



Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

JANUARY 2026

2026!
Here We Go!

**Making Life
Better for Seniors!**

*New Year's
Resolutions*



Inside: Happy New Year! A Great Time to Update Your Aging Plan!

*** New Year's Resolution: Updating Your Home Aging Plan!**

*** Living With Less - Enjoying More: A Fresh Start for the New Year!**



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





HELPING SENIORS 4TH THURSDAY SENIOR EDUCATION SERIES

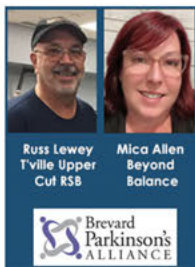
The Knowledge College For Aging



Kerry Fink
Executive Director
Helping Seniors

10am Thursday Jan 22nd
Your Aging Plan:
**Getting Your
Ducks in a Row 2026**

Helping Seniors Wellness Series



11am Thursday Jan 22nd
Wellness Series:
**Brevard
Parkinson's Alliance**

Thursday January 22nd - 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

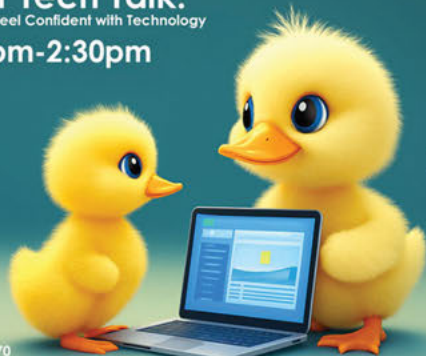
Free Class - Friday January 9th 2026

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

Senior Tech Talk:

Helping Seniors Feel Confident with Technology

1:00pm-2:30pm



Brianna "Bri" Prentice
Senior Tech Talk
Coordinator & Speaker



Getting our
"Tech" Ducks
in a Row!

RSVP
(321) 473-7770

Make the Most of Your SmartPhone!

Let's Get Tech Savvy Together!
Call to RSVP: 321-473-7770

Joe's Senior Resource Center of Brevard
The Omni Healthcare Professional Tower
1344 S Apollo Blvd - 2nd Floor
Melbourne FL 32901
(321) 473-7770 to RSVP



The Senior Resource Center

Kerry Fink
Executive Director - Helping Seniors

At our December Helping Seniors Holiday Party at the beautiful Residences at Zon Beachside, I had the pleasure of speaking with many guests who shared how special Zon truly is. We were reminded how fortunate we were to establish our very first Senior Resource Center there several years ago. Heartfelt thanks to Zon Beachside for hosting such a festive and enjoyable morning.

Our Founder, Joe Steckler, partnered with Greg Kennedy and the Zon Beachside team to create a welcoming space where seniors could connect with resources and begin developing their own Aging Plan. Sadly, the program's early success was interrupted by the COVID pandemic, which closed assisted living communities to public access.

Even as we shifted to virtual services, our vision for a permanent Senior Resource Center never faded. Thanks to the extraordinary generosity of Omni Healthcare, that vision became reality at the Apollo Professional Tower on the medical campus near downtown Melbourne.

Today, the second floor of the Apollo Professional Tower has become a true hub for senior services. It houses our county-wide Senior Information Helpline—now celebrating 15 years of service in Brevard—along with our state-of-the-art podcast studios and collaborative partner organizations dedicated to supporting seniors and their families.

The center is also home to a wide range of educational programs, including our Fourth Thursday Knowledge College and Wellness Series, Second Friday Senior Tech Talks led by Bri Prentice, and "Nourish Your Spirit" cooking and tasting classes with Chef Jillian of Chefs for Seniors, in partnership with Senior Helpers of Melbourne. This January, we're proud to expand services for veterans through a new Veterans Round Table, established with our friends at Synergy Home Care.

We're excited as we launch into 2026! Call us at 321-473-7770 or visit HelpingSeniorsOfBrevard.org to learn more about our growing Senior Resource Center programs.



Helping Seniors Of Brevard



Helping Seniors of Brevard – Helping You Get Your Ducks in a Row for 2026

Nancy Deardorff
Director of Development

Helping Seniors of Brevard is a local to Brevard non-profit charity dedicated to enhancing the lives of seniors through information, education, advocacy, resources, and connection.

Our goal is to help seniors develop their own aging plan, to address the things that life inevitably throws at us as we age. We call this “Getting Your Ducks in a Row.”

Last year we were able to help countless seniors through our Senior Information Phone line. Through our Senior Care Navigation, seniors were led to the resources that they needed.

We provided education on a wide variety of topics important to seniors, including use of technology, how to prevent becoming a victim of a scam, health and wellness education designed to help seniors stay safe.

We do this through our network of senior trusted organizations and businesses so that seniors can find a trusted resource to meet their needs.

Our “Stay Connected” effort reaches out to seniors signed up for this program who may be isolated, providing them with a weekly social call.

If you're a senior or someone who loves and cares for a senior, Helping Seniors of Brevard is here for you, to help you get to the resources you need.

We depend on the generosity of our donors. In 2026, please consider a one-time donation or monthly or annual donation. 100% of our donations stay in Brevard to help Our seniors.

Together, we can continue Helping Seniors of Brevard.



Happy New Year, a Great Time to Update Your Aging Plan

Bill Johnson, Esq.
William Johnson, P.A.

The New Year is a great time to start or review and update your Aging Plan including your estate and incapacity documents. Incapacity documents consist of a durable power of attorney, a designation of health care surrogate and a living will. If you have done these documents but they are over five years old, you probably need to have them reviewed.

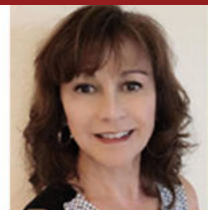
Major life changes like deaths, births, marriages, and divorces can affect your choices. Also, if you so desire, the New Year is a great time to review all these documents with family, this way everyone is on the same page. And if you do not have any family, these documents become even more important for determining who will carry out your wishes should you pass or become incapacitated.

Speaking of family, this time of year is a good time to review what your aging plan will be should you have a long-term care event. Are you going to age in place or in a facility? Are you going to move in with one of your children? How will you pay for the costs of a long-term care event? These are all things that need to be considered.

Aso, do not forget to take your required minimum distribution from your IRA or 401(k) if you have reached that age. The penalties for failing to do so are quite stiff.

Wishing you a Happy 2026!

Reach the office of Board Certified Elder Law Attorney Bill Johnson, William A. Johnson P.A. at 321-426-1865 or online at FloridaElderLaw.net



Healthcare Surrogacy, a wise plan for the New Year

Stacie Martin MA CCC/SLP
Case Manager • Arosa Care

Planning for the New Year is exciting and can also be a time to set goals for future needs. Looking into legal aspects as a senior can be daunting, but once set into motion, completion of decisions about living wills, trusts, POA's and healthcare surrogacy can provide a sense of relief that everything is in place.

Healthcare Surrogacy, for example, designates someone to make medical decisions on your behalf if you become incapacitated. Choosing the right person who will advocate for your wishes, regarding your values, religious beliefs, desired quality of life, physicians, and specific end-of-life care preferences (like DNR/living will).

Typically, if you have children, you may appoint one, with other children as alternates. Sometimes, a parent may appoint two or more children to act together, either for purposes of family harmony or to bring all the children together for a more thoughtful decision.

If there are no family members that the client wishes to appoint as an HCS, a close family friend or a family physician can be appointed to make healthcare decisions. There are even cases where the client has close family but prefers a non-family member to make healthcare decisions.

It is important to secure legal assistance for healthcare surrogacy via specialized estate planning or family law attorneys.

At Arosa, a Care Manager can assist with guidance for legal referrals, attending appointments and assisting with planning for future needs. Wishing everyone a safe, and well-prepared New Year!



New Year, New Plan: Is It Time to Explore Senior Living Options?

Denise Bergman
Certified Senior Advisor • Senior Care Authority

A new year brings fresh opportunities and for many families, it's the right moment to take a closer look at future living plans. Whether for yourself or a loved one, updating an aging plan includes an honest discussion about when a move to Independent Living, Assisted Living, or Memory Care might be beneficial.

Many families wait until a crisis forces a rushed decision. But planning gives you the freedom to tour communities calmly, compare options.

Start by asking a few key questions:

- Is daily life becoming harder to manage safely at home?
- Would social engagement, meals, transportation, or medication support improve quality of life?
- Are memory changes impacting independence?
- If something unexpected happened tomorrow, do we know where to turn?

Independent Living offers a maintenance-free lifestyle with amenities and social opportunities.. Assisted Living adds support with personal care and daily tasks. Memory Care provides specialized structure and safety for those with cognitive decline. Understanding these differences empowers families to make confident, well-informed choices.

If you're considering a move in 2026 or simply want to be prepared, now is the perfect time to begin.

For personalized help updating your aging plan, or to explore senior living options in Brevard County, contact Denise Bergman at 321-341-8444. A new year is the ideal time to plan for peace of mind.



Living With Less Enjoying More: A Fresh Start for the New Year

Cathy Bates
Senior Transition Specialist • Legacy Transitions

A new year offers a natural moment to pause, take a breath, and look around our homes with fresh eyes. Over time, even the most organized among us collect more than we truly need. There is something deeply freeing about letting go of the excess, especially when it opens the door to more time, more joy, and more of the life you want to live.

Why “Less” Often Feels Like More

Simplifying isn't about getting rid of things; it's about making room for what matters. A home that's easier to manage means fewer chores, fewer decisions, and fewer frustrations. When the desktop is functional again and the closets are free of clutter, daily life feels smoother. That ease creates space: space for hobbies, visits with family, peaceful mornings, and the freedom to say “yes” to activities you enjoy.

Decluttering also brings clarity. Items tucked away in drawers and boxes often carry memories, and the process of sorting through them allows you to reflect on the moments that shaped your story.

Start with Small, Meaningful Steps

Getting organized doesn't require a full-house overhaul. Begin with simple steps that offer quick wins:

* **Choose one small area** like a drawer, a nightstand, or a single shelf. Success in a small space builds confidence for bigger areas later.

* **Set a gentle timer.** Even 10 or 15 minutes a day can create progress without feeling overwhelmed.

* **Sort by purpose.** Ask yourself: Do I use this? Does it support my life today? Does it bring joy or meaning? If the answer is no, it may be time to let it go.

* **Create homes for essentials.** When everything has a place, daily routines become easier and more peaceful.

Streamline to Support Your Lifestyle Today

Our needs change as we move through life. That bread maker you once loved, the stacks of paperwork from years gone by, or the clothing from seasons long past. Keeping only what supports your life now allows you to move into the new year with clarity and ease.

Consider gifting unused items to family, friends, or local charities. Letting belongings continue their life in someone else's hands can be deeply satisfying.

The Joy That Organization Brings

Living with less is about empowerment. When your surroundings reflect what matters most. You'll spend less time searching for items, navigating clutter, or feeling weighed down by unfinished tasks. Instead, you gain time for moments that fill your heart: maybe it is time with children or grandchildren, finding community events, hobbies, or simply enjoying a quiet cup of tea in a tidy, welcoming space.

Embrace the New Year with Intention

The start of the year is the perfect invitation to lighten your load and welcome more joy into your days. With small steps and thoughtful choices, you can create a home that supports the life you want now and the moments you hope to enjoy in the year ahead.

Cathy Bates can be reached at 321-345-8807 or visit online www.LegacyTransitions-FL.com for information.



Helping Seniors Of Brevard



Our Secret is Out

Michael Folkerds
Aqua Home Care

Brevard County has transformed from a quiet coastal retreat into a booming destination, fueled by its Space Coast economy, beaches, and retiree appeal. Population growth underscores this shift: from 621,000 in 2023 to 658,447 in 2024, with 2025 projections ranging from 658,447 to 670,402, reflecting an annual increase of about 1.8%. This influx up 15.9% from 544,000 in 2010, has intensified housing demands, elevating costs for seniors.

Senior housing faces similar pressures. Assisted living averages \$4,461 monthly in Brevard areas like Melbourne, below Florida's statewide median of \$5,324 but still burdensome amid rising utilities and insurance. Costs vary by type: semi-private rooms at \$3,698, private at \$4,500, studios at \$4,786, one-bedrooms at \$4,995, and two-bedrooms or cottages up to \$5,400. High-end options, like luxury communities can reach \$5,959 monthly for upscale amenities, while some premium Florida facilities exceed \$8,000 for enhanced care levels or memory support.

For affordability, small, assisted living homes stand out. These intimate settings, housing 6-10 residents, offer personalized assistance with meals, medication, and activities in a homelike environment.

For some, home care may be the right choice. At Aqua Home Care, our services extend across a spectrum of needs, ranging from temporary care to long-term support, all in the privacy of your home.

Now is the time to develop or update your aging plan. As Brevard evolves, a robust aging plan incorporating these options is vital.

VITAS
Healthcare

**A Brand-New Year with Vitas:
Compassionate Care for
Hospice Patients**

As we welcome 2026, VITAS® Healthcare celebrates a brand-new year of commitment to compassionate care for seniors and their families. For more than four decades, VITAS has been a trusted leader in hospice services, ensuring dignity, comfort, and support during life's most challenging moments.

VITAS proudly holds American Heart Association certification, a testament to our specialized care for patients with advanced heart disease. This recognition means that seniors living with cardiac conditions receive evidence-based, personalized care plans designed to ease symptoms, reduce hospitalizations, and improve quality of life.

For those who need intensive support, the VITAS Inpatient Hospice Unit at Rockledge offers a serene, homelike environment where patients receive round-the-clock care from an interdisciplinary team. Families can rest assured knowing their loved ones are in expert hands, with access to emotional and spiritual support tailored to their unique needs.

As the new year begins, VITAS remains dedicated to helping seniors live every day with comfort and dignity. Whether through home-based hospice care or inpatient services, our goal is simple: to provide compassionate care that honors life.

*Vitas Healthcare
4450 W. Eau Gallie Blvd. Ste. 250
Melbourne, Florida.
Vitas.com - 321-751-6671*



Managing Grief and Loss

Dr. Kevin Kilday
Faith College of Natural Health

In October, my best friend of 28 years passed away suddenly. Even with all my years of education and years in the mental health field, it did not provide much help for this loss in my life. Now in my senior years I must prepare and educate myself and others about what may be ahead in these senior years.

Grief and loss are inevitable parts of life, especially for older adults who may experience the death of spouses, siblings, lifelong friends, or even adult children. Managing these emotional challenges can be complex. While grief may manifest itself as sadness or crying, it can also cause fatigue, sleep disturbances, changes in appetite, depression, or anxiety.

Talking openly about feelings with a trusted person can help process emotions. Sometimes medications (talk to your doctor) may be appropriate.

For some, spiritual counseling may offer comfort. Grief support groups provide a safe space to share experiences. Staying socially connected will help. Engagement in community and social activities can provide a sense of purpose and reduce feelings of loneliness.

Ultimately, managing grief and loss requires patience and support. Remember it takes time. Acute grief can last from several months to a couple of years, with the most intense feelings typically subsiding within 6 to 12 months. While grief may never fully disappear, with the right support, we can all find ways to adapt and continue living meaningful lives.



New Year's Resolution: Updating Your Home Aging Plan

Amy Powell
Next Day Access

As we welcome a new year, many of us will overlook one important resolution: a home safety plan for aging.

Home safety for aging in place centers on creating a living environment that supports an older adult's ability to remain independent, comfortable, and safe at home. It emphasizes reducing risks, especially falls, while adapting the home to meet changing mobility and health needs. According to the U.S. Census Bureau, 30% (4 million) of homes with 65+ report difficulty using parts of their homes. One in four adults aged 65+ report falling each year with 37% reporting injuries.

Now is the time to identify high-risk areas such as entryways, bathrooms, and stairs. Increase lighting and remove rugs/clutter from the floor. Small improvements like grab bars can significantly reduce fall risks where flooring types or elevation levels change. Stairs often become harder to navigate and pose a greater risk of injury. Installing a handrail or stair lift can provide renewed confidence and help maintain safe access to every level of your home.

At Next Day Access, we specialize in helping individuals and families create safer, more accessible living spaces. We provide both sales and service for home accessibility solutions tailored to your needs. Our in-home consultations are free and will provide you with the best options to help keep you safe in your home.

This year redefine independence, not by waiting for a crisis, but by planning ahead. Make 2026 the year you invest in a home safety resolution: 321-775-3340. NextDayAccess.com/Melbourne-FL



Helping Seniors Of Brevard



Brevard County Real Estate Market

Mark Gallegos
Realtor

Mortgage rates measured by Mortgage News Daily fell 0.05 percentage point to 6.3% Wednesday. The decline came after 10-year Treasury yield dropped after the central bank announced it would reduce fed-funds rate by .25 percentage point.

The real estate market in Brevard County, FL, has shown a mix of trends in 2025. We review the following data:

The median home price is around \$353K, a slight decrease of 4.6% compared to previous year. The market is considered balanced, with an increase in new listings and higher inventory levels compared to last year. The inventory for single-family homes has increased by 26.5% to 4.3 months, providing potential homebuyers with more options. There has been a significant 15.2% increase in cash sales, which signals a rising investor interest and confidence among cash buyers.

Median sale prices for homes and condos across Florida's eight largest metro areas are expected to drop an average of 1.9 percent in 2026. This is significantly below the 2.2 percent positive gain the forecast expects nationally.

These trends suggest a dynamic landscape for both buyers and sellers in Brevard County, with a focus on market stability and growth. Florida's housing outlook remains strong, fueled by population growth, corporate relocations, and a diversifying economy. Schedule an appointment with me, to identify and highlight those crucial features so you can make the most of your sales.

Make your next move a smart one.

MARK GALLEGOS ValueREmsg@gmail.com



Why a Complete Dental Plan Matters

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

When we evaluate your mouth, our goal is simple: to help you make decisions that keep you healthy and protect your budget. A complete treatment plan isn't about doing everything at once or choosing the most expensive option.

Let me give you an example I've seen many times. A patient comes in with a toothache and is told a root canal will solve the problem. Root canals are wonderful procedures when they're part of a full plan. But if the patient can only afford the root canal and not the crown the tooth truly needs, the tooth often decays again and is eventually lost.

So, when someone comes to me with a toothache, I first make them comfortable. Then we talk. We look at the tooth that hurts, but we also step back and look at the whole mouth. Sometimes the best long-term decision is to save the tooth. Sometimes it's wiser to remove it and put resources toward fixing the bigger issues that are affecting overall health.

The same applies when someone says, "I just want a cleaning." I don't know what kind of cleaning you need until we evaluate. If there's periodontal disease, something 42% of adults have, a simple cleaning won't solve it. You deserve an approach that works.

When you do need care, thoughtful planning makes all the difference. We want every step to build on the next, so you stay healthy, confident, and well cared for.

ADVOCATE & SENIOR PLACEMENT

Senior Care Authority **SILVER**
 1344 S. Apollo Blvd. Ste. 2C, #2, Melbourne
SeniorCareAuthority.com/brevardfl
 321-341-8444

ASSESSMENTS & PSYCHIATRIC CARE

Senior Solutions Mind & Body **SILVER**
Member: Joe's Senior Resource Center
 Care That Cares, Solutions That Last
 1344 S Apollo Blvd – Ste 2C – Melbourne FL
 321-429-2677 | SesoMindBody@gmail.com

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

Law Office of Cheryl A. Ward, P.L. **SILVER**
 1370 Sarno Rd Ste G, Melbourne
CAWLawOffice.com
 321-372-8177

Ruth Rhodes, Esq. Rhodes Law, P.A. **SILVER**
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

Arosa Care Management **SILVER**
Member: Joe's Senior Resource Center
 1344 S Apollo Blvd - Ste 2C, Melbourne
ArosaCare.com/Orlando
 321-352-5527 StacieMartin@ArosaCare.com

CARE/CASE MANAGEMENT

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

DENTIST

Sheldon & Furtado, PLLC **PLATINUM**
 3912 W Eau Gallie Blvd, Melbourne FL
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

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 Senior Expos
www.platinumexpos.com
 321-773-1454

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www.RaymondJames.com/TishaHill
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MFolkerds@AquaHC.com
321-831-7331

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1326 Palmetto Ave, Winter Park
FamilyHomeCareCF.com
407-641-4306

Senior Helpers of Melbourne **SILVER**

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Seniors Helping Seniors **SILVER**

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SeniorCareBrevard.com
321-722-2999

SYNERGY HomeCare of Palm Bay **SILVER**

Member: Joe's Senior Resource Center

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

THRIVE USA Home Care **SILVER**

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jldm253@aol.com | 321-720-4526

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MEDICAL

Robert Brennan MD **SILVER**

Orthopedic Surgeon - OMNI
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Phone – 321-724-1084

MEDICAL EQUIPMENT

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
407-680-0534

Flourish Research – Merritt Island

60 Fortenberry Rd – Merritt Island
Currently Enrolling Studies
321-221-0224

MOBILITY

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Scooters | Medical Supply Store
321-372-1355 SpaceCoastMobility.com

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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

417 5th Ave., Ste 101B, Indialantic

Balance, Fall Prevention, Vertigo

321-372-3090

FYZICAL Therapy & Balance Center

3830 S Hwy A1A Ste C-5, Melbourne Beach

Balance, Fall Prevention, Vertigo

321-327-7889

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PODCAST

Time with Terri Podcast **SILVER**

Brevard's very own podcast about Senior Care.

Terri Petzar - TimewithTerriShow@gmail.com

[YouTube.com/TimewithTerri](https://www.youtube.com/TimewithTerri)

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

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Craig Lansing, Project Consultant CCC1334170 CGC1532814

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SENIOR LIVING

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1898 S. Patrick Drive, Indian Harbour Beach

TheResidencesatZonBeachside.com

321-777-8840

ROOFING

DC Roofing

284 West Dr - Unit B - Melbourne FL 32904

321-802-9051 DCRoofingBrevard.com

SENIOR LIVING / MEMORY CARE

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

SPEECH THERAPY

Proclaim Communication and Rehab.

Services - Outpatient Speech Therapy

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

321-549-0711

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



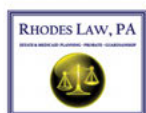
Arosa Care (321) 321-352-5527
Stacie.Martin@ArosaCare.com



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



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



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



Senior Solutions Mind & Body
(321) 429-2677
SeSoMindBody.com



Synergy Home Care
(321) 340-3828
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Email - Gabriella@FamilyHomeCareCF.com

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(321) 720-4526 - Email JLDm253@aol.com

Next Day Access
(321) 379-6379 - Certified Aging in Place Specialist

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

Dr. Robert Brennan - (321) 724-1084
Orthopedic Surgeon - OMNI

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

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

Senior Helpers of Melbourne - (321) 844-8650
Senior Care, Only Better

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

THRIVE USA Home Care - (321) 407-2727
Mia@THRIVEUSAHomeCare.com

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

Vitas Healthcare
(321) 751-6674 - Vitas.com

The
Official



SENIOR SERVICES DIRECTORY

HelpingSeniorsDirectory.com



Helping Seniors Info Series

JANUARY 2026

Helping Seniors Resource Center Events

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

The Senior Resource Center:

Joe's Senior Resource Center - Apollo Professional Tower - 1344 S Apollo Blvd - 2nd Floor - Melbourne FL 32901 - is your home for great Senior Information, Education and Resources, as well as hub of the Helping Seniors Information Helpline, Broadcast & Podcast Facility and Information Library. Info & RSVP at 321-473-7770

Thursday - January 8th - 1100am-1230pm - The Veterans Resource

Roundtable Bringing together veterans, service members, families, and community partners for an open discussion on the programs, benefits, and support services available in our area - from healthcare and mental wellness services to housing assistance, employment opportunities, education benefits, financial guidance, and community-based programs.

Friday January 9th - 100pm-230pm - Senior TechTalk

"Smart Phone Basics" - Let's learn the basics for SmartPhones to navigate tech-

nology safely and efficiently with millennial expert Bri Prentice. Free, fun & informative.

Thursday January 22nd - 10am-11am - Knowledge College for Aging

"Your Aging Plan: Getting Your Ducks in a Row 2026" - Join your Helping Seniors Executive Director Kerry Fink and let's kick-off the New Year with a hands-on planning sessions to get our Aging Plan organized this year! Coffee/ Snacks + great info!

Thursday January 22nd - 11am-12nn - Helping Seniors Wellness

"Brevard Parkinson's Alliance" - Russ Lewy, of Titusville Rock Steady Boxing at Upper Cut Gym, and Mica Allen, of Beyond Balance Therapy

share information so we can make great plans for our Best Health ahead! Coffee/ Snacks and great info!

AARP/Helping Seniors Events:

Friday January 9th - 845am-945am - AARP

Walk with a Doc

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:

Tuesday January 20th - 1100am-1230pm - Golden Providers B2B Network Lunch

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

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

Saturday January 24th - Saturday January 31st - Helping Seniors Cruise

MSC Grandiosa - 7-night Sailing Round Trip - Port Canaveral Florida

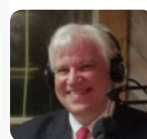
The 6th Annual Helping Seniors Foundation Cruise

Call Helping Seniors Travel Club at 321-473-7770 for Details/Information

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Jan 1	Wed	Al Dia Today Newspaper	Updating Your Estate Plan	Best Home Care Ideas	Faith College of Natural Health
Jan 2	Thu	Chaplaincy - What it Means	Turning 65? All About Medicare	Buying/Selling/Invest Real Estate	Guardianship: The Basics
Jan 3	Fri	Rock Steady Boxing	Finding a Good Place for Mom/Dad	Senior Solutions: Mind & Body	Capital Update
Jan 5	Mon	The Helping Seniors Directory	Periodontal Disease	Your Aging Plan - What it is	The Parts of Medicare
Jan 6	Tue	Consideration in Best Home Care	Probate: The Basics	Care Management - What it is	Durable Power of Attorney
Jan 7	Wed	Power of Attorney & Super Powers	How to Cruise Successfully	Chefs for Seniors	Safe & Secure at Home
Jan 8	Thu	Helping Seniors - 15 Years Service	The Vial of Life	Get Your Ducks in a Row - Part I	Get Your Ducks in a Row - Part 2
Jan 9	Fri	Volunteers at Helping Seniors	Senior Solutions Mind & Body	Retirement Finances	Capital Update
Jan 12	Mon	Concierge Home Care	Importance of Evaluation	Downsizing & Seniors	Capital Update
Jan 13	Tue	Great Employment for Seniors	Things to Know Elder Law	Don't Go Broke to Pay Nursing Home	Capital Update
Jan 14	Wed	Probate - How & Why to Avoid	Two Assisted Living Questions	Balance & Fall Prevention	Capital Update
Jan 15	Thu	Medicare Supplement or Advantage	The Helping Seniors Travel Club	Understanding Medicare Options	Capital Update
Jan 16	Fri	Longevity Planning	The Business of Helping Seniors	Advances in Medical Research	Capital Update
Jan 19	Mon	Helping Seniors & MSC Cruises	Finding Good Help at Home	Transitional Care	Capital Update
Jan 20	Tue	Guardianship	New to Florida? Elder Law to Know	Chaplaincy - What it Means	Capital Update
Jan 21	Wed	Care Management - What it is	VA Aid & Attendance Benefits	Cosmetic Dentistry	Capital Update
Jan 22	Thu	Buying/Selling/Invest Real Estate	Alzheimer's & Walk to End Alz	Rock Steady Boxing	Capital Update
Jan 23	Fri	Best Home Care Ideas	Consideration in Best Home Care	Faith College of Natural Health	Capital Update
Jan 26	Mon	Too Many Teeth Being Extracted?	Balance & Fall Prevention	In Home Care Giving	Capital Update
Jan 27	Tue	Senior Living Options	Psychiatric Care	Longevity Planning	Capital Update
Jan 28	Wed	Downsizing & Seniors	Home Care & Veterans Services	The Parts of Medicare	Capital Update
Jan 29	Thu	Turning 65? All About Medicare	What Elder Law Attorney Can Do	Concierge Home Care	Capital Update
Jan 30	Fri	Two Assisted Living Questions	Probate - What it is/How it works	Top 3 Public Benefits Questions	Capital Update



Date	Day	Program	Special Guest
Jan 7	Wed	Helping Seniors on Elder Law	Bill Johnson, Esq.
Jan 14	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon
Jan 21	Wed	Helping Seniors on Your Home	Amy Powell
Jan 28	Wed	Helping Seniors on Help at Home	Jennifer Barton



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

division of The Travel Center
CST# 20000881-10 PST# 14672

Helping Seniors of Brevard is a Florida 501(c)(3) nonprofit. Helping Seniors of Brevard, P.O. Box 372906 - Seaside Beach, 32197 P.O. Box 372907, 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



Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit. Helping Seniors of Brevard - P.O. Box 372936 - Satellite Beach, 32937 P.O. Box 32937, The Helping Seniors Travel Club is operated by Senior Travel division of The Travel Center - CST # 2000881-10 FST # 14672 - who is solely responsible for all travel arrangements. A portion of travel commissions from Helping Seniors Travel Club Members travel funds the Helping Seniors Endowment.