Ave., Melbourne FL 32935  
 321-956-4000

## MEDICAL RESEARCH

### ClinCloud Research **SILVER**

7000 Spyglass Ct. Ste. 130, Viera  
[info@clincloudresearch.com](mailto:info@clincloudresearch.com)  
 407-680-0534

## MOBILITY

### Space Coast Mobility

1707 Canova St SE – Ste 5, Palm Bay  
 Scooters | Medical Supply Store  
 321-372-1355 SpaceCoastMobility.com

### MOVING & JUNK REMOVAL

#### Top Team Moving

321-872-7238

"Your Go-To Movers on the Space Coast"

Ops@TopTeamMoving.com

### PHARMACY/MEDICATION MANAGEMENT

#### 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

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

#### FYZICAL Therapy & Balance Center **SILVER**

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

### REAL ESTATE

#### Mark Gallegos **SILVER**

305-761-8500

Real Broker, LLC

### REAL ESTATE / RIGHTSIZING

#### FLamazing Real Estate, Inc. **SILVER**

**Member: Joe's Senior Resource Center**

Lavada Carlett Delliquadri, Broker

Delivering a reliable network of services for seniors.

321-223-5665 - FlamazingRealEstate@gmail.com

### ROOFING

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Craig Lansing, Roof Consultant CCC1334170 CGC1532814

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321-480-2095 JanneyRoofing.com

### SENIOR LIVING / MEMORY CARE

#### Palm Cottages Assisted Living

3821 Sunnyside Ct., Rockledge

PalmCottagesFL.com

321-633-1819

#### Residences at Zon Beachside **PLATINUM**

1898 S. Patrick Drive, Indian Harbour Beach

TheResidencesatZonBeachside.com

321-777-8840

#### Zon Beachside **PLATINUM**

1894 S. Patrick Drive, Indian Harbour Beach

ZonBeachside.com

321-777-8840

### SENIOR RESOURCE CENTER

#### Joe's Senior Resource Center of Brevard

1344 S Apollo Blvd – Ste 2C – Melbourne FL

321-473-7770 | [HelpingSeniorsofBrevard.org](http://HelpingSeniorsofBrevard.org)

### SPEECH THERAPY

#### Proclaim Communication and Rehab.

Services – Outpatient Speech Therapy

[www.proclaim-services.com](http://www.proclaim-services.com)

321-209-0171

### SPIRITUAL/MENTAL/NATURAL HEALTH

#### Faith Walk By Two **SILVER**

**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

### 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



**Arosa Care** (407) 946-2869  
Stacie.Martin@ArosaCare.com



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



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



**FLamazing Real Estate**  
(321) 223-5665  
FLamazingRealEstate@gmail.com



**Moore Insurance Solutions**  
(321) 272-0218  
VickiMooreInsurance.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



**Synergy Home Care**  
(321) 340-3828  
SynergyHomeCare.com

(321) 473-7770

Brevard County Senior Information Helpline  
Helping Seniors of Brevard



## Helping Seniors Premium Sponsors



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



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



**Sheldon & Furtado, PLLC**  
(321) 259-9980  
DrLeeSheldon.com



WILLIAM A. JOHNSON, P.A.  
FLORIDA ELLER LAW

**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) 345-5945  
AmyBVanFossen.com

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

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

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

**Faith College of Natural Health** - (321) 549-0711  
FCNHedu.com

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

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

**Janney Roofing**  
(321) 480-2095 - JanneyRoofing.com

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

**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

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



# Helping Seniors Info Series

APRIL 2025

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

**Headline Events:**

Joe's Senior Resource Center - 1344 S Apollo Blvd - 2nd Floor - Melbourne FL 32901

**Knowledge College for Aging - Thursday April 24th - 10am-11am**

**Advances in Memory Care / Clinical Trials**

Speaker: Dr. Rosemary Laird (ClinCloud Clinical Trials). Our "Get Your Ducks in a Row" Knowledge College for Aging helps you learn the 7 key Chapters for your aging plan. Kerry Fink, Helping Seniors Executive Director, moderates the series with help of subject matter experts. Join us for Coffee/Snacks and great information! RSVP at (321) 473-7770

**Helping Seniors Wellness - Thursday April 24th - 11am-12nn**

**Family Virtual Care - Technology in Home Care**

Speaker: Gabriella Rosario (Family Home Care) The "Wellness" series is about helping you get the most out of life! Great topics to help you age with maximum success! Join us for Coffee/Snacks and great information!

**More Helping Seniors Key Events:**

**Viera Travel Expo - Saturday April 5th - 1000am-200pm**

Viera Regional Community Center - 2300 Judge Fran Jamieson Way - Viera FL  
Look for Helping Seniors Travel Club on-site!

**Foot Care Clinic - Monday April 7th - By Appt**

Joe's Senior Resource Center - 1344 S Apollo Blvd

Ste 2C - Melbourne FL

Liz Taylor RN - A Touch of Excellence Foot Care - By Appointment/Charges Apply

**Space Coast Podcasters - Tuesday April 8th - 600pm-800pm**

Join fellow Podcasters for this session. SpaceCoastPodcasters.com  
Joe's Senior Resource Center - 1344 S Apollo Blvd - Ste 2C - Melbourne FL 32901

**Golden Providers B2B Networking Lunch - Tuesday April 15th - 1100am-1230pm**

Glenbrooke Senior Living - 815 Briar Creek Blvd NE - Palm Bay FL.  
"Learning How to Sell" - Speaker: Bill Antonetz (Dunkin' Car Show)

**BAHS Talent Show - Thursday April 24th - 430pm-630pm**

Joe's Senior Resource Center - 1344 S Apollo Blvd Ste 2C - Melbourne FL  
Brevard's Got Talent! Get details at Facebook.com/BAHSbuzz - Ticketed Event

**AARP/Helping Seniors Events: AARP Chapter #1413 MeetUp - Friday April 4th - 1130am-100pm**

Gleason Park Community Center - 1233 Yacht Club Dr - Indian Harbour Beach FL  
Look for Helping Seniors on-site! \$5 admission includes lunch. RSVP to AARP1413@gmail.com

**AARP Walk with a Doc - Friday April 11th - 9am-10am**

Merritt Square Mall - 777 E Merritt Island Cswy - Merritt Island FL  
Meet Lydia Rivera, ARNP, Family Medicine & friends from Helping Seniors on-site! Free T-Shirts, Pedometers, Snacks & Beverages and great 2nd Friday fun & wellness!

**AARP Chapter #2622 MeetUp - Monday April 14th - 1100am-100pm**

BCASCA Center - 2174 Harris Ave - Palm Bay FL  
Look for Helping Seniors on-site! \$5 admission includes lunch. RSVP to aarpchapter2622@gmail.com

**Helping Senior Car Raffle Fun: The All European Car Show - Saturday April 12th - 8am-2pm**

American Muscle Car Museum - 3500 Sarno Road - Melbourne FL  
Look for Helping Seniors Car Raffle on-site at this fun Car Show

**Dunkin' Car Show - Saturday April 19th - 8am-12nn**

Dunkin' - 1220 N A1A Hwy - Indiantlantic FL  
Fun with Bill Antonetz's huge car show and Helping Seniors on-site too!

## CALENDAR HIGHLIGHTS

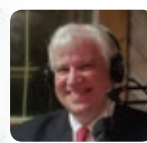


**Find SCG-TV:**  
Spectrum Channel 499  
Comcast (North Brevard) Channel 51  
Comcast (South Brevard) Channel 13  
AT&T U-Verse Channel 99

Date	Day	8:00am	8:30am	5:00pm	HSTV #	5:30pm
Apr 1	Tue	Faith College of Natural Health	Updating Your Estate Plan	Best Home Care Ideas	SCG-TV Capital Update	
Apr 2	Wed	Help in Finding Good Senior Living	Chefs for Seniors	Chaplaincy - What it Means	SCG-TV Capital Update	
Apr 3	Thu	Understanding Medicare	Buying/Selling/Investing Real Estate	The Parts of Medicare	SCG-TV Capital Update	
Apr 4	Fri	Knowledge College: Medicare	Wellness: Rock Steady Boxing	Your Aging Plan - What it is	SCG-TV Capital Update	
Apr 7	Mon	Long Term Care Insurance	Senior Expos & Events	New to Florida? Elder Law ...	SCG-TV Capital Update	
Apr 8	Tue	Rock Steady Boxing	Finding Good Place for Mom or Dad	Periodontal Disease	SCG-TV Capital Update	
Apr 9	Wed	VA Aid & Attendance Benefits	Avoiding Probate	Considerations in Home Care	SCG-TV Capital Update	
Apr 10	Thu	Medicare Supplement or Advantage	Care Management	Helping Seniors & MSC Cruises	SCG-TV Capital Update	
Apr 11	Fri	Knowledge College: LTC Insurance	Wellness: Heart Smart	Wellness: Technology & Wellness	SCG-TV Capital Update	
Apr 14	Mon	Cosmetic Dentistry	Two Assisted Living Questions	Turning 65? All About Medicare	SCG-TV Capital Update	
Apr 15	Tue	Buying/Selling/Investing Real Estate	Safe and Secure at Home	Help in Finding Good Senior Living	SCG-TV Capital Update	
Apr 16	Wed	Best Home Care Ideas	Great Employment for Seniors	Faith College of Natural Health	SCG-TV Capital Update	
Apr 17	Thu	Chaplaincy - What it Means	Long Term Care Insurance	Probate - How & Why to Avoid	SCG-TV Capital Update	
Apr 18	Fri	Durable Power of Attorney	Wellness: Case & Care Managing	Senior Travel: Safe & Fun	SCG-TV Capital Update	
Apr 21	Mon	Helping Seniors Travel Club	Probate - What it is/What it does	Hometown News/AARP	SCG-TV Capital Update	
Apr 22	Tue	Technology & Home Care	Checking Out Zon Beachside	Top 3 Public Benefits Questions	SCG-TV Capital Update	
Apr 23	Wed	Considerations in Home Care	The Parts of Medicare	Helping Seniors - 12 Years Later	SCG-TV Capital Update	
Apr 24	Thu	What Elder Law Attorney Can Do	Importance of Evaluation	Finding Good Place for Mom or Dad	SCG-TV Capital Update	
Apr 25	Fri	Your Aging Plan - Putting it Together	Wellness: Healthy Cooking	Knowledge College: LTC Insurance	SCG-TV Capital Update	
Apr 28	Mon	Care Management	Helping Seniors Service Directory	Rock Steady Boxing	SCG-TV Capital Update	
Apr 29	Tue	Power of Attorney & Super Powers	Faith College of Natural Health	Buying/Selling/Investing Real Estate	SCG-TV Capital Update	
Apr 30	Wed	How to Cruise Successfully	Chaplaincy - What it Means	Medicare Supplement or Advantage	SCG-TV Capital Update	



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



Date	Day	Program	Special Guest		
Apr 2	Wed	Helping Seniors on Elder Law	Bill Johnson Esq.	William A Johnson, P.A.	Elder Law & Related
Apr 9	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon	Sheldon & Furtado, PLLC	Dental Health & Related
Apr 16	Wed	Helping Seniors on Real Estate	Karen Wernlund & our Volunteers	Helping Seniors of Brevard	Volunteering at Helping Seniors
Apr 23	Wed	Helping Seniors on Help at Home	Jennifer Barton (Seniors Helping)	Carlette Delliquadri (FLamazing)	Senior Real Estate
Apr 30	Wed	Helping Seniors on Scam Jam	Karen Civilage	AARP	All about May 18th 2025 Scam Jam

# DISCOVER A NATURAL PARADISE



**The 6th Annual  
Helping Seniors  
Travel Club Cruise!**

**Eastern Caribbean  
MSC Grandiosa  
7-Nights - Jan 24 2026**



**Don't Miss the Boat! Great pricing! Great itinerary! Great ship!  
Sail with your friends from Brevard with Helping Seniors.**

**2026 starts with our 6th Annual Helping Seniors Travel Club cruise!**

A great 7-night travel deal from our home port of Port Canaveral! Sail with your friends from Helping Seniors (your travel supports our work through MSC Cruises corporate giving!) Visit ports of Nassau, San Juan, and Puerto Plata. Let's enjoy the Eastern Caribbean together on this beautiful MSC Grandiosa cruise!

**Helping Seniors Travel Club All Inclusive Sailing Pricing  
Balcony from \$1308 | Oceanview from \$1125 | Inside from \$1024**

Pricing includes: Cabin, Port Charges, Taxes, Beverage Package, Wifi Package, Travel Insurance, Prepaid Gratuities, Special Helping Seniors Group Events on Board, MSC Corporate donation to Helping Seniors Foundation.

Prices are Per-Person based on Double-Occupancy. Deposit \$199/per person  
No Passport? No Problem! (Passport or Original Birth Certificate & Photo ID required)

Travel with Special Needs Certified Travel Agents on board and enjoy the fun and camaraderie of sailing with many friends - new and old - from Brevard County! Call Chris or Betty at (818) 430-1480 for full information and booking!



**Call 321-473-7770  
to get Info/Get Started**

Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit. Helping Seniors of Brevard - P.O. Box 372936 - Satellite Beach, 32937. The Helping Seniors Travel Club is operated by Senior Travel division of The Travel Center - CST # 20000881-10 PST # 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.