



Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

DECEMBER 2025

Holidays 2025! Let's Celebrate!

Getting Your Ducks
in a Row!



Inside: Stay Connected * Relieve Caregiver Stress
Friends of Joe Honor Roll * Car Raffle Recap and Much More!



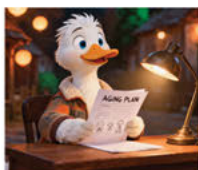
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Let's Graduate
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Things to Know
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Helping Seniors Team



11am - Dec 11th
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Lydia Rivera, ARNP
AARP Walk with a Doc

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It's Holiday Season!

Kerry Fink
Executive Director - Helping Seniors

Seems like just a few weeks ago, we launched into 2025! And here we are—Holidays 2025—and on the doorstep of the New Year!

We want to THANK everyone who has helped us have a good year at Helping Seniors—we can't do our work without your help! If you bought a Car Raffle ticket, donated to Helping Seniors, were a Business Sponsor, volunteered your time to help us, and/or even just shared that Helping Seniors is an excellent resource to help seniors and their families navigate senior issues successfully—we are grateful for you!

Next, we want to invite you to our Helping Seniors Holiday Festivities—it's a fun, free, drop-in event on Friday morning, December 12th, Beachside, as our friends at Zon Beachside/The Residences at Zon kindly host us for a fun and festive morning filled with great people, great holiday music, and, of course, tasty holiday treats! It happens 10:30 a.m. to 12 noon that morning, and all we ask is that you come out and join us for the fun—and please RSVP at (321) 473-7770 so we can be sure we have enough snacks for you when you arrive!

Also, on a somewhat more academic level, we want to invite you to our December edition of Knowledge College for Aging, at 10 a.m. on December 11th, followed by our Wellness Series, featuring Walk With a Doc medical professional Lydia Rivera, ARNP, at 11 a.m. This month, our Knowledge College brings our Helping Seniors team together for a panel discussion to help us all put all 7 chapters of our Aging Plan together. Join us and let's "Get Our Ducks in a Row" as we close out 2025 and head into 2026—on course for a good year where we can be ahead of the aging curve!

Again, our Senior Education Series is free, and we hope you'll join us. It always helps if you RSVP at (321) 473-7770 so we can be sure we have enough snacks, door prizes, and information to go around!

Meanwhile, we're hoping your holiday season will be a special and happy time—we are all in this "getting older" business together! Let's enjoy every day!



Helping Seniors Of Brevard



Stay Connected. A Gift of Caring

Karen Wernlund
Helping Seniors

I'd like to tell you about a gift of caring you can give to those who you know are lonely and isolated. Helping Seniors has a volunteer run program called "Stay Connected."

Sign-up is easy: dial our Senior Information Line (321) 473-7770 and request someone, or yourself, to be added to our weekly social phone calls. The recipient receives a weekly phone call from one of our Helping Seniors volunteers.

These calls have taught us so much about humanity. We've learned how difficult it can be to downsize from a house that was lived in for 30 years and how heartbreaking it is to let go of old friends and old memories, but also the joy of new friends being made because her new neighbors are the same age.

Another call is to a home-bound hospice patient. She does get hospice visits daily, but she loves our "Stay Connected" phone calls because they make her feel cared about.

Then there is our gentleman, a former rodeo rider, and motorcycle enthusiast, whose body has given out on him. Sometimes his day is not so good, but other times you can hear the joy in his voice because he successfully withdrew from a medicine his doctor does not want him to take anymore. This has led to a better appetite which he enjoys.

During this holiday season, let's reach out and touch someone. Give someone the gift of caring; a free "Stay Connected" weekly phone call. (321) 473-7770.



Holiday Help: Relieving Caregivers' Stress

Ellen Jones
Senior Helpers of Melbourne

The holiday season, with its twinkling lights and festive cheer, can feel like a minefield for caregivers. Juggling family gatherings, gift shopping, and the relentless demands of caring for a loved one often leads to burnout. According to experts at Caregiver.com, acknowledging this stress is the first step toward reclaiming joy.

Caregiving doesn't pause for eggnog. Physical exhaustion compounds emotional strain, guilt over "missing out" or resentment toward merrymakers who don't understand. But relief is possible through proactive strategies.

Start with Boundaries. Politely decline non-essential invitations. Explain: "We're keeping things low-key this year for health reasons." This preserves energy for meaningful moments. Delegate and simplify. Enlist family for tasks like cooking or decorating. Opt for potlucks over elaborate feasts. Shop online or set spending limits to curb overwhelm.

Prioritize Self-Care. Carve out "me time", a short walk, meditation app session, or bubble bath. Remember, a rested caregiver is a better one. Fuel up with nutritious snacks amid the cookie chaos. Foster Connection. Share your load with a support group or trusted friend. Virtual holiday cards or video calls bridge distances without draining you.

Embrace Imperfection. Traditions evolve; a cozy movie night trumps a perfect turkey. Focus on presence, not presents.

By implementing these tips, caregivers can transform holidays from hurdles to heart warmers. You're not just surviving; you're the hero making magic happen. This season, gift yourself grace.



The 2025 Friends of Joe Honor Roll

“Keep it going, people need us.”

We lost our beloved Founder, Joe Steckler, early in this year. Joe never took your kindness and generosity for granted. Joe always recognized that Helping Seniors of Brevard exists only because of the generosity of our donors. Joe was a man of courage, a truly selfless person, always concerned for others above himself. His final wish that he expressed to us was “Keep it going, people need us.”

The 2026 Friends of Joe Honor Roll

- #001 – Kerry & Tammy Fink – Palm Bay FL
- #002 – LeAnna S Farrell
- #003 – Chris & Kristan Nowland – San Antonio TX
- #004 – Thomas Hostetler – Palm Bay FL
- #005 – Bruce & Janice Moia – Melbourne FL
- #006 – Nancy Taylor Deardorff – Grant FL
- #007 – Joseph and Linda Arana – Merritt Island FL
- #008 – Richard Sass – Palm Bay FL
- #009 – Debra Weber – Cape Canaveral FL
- #010 – Dr. Rochelle Horn – Viera FL
- #011 – Cliff & Linda Silverthorn – Melbourne FL
- #012 – Gary Belconis – Melbourne FL
- #013 – Angie Higgins - One Senior Place
- #014 – Don Kramer - Senior Partner Care Services
- #015 – Marjorie L. Brace – Satellite Beach FL
- #016 – Scot Penrod – Pensacola FL
- #017 – James M Parry – Satellite Beach FL
- #018 – Robert Spratt & Beverly O’Brien – Melbourne
- #019 – Binki Kaiser – Melbourne FL
- #020 – Karen Wernlund – Melbourne FL

Friends of Joe Honor Roll (continued)

- #021 – Lee & Eleanor Sheldon – Melbourne FL
- #022 – Jeff Connelly – Palm Bay FL
- #023 – George T. Adams – Melbourne FL
- #024 – Larry Sills – Melbourne FL
- #025 – Daniel D’Agostino – Cocoa FL
- #026 – Melvin Faust – Melbourne FL
- #027 – Jillian Zebris – Melbourne FL
- #028 – Sharon Cyr – Melbourne FL
- #029 – Shirley Jung – Melbourne FL
- #030 – Jan Pendrod – Melbourne FL
- #031 – Harriet Mirsajadi – Melbourne FL
- #032 – Gordon Jones – Melbourne FL
- #033 – Linda Fitzsimmons – Melbourne FL
- #034 – Veronica Demko – Satellite Beach FL
- #035 – Terri Petzar – “Time with Terri” Podcast
- #036 – Walter Crowell – Pompano FL
- #037 – Bill and Andrea Holmes – Satellite Beach FL
- #038 – Kathy Cresanta – Satellite Beach FL
- #039 – Dale Watkoski – Cedar MI
- #040 – Frances Blair Higgins – Melbourne FL
- #041 – Todd Thomas – Todd Thomas Homes
- #042 – Terry G Carlson – Cocoa FL
- #042 – Greg Kennedy – Zon Beachside
- #043 – Dr John Potomski – Melbourne FL
- #044 – Edward Kalajian – Melbourne Beach FL
- #045 – John R. Murphy – Palm Bay FL
- #046 – Ralph Fabricatore – Boca Raton FL
- #047 – Robin Phemister – Legacy Life Management
- #048 – Bill Antonetz – Indialantic FL

The list of “Friends of Joe” is growing every day as people make a \$200 commitment to support the work of Helping Seniors, ensuring that Joe’s vision continues to be fulfilled. Please visit us online at our HelpingSeniorsofBrevard.org/Friends-of-Joe web page and read the kind comments and then, we hope, you will take advantage of the moment to join us in the Friends of Joe program online or by calling our offices at (321) 473-7770



Helping Seniors Of Brevard



Making Memory Screenings Part of Your Aging Plan

Rose Bobier
ClinCloud



Holiday Festivities and Planning for a Secure New Year

Denise Bergman, CSA, CDP
Senior Care Authority Brevard

As we age, it's natural to notice occasional forgetfulness, misplaced keys, a name on the tip of your tongue. But when memory lapses interfere with daily life, it may be time to take a closer look. Just as we monitor blood pressure or cholesterol, scheduling regular memory screenings can be an important part of a proactive aging plan.

A memory screening is a simple, noninvasive test that can help identify changes in memory. Regular memory screenings help seniors detect changes in cognition early, allowing for timely medical care, better planning, and access to potential treatment or research opportunities.

During a memory screening, a trained professional guides you through questions and tasks that assess memory, attention, language, and thinking skills to identify early signs of cognitive change.

"Early detection not only provides peace of mind but can also open the door to new treatment opportunities through clinical research studies," explained Rose Bobier, Community Outreach Manager for ClinCloud. "By participating in research, individuals contribute to discoveries that may improve quality of life for future generations and advance our understanding of Alzheimer's disease."

If you or a loved one has concerns about memory loss, ClinCloud offers free memory screenings and information about current Alzheimer's studies. Make memory health part of your regular wellness routine because caring for your mind is just as important as caring for your body.

To learn more about ClinCloud Research or to schedule a memory screening, call (407) 680-0534 or visit ClinCloudResearch.com.

Holiday Festivities and Planning for a Secure New Year

The holiday season brings family and friends together to celebrate traditions and create cherished memories. While enjoying these moments, it's also a natural time to consider the well-being and future plans for senior loved ones. The end of the year provides an ideal opportunity to ensure they have the care and support they need.

Here are a few thoughtful steps to keep in mind this season:

Share Quality Time – Enjoy the festivities together. Whether it's baking, decorating, or simply chatting, these shared moments can offer insight into any new needs or concerns your loved one might have.

Observe Subtle Changes – Gatherings can reveal small changes in your loved one's health, mobility, or memory that might not be as noticeable day-to-day. Noticing these changes can help guide supportive decisions for the coming year.

Explore Local Resources – Many communities and care facilities host open holiday events, which can provide a welcoming setting to learn about available options should they be needed in the future.

By celebrating this special time together and taking small steps to plan ahead, you'll be giving the gift of security and peace of mind – ensuring that the new year is as joyful as the season itself.



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



The 9th Annual Helping Seniors Car Raffle Grand Drawing

**Congratulations to our
2025 Helping Seniors Car Raffle Winners!**

Tom & Patti
Kabana

Melbourne
FL 32901

03333

HelpingSeniorsofBrevard.org

Congratulations to Tom & Patti Kabana, of Melbourne FL - our winning ticket holders in the 2025 Helping Seniors Car Raffle Grand Drawing held Sunday October 26th 2025 at the American Muscle Car Museum!



American Muscle Car Museum owner Mark Pieloch greets the crowd of more than 5,000 who attended the 9th Annual Helping Seniors Car Raffle.

The 9th Annual Car Raffle was an enjoyable Sunday afternoon for all those who attended - as folks toured Mark Pieloch's amazing collection of 500 vehicles in his fast-growing museum. There was fun outside as well as Car Show Organizer Bill Antonetz organized a "Best of the Best of Brevard" car show featuring 125+ of the top cars in our area. And, the good natured drivers all brought candy - so kids could enjoy a fun "last weekend in October" fun experience!



Kerry Fink, Helping Seniors Executive Director, with help from Stacie Martin (Arosa Care) at left, and Julia Craft (Helping Seniors Volunteer) at right - as they bring out the Raffle Barrel in preparation for the Grand Drawing.

The Car Raffle featured 7 amazing automobile choices for our winner to choose from - all from the family of excellent Boniface-Hiers Dealerships.



Great choices in the 2025 Helping Seniors Car Raffle!
Winners' Pick!

An absolutely amazing moment occurred at the Car Raffle, as AJ Hiers announced that, to honor of the lives of Joe & Terry Steckler - Joe, of course, is our Helping Seniors founder - he and his wife Brenda were donating a special gift of \$30,000 to the Helping Seniors non-profit organization - making the 2026 Car Raffle a strong success for the 501(c)(3).



Helping Seniors of Brevard is beyond grateful for the kindness of AJ & Brenda Hiers - who honored the legacy of Joe and Terry Steckler - with a special donation of \$30,000 to ensure that the work of Helping Seniors can continue for years to come. We can't begin to thank AJ & Brenda enough!

Congratulations to Tom & Patti Kabana, of Melbourne FL - our winning ticket holders in the 2025 Helping Seniors Car Raffle Grand Drawing held Sunday October 26th 2025 at the American Muscle Car Museum!



Helping Seniors Volunteers on hand to welcome the 5,000+ guests to the Sunday October 26th Grand Drawing.

Again, a very big thank you to everyone who helped us to make the 2025 Helping Seniors Car Raffle a good success to help us move solidly into the new years on firm footing.

And, mark your calendars and SAVE THE DATE - we are beyond grateful to Museum owner Mark Pieloch who has invited us back Sunday, October 25th 2026 for the 10th Annual Helping Seniors Car Raffle! We can't wait to do it all again! Thank you!

Helping Seniors Car Raffle Thank You's!

Thank You Rhodes Law Our TopTrek Sponsor!



Thank you: Rhodes Law, Janney Roofing, Moore Insurance Solutions, Touch of Excellence Foot Care, Total Long-Term Care Consultants, and Zon Beachside/Residences at Zon.

Thank you: Aqua Home Care, Chefs for Seniors, Medicare Solutions - Jerry Hadlock Jr., Proclaim Communications; Synergy Home Care.

Thank you also to in-kind Sponsors: Route 7 Adrenaline Warehouse; Cocoa Village Playhouse; Brevard Zoo, Squid Lips Melbourne, Victory Casino, King Center for the Performing Arts and Kennedy Space Center, Sunset Golf Carts, Curingo's Food Truck, Strong Island Ice Cream Truck.

Thank you to Mark Pieloch, Ed Dedick, Andrew Mackey and the team of American Muscle Car Museum volunteers!

Thank you to AJ & Brenda Hiers, Tommy Meccariello and the entire team at all Boniface Hiers Auto Dealerships.

Thank you to Bill Antonetz who organized a magnificent car show - and to all the drivers who brought their cars too!

Thank you to Miss Pink Tink & the Pixie Pinups, for all your work and support through the entire Car Raffle year!

Thank you DJ Big Poppa for making it ALL sound good and providing an excellent soundtrack all afternoon!

Thank you to Karen Wernlund - for the phenomenal Gift Basket for Silent Auction - and the entire Helping Seniors team of volunteers who worked to make this a fun day!

And, thank you to EVERYONE who donated for a ticket!



The Brevard County Housing Market

Mark Gallegos
Real Broker, LLC

The Brevard County housing market in November 2025 remained balanced, showing slight price declines and tightening inventory. Homes sell after an average of 81 days on the market, up from 76 days last year, while sales rose to 960 in September from 887 a year ago, encouraging news for buyers. My own listings continue to see steady inquiries and requests for showings, reflecting ongoing activity across the county.

According to Redfin, September's median home price was \$353,000, down 4.6% year-over-year. Propertyfocus.com classifies the market as "hot," with a balanced 5.5-month supply, favoring sellers who market their homes effectively. Brevard County's appeal lies in its strong schools, proximity to beaches, and access to major employers, including NASA, SpaceX, and Blue Origin, drawing families and professionals alike.

Pending sales increased year-over-year, signaling renewed buyer demand, especially from relocating families and tech or aerospace workers. The broader Brevard market shows moderate growth, with the median home value around \$359,096, up 1.2% from last year, and a limited 2.6-month inventory, sustaining a mild seller's advantage.

Overall, Brevard County reflects stability, affordability, and quality of life, making it a desirable coastal community. Florida's housing outlook remains strong, fueled by population growth, corporate relocations, and a diversifying economy. With its enduring appeal and influx of new residents, the state's housing market is positioned for long-term resilience and continued opportunity.

Schedule an appointment with me and let's make your next move a smart one. © MARK GALLEGOS, ValueREmsg@gmail.com



The Joy of Seeing Healing

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

How Thorough Diagnosis and Careful Cleaning Can Transform Periodontal Health

I'm fortunate at this stage in my career. My role now is to examine, diagnose, and recommend, knowing the treatment will be done by a talented team that shares my values. I no longer perform surgery myself, yet I take great pride in what our practice has become, a place where patients feel comfortable, where trust replaces salesmanship, and where every doctor and staff member is devoted to doing what's right.

For many years, I worked to become the best surgeon I could be, but today, my greatest satisfaction comes from helping people understand that the body can often heal on its own when given the right conditions.

When I lecture now, I emphasize that the real key to treating periodontal disease is thoroughness. I recently saw a patient who had undergone a "deep cleaning." His gums were still bleeding, and the odor persisted. The reason? The bacterial deposits, calculus, were still attached to the roots. The procedure had been done, but the work had not.

That's why I teach about periodontal endoscopy, a method that lets us see and clean root surfaces completely. When the root is truly clean, gum tissue and sometimes even bone can heal.

If your gums bleed, if you have persistent pockets, bad breath, or loosening teeth, there's often more that can be done. With a careful diagnosis, the right tools, and the right hands, the mouth and the body can heal.



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

Faith College of Natural Health **SILVER**
 Dr. Kevin Kilday
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Helping Seniors Of Brevard



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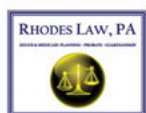
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RockSteadyBoxingBrevard.com

Senior Care Authority - (321) 341-8444
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Senior Care, Only Better

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The
Official



SENIOR SCENE
Magazine

SENIOR SERVICES DIRECTORY

HelpingSeniorsDirectory.com



Helping Seniors Info Series

DECEMBER 2025

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

Key Events:

Holiday Festivities:

Helping Seniors Holiday Festivities - Friday Dec 12th - 1030am-1200nn

The Residences at Zon - Top Floor - 1898 S Patrick Dr - Indian Harbour Beach

You're Invited! We are ringing in the Holidays with our great friends at Zon Beachside and The Residences at Zon! Great food, great fun and great entertainment! Make plans to be festive and join us for the fun and camaraderie! RSVP at (321) 473-7770.

Senior Resource Center Events:

Nourish Your Spirit Cooking Class - Wednesday Dec 10th - 11am-1230pm

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

Join us for an inspiring and FUN-FILLED event with Chef Jillian, of Chefs for Seniors Melbourne, as we present some thoughtful, delicious meal ideas to assist us in our daily lives! Presented by Senior Helpers of Melbourne. RSVP at (321) 473-7770.

Knowledge College for Aging - Thursday Dec 11th - 10am-11am

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

Your Aging Plan: Putting it All Together - Join your Helping Seniors Team - Kerry Fink, Nancy Deardorff & Karen Wernlund - for this panel discussion to summarize our "Get Your Ducks in a Row" plan! Coffee/Snacks + great info! RSVP at (321) 473-7770

Helping Seniors Wellness - Thursday Dec 11th - 11am-12nn

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

Wellness: Planning Ahead for Your Best Health - Join this panel discussion with our team of Medical Professional and let's make great plans for our Best Health ahead! Coffee/Snacks and great info! RSVP at (321) 473-7770

Senior TechTalk - Friday Dec 12th - 100pm-230pm

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

"Smart Phone Basics" - Let's learn the basics for SmartPhones to navigate technology safely and efficiently.. Free! RSVP at (321) 473-7770

Joe Steckler Day - Friday Dec 19th - 300pm-500pm

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

It's a fun and casual Friday afternoon Drop-In celebration as we honor "Joe Steckler Day" - as proclaimed by the City of Melbourne to honor our Helping Seniors Founder and his many good accomplishments for Seniors. We'll also be celebrating 15 years of service to Brevard County with fun, fun, and Holiday Merriment. Please drop in!

AARP/Helping Seniors Events:

AARP Walk with a Doc - Friday Dec 12th - 845am-945am

Merritt Square Mall - 777 E Merritt Island Cswy - Merritt Island FL

Meet Lydia Rivera, ARNP, Family Medicine & friends from Helping Seniors on-site!

More Great Events:

Golden Providers B2B Networking Lunch - Tuesday Dec 16th - 1100am-1230pm

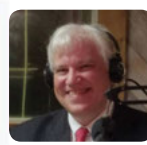
Glenbrooke Senior Living - 815 Briar Creek Blvd NE - Palm Bay FL

Great Business-to-Business Learning & Networking for those who serve Seniors

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Dec 1	Mon	Care Management - What it Is	How to Cruise Successfully	Durable Power of Attorney	Two Assisted Living Questions
Dec 2	Tue	Al Dia Today Newspaper	Updating Your Estate Plan	Best Home Care Ideas	Chaplaincy - What it Means
Dec 3	Wed	Golden Providers - Biz to Biz	Turning 65? All About Medicare	Faith College of Natural Health	Hometown News / AARP
Dec 4	Thu	The Parts of Medicare	Rock Steady Boxing	Guardianship: The Basics	Senior Info in Senior Scene
Dec 5	Fri	Finding Good Place for Mom or Dad	Buying/Selling/Investing Real Estate	Wellness: Healthy Cooking	Capital Update
Dec 8	Mon	Don't Go Broke with Nursing Home	Great Employment for Seniors	Understanding Medicare Options	Periodontal Disease
Dec 9	Tue	Consideration in Home Care	When is Assisted Living Appropriate	Medicare Supplement or Advantage	Volunteers at Helping Seniors
Dec 10	Wed	Probate - What it is/How it Works	The Business of Helping Seniors	When to Call Adult Abuse Hotline	Your Aging Plan - What it is
Dec 11	Thu	Get Your Ducks in a Row - Part I	Get Your Ducks in a Row - Part 2	Safe & Secure at Home	The Helping Seniors Travel Club
Dec 12	Fri	What is Holistic Health	Helping Seniors	KCA: Advances in Clinical Research	Capital Update
Dec 15	Mon	VA Aid & Attendance Benefits	Senior Info in Senior Scene	The Helping Seniors Directory	Rock Steady Boxing
Dec 16	Tue	Faith College of Natural Health	Pain Relief through Supplements	Considerations in Home Care	Probate: The Basics
Dec 17	Wed	Chaplaincy - What it Means	Cosmetic Dentistry	Care Management - What it is	Buying/Selling/Investing Real Estate
Dec 18	Thu	Two Assisted Living Questions	Volunteers at Helping Seniors	Psychiatric Care	Power of Attorney & Super Powers
Dec 19	Fri	Best Home Care Ideas	The Parts of Medicare	Wellness: College Natural Health	Capital Update
Dec 22	Mon	New to Florida? Elder Law to Know	The Challenges for Caregivers	Importance of Evaluation	Helping Seniors - 15 Years
Dec 23	Tue	Rock Steady Boxing	Consideration in Home Care	Helping Seniors & MSC Cruises	About Golden Providers
Dec 24	Wed	Understanding Medicare Options	Things to Know about Elder Law	Senior Info in Senior Scene	Assisted Living & Memory Care
Dec 25	Thu	Finding Good Help at Home	Transitional Care	Probate - How & Why to Avoid	Turning 65? All About Medicare
Dec 26	Fri	Senior Living Options	Longevity Planning	Chaplaincy - What it Means	Capital Update
Dec 29	Mon	Home Care & Veterans Services	The Helping Seniors Travel Club	Concierge Home Care	Learning about Natural Health
Dec 30	Tue	Downsizing & Seniors	Top 3 Public Benefits Questions	Two Assisted Living Questions	Balance & Fall Prevention
Dec 31	Wed	Buying/Selling/Investing Real Estate	Faith College of Natural Health	Guardianship	Best Home Care Ideas



Date	Day	Program	Special Guest		
Dec 3	Wed	Helping Seniors on Elder Law	Bill Johnson, Esq.	William A Johnson, PA	Elder Law - Need to Know
Dec 10	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon	Sheldon & Furtado, PLLC	Dental Health & Related
Dec 17	Wed	Helping Seniors on the Holidays	Helping Seniors Radio Team	Helping Seniors Radio Team	Helping Seniors on the Holidays
Dec 24	Wed	Helping Seniors on Help at Home	Jennifer Barton	Seniors Helping Seniors	About Companion Care
Dec 31	Wed	Helping Seniors on Elder Law	Helping Seniors Radio Team	Helping Seniors Radio Team	Welcoming the New Year



THE 6TH ANNUAL FOUNDATION CRUISE HELPING SENIORS OF BREVARD

Jan 24-31 2026 - 7-Night Cruise Round Trip Port Canaveral

Sail with your Brevard Friends!



Sail with your friends - and bring your whole family! Meet your Helping Seniors friends from Brevard County on the luxurious MSC Grandiosa! Make January 2026 special on our 7-night sailing to Nassau Bahamas, San Juan Puerto Rico and Puerto Plata Dominican Republic!



6th Annual Helping Seniors Foundation Cruise

**BOOK YOUR CABIN BY JUNE
30 & RECEIVE A \$25.00 CAR
RAFFLE TICKET FOR THE
FAMOUS HSOB CAR RAFFLE
& ENTRANCE TO THE
"MUSCLE CAR MUSEUM"**

Balcony - As low as \$1308 pp
Inside - As low as \$1024 pp

Outside - As low as \$1125 pp
Based on double occupancy

**Includes: Cabin, Port Charges, Beverage Package, Wi-Fi,
Gratuities, Travel Insurance (under 80)**

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



Your Senior Travel Specialist

SeniorTravel

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Helping Seniors of Brevard is a Florida 501(c)(3) nonprofit. Helping Seniors of Brevard, P.O. Box 372906 - Seaside Beach, FL 32087. 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 committed to from Helping Seniors Travel Club Members travel funds that Helping Seniors Endowment.



THE ALASKA CRUISE HELPING SENIORS OF BREVARD

Jun 2026 - 7-Night Cruise Round Trip Seattle

Sail with your Brevard Friends!



Let's explore the Majesty of Alaska together June 2026 as you sail with your friends - and bring your whole family! Meet your Helping Seniors friends from Brevard County on the luxurious MSC Poesia for the Inaugural Alaska season. With our 7-night Round-Trip Seattle sailing, we'll call on Ketchikan, Alaska, Juneau, Alaska and Icy Strait Point, Alaska well as Victoria, Canada - plus cruising the Tracy Arm Fjord.



The Alaska Helping Seniors Foundation Cruise

- * Cabin * All Port Charges * All Taxes
- * Gratuities * Meals * Drink Package
- * Wi-Fi * Special Events
- * Travel Insurance * Admin Fee
- * Donation - Helping Seniors of Brevard

(Round Trip Seattle)

Deluxe Balcony - \$1821 pp including Gratuities
Standard Balcony - \$1741 pp including Gratuities
Inside - \$1401 pp including Gratuities
 (based on double-occupancy)

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



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