



Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

FEBRUARY 2026

2026!
Getting
Our Ducks
in a Row!

Making Life
Better for Seniors!



Inside: Getting Your Health & Wellness Ducks in Row!



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



Lizzie Johnson, Esq.
Managing Attorney
Community Legal Services
of Mid-Florida

10am Thursday Feb 26th
Your Aging Plan:
**Older Adult
Legal Services**

Helping Seniors Wellness Series



Jennifer Allen
Director of
Market Development
Vitas Healthcare

11am Thursday Feb 26th
Wellness Series:
**American Heart
Association Certified**

Thursday February 26th - 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



We are Better Together!

Kerry Fink
Executive Director - Helping Seniors

They say it takes a village to raise children. After 15 years of working with Helping Seniors, we've definitely adopted that way of thinking—only for us, it's "It takes a village to take care of our Seniors!"

You may have noticed that we are increasingly exploring ways to expand our service to Seniors and their families through creative associations, collaborations, and partnerships. Our upcoming Scam Jam Workshop & Shred Event on February 13 at Glenbrooke Senior Living in Palm Bay is a perfect example of that collaborative spirit.

Senior scams are a serious and growing issue. Our experience has taught us that prevention is the most effective weapon against fraud. That's why, last year, we formed a strong partnership with our friends at AARP Florida to ensure Seniors receive accurate, timely information to help them stay safe. This collaboration gives us access to the AARP Fraud Watch Network, which tracks the many ways bad actors attempt to steal from Seniors.

Scam Jam also relies on the generosity and expertise of professionals who volunteer their time to help educate our community. Our February 13 program features insights from Jorge Herrada, Director of the Office of Technology Innovation at the Commodity Futures Trading Commission; Elder Law Attorney Greg Schwendeman of Rhodes Law, P.A.; and Jackie Erickson, Vice President and Branch Manager of PNC Bank Palm Bay. These top-tier professionals step away from their busy schedules to help equip Seniors with tools to protect their finances.

Of course, none of this would be possible without our local partners, including Glenbrooke Senior Living, which is graciously providing its elegant clubhouse—and a complimentary lunch for registered participants—making it an ideal venue.

If you haven't registered for the February 13 Scam Jam Certificate Program (10:00 a.m.–2:00 p.m.), please call 321-473-7770. Be sure to stay for our free Shred Event from 2:00 p.m.–4:00 p.m. Together, let's stay SAFE in 2026!

Stay Safe from the Scammers!



Scam Jam - Palm Bay Edition 10am-2pm - Friday February 13th (with Shred Truck 2pm-4pm)

Join us at Glenbrook Senior Living - Palm Bay
Free Workshop - Lunch Provided - Be a "Scam Jammer" and Stay Safe!

Call 321-473-7770 for Info & RSVP
HelpingSeniorsOfBrevard.org





Helping Seniors Of Brevard



Our Senior Resource Center
Helping Seniors of Brevard

Nancy Deardorff
Operations Director

By now, most of you know about Helping Senior of Brevard, a charitable organization dedicated to serving our senior community.

Did you also know that we operate the Senior Resource Center of Brevard?

What is the Senior Resource Center? The SRC is a place where seniors can turn for education, information, and resources.

We hold live senior educational events; our senior information telephone line is answered here and just last year alone over 4400 calls came through our Senior Information Line at the Senior Resource Center. We have a Senior Resource Navigator on-site to help seniors navigate through the plethora of issues seniors can face and lead them to the resources they need for help.

The SRC is home to many resident businesses dedicated to serving our senior community including Rhodes Law, Arosa Care, Senior Solutions Mind & Body, Moore Insurance, Synergy Home Care, Flamazing Real Estate, and Time with Terri Podcast.

The SRC is also home to our senior resource library, filled with important resources for seniors.

We are a charitable organization and through the support of our generous donors and sponsors, we've been able to help thousands of seniors. We do not do this alone, but together we can continue our Senior Resource Center, Helping Seniors of Brevard.

The Senior Resource Center - 321-473-7770
1344 S. Apollo Blvd, Ste. 2-C - Melbourne, 32901
www.helpingseniorsofbrevard.org



President's Message

John Harper
President
Helping Seniors of Brevard

2026 brings new excitement to the Senior Resource Center and Helping Seniors of Brevard.

Helping Seniors helped thousands of seniors in 2025 and our 9th annual Car Raffle Fundraiser was a success, bringing so many of our supporters together for a wonderful afternoon of cars, food, entertainment and of course the lucky winner of a brand-new vehicle.

Our raffle could not be possible without the tremendous support of AJ Heirs, the American Muscle Car Museum, and the generosity and support of our community.

This year promises to be our biggest and best as we enter our 15th year of service to Brevard County and our 10th year of the car raffle and we can't wait.

The 2026 Car Raffle fundraising event will once again be held in October at the amazing American Muscle Car Museum, so stay tuned for more on our annual signature event.

Also, Helping Seniors of Brevard will be launching some new and great events and programs that will be unique to our organization and to the community.

Our Senior Resource Center and Helping Seniors of Brevard will continue to provide informative educational programs to help seniors and their families. 2026 promises to be our best year yet, thanks to our generous donors and sponsors. Together with our community partners and supporters, we will continue Helping Seniors of Brevard.

On behalf of our Board of Directors here's to a healthy and happy 2026.



February is
American Heart Month

Vicki Moore
Moore Insurance Solutions

February is American Heart Month; an observance promoting cardiovascular health and preventing heart disease. For the more than 65 million Americans enrolled in Medicare, this awareness effort highlights how critical the right Medicare plan can be in supporting healthy hearts and long-term wellness.

Heart disease remains the leading cause of death in the United States. Medicare plays a decisive role by making prevention and disease management accessible to older adults and individuals with disabilities.

Original Medicare and Medicare Advantage plans cover a wide range of screenings and services that align directly with the goals of American Heart Month including annual cardiovascular risk assessments, cholesterol and blood pressure tests, behavioral counseling, and tobacco cessation support. Many Medicare Advantage plans expand those offerings further.

For individuals already living with heart disease, Medicare ensures predictable access to specialists, prescription drug coverage through Part D or Medicare Rehabilitation services following a heart attack or bypass surgery.

American Heart Month reminds beneficiaries and caregivers that early detection and consistent care matter. By leveraging the tools and benefits available through Medicare plans, individuals can better manage risk factors and reduce preventable complications.

Contact Vicki Moore at 321-272-0218 or visit us at the Senior Resource Center.



Health and Wellness
and Your Aging Plan

Tami Leeberg, AGPCNP-BC
Senior Solutions - Mind & Body

Aging is a natural journey, and how we care for our bodies and minds today shapes quality of life we enjoy tomorrow.

Physical health is the foundation of healthy aging. Exercise strengthens muscles, supports joint mobility, and improves balance, reducing the risk of falls and chronic disease. A balanced diet rich in fruits, vegetables, whole grains, and lean proteins fuels the body while supporting heart and brain health.

Mental and emotional wellness are equally vital. Staying socially connected through family, friends, and community activities can combat loneliness and boost mood. Managing stress and getting enough sleep also play a crucial role in preserving cognitive health.

An effective aging plan goes beyond daily habits. It includes setting realistic goals, understanding personal health risks, and preparing for future needs such as mobility support, healthcare preferences, & financial security. Open conversations with loved ones and healthcare providers ensure that your wishes are respected and your plan remains flexible.

By prioritizing health and wellness now, you invest in a future marked not just by longevity, but by vitality. Partnering with organizations like Senior Solutions Mind & Body, which offers behavioral medication management, cognitive evaluations, and transitional care management, provides the support needed to navigate aging with confidence. Aging well is not about adding years to life, it's about adding life to every year.

See www.sesomindbody.com



Helping Seniors Of Brevard



The Brevard County Housing Market

Mark Gallegos
Real Broker, LLC

As I meet with Buyers and Sellers in the new year, the sentiment seems resigned to a slowdown in sales of existing homes and new homes. Just in my neighborhood, the newly constructed homes have been rented out. There are 203,587 homes for sale in Florida, down 0.59% year over year. The number of newly listed homes is down 14.2% year over year. Factors such as higher mortgage rates, rising home insurance premiums, and homeowners association fees are contributing to eroding buyers' purchasing power.

Mortgage rates on January 9, 2026, fell below 6% for the first time in years, after Fannie Mae and Freddie Mac began buying \$200 billion worth of mortgage bonds, the latest push to lower costs for Americans. The average interest rate for a 30-year fixed residential mortgage hit 5.99% on Friday morning, down from 6.21% on Thursday, according to data provider Mortgage News Daily. That's the lowest the 30-year average rate has been since February 2023.

Brevard County homeowners who managed to get in and buy when mortgage rates were 4.9% and in the 5% range are reluctant to sell or try to buy a new home. With pressure on prices created by current interest rates Florida housing market is currently showing signs of a slowdown.

Schedule an appointment with me, to identify those crucial features so you can make the most of your sales. Let's make your next move a smart one.

© MARK GALLEGOS, ValueREmsg@gmail.com



Why Do Crowns Fail?

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

Dental crowns are among the most common and successful restorations in dentistry, but they can fail if the underlying conditions aren't right.

A crown is typically recommended when a tooth has lost too much structure to safely hold a filling. If a filling can be placed while preserving the strength of the tooth, that is always the first choice.

When a crown is necessary, the most important factor is having enough healthy tooth structure to hold it in place. If decay has destroyed too much of the tooth, the crown may loosen or fall off. In these cases, a procedure called crown lengthening can expose additional natural tooth structure so the crown can be properly supported.

Another common reason crowns fail is decay. A crown repairs damage, but it does not stop the disease process that caused the damage.

If decay extends close to the nerve, a root canal may be needed to prevent infection. Untreated infection can undermine both the tooth and the crown. Skill and experience matter at every step.

Crowns are most successful when their edges end at or just above the gum line. Crowns placed too far below the gums are harder to clean, harder to fit accurately, and can cause inflammation.

With modern ceramics and digital impressions, today's crowns are more precise and comfortable than ever. When built on a solid foundation and supported by good oral habits, crowns can last many years.



Is Your Home Part of Your
Healthy Long-Term Aging Plan?

Carlett Delliquadri
Flamazing Real Estate

When we think about health and wellness, we often focus on doctors, exercise, and nutrition. But for many seniors, one of the most powerful and often overlooked parts of a long-term aging plan is their home.

The home you live in directly affects your safety, independence, finances, and stress levels. Stairs, narrow hallways, and high maintenance costs, can quietly impact quality of life over time. Planning ahead allows you to make housing decisions before health concerns force them.

A thoughtful wellness aging plan includes important questions. Can my home safely support me five, ten, or fifteen years from now? Is it financially sustainable on a fixed income? Is it close to family, medical care, and shopping?

For some seniors, the healthiest choice is modifying an existing home by reducing fall risks, improving accessibility, and simplifying maintenance. For others, downsizing or relocating to a low maintenance community can ease physical strain and free up equity to support healthcare needs, travel, or long-term care planning.

Real estate decisions are not just about market value. They are about peace of mind. Aging well is not about waiting. It is about planning wisely so your home continues to support the life you want to live.

Carlett Delliquadri, SRES® is the Broker-Owner of Flamazing Real Estate and a retired nurse with more than 25 years of experience helping seniors transition confidently in Brevard County.



Recovering from Surgery:
Why Physical Therapy Makes All the
Difference

Peter Renz, DPT
FYZICAL Therapy & Balance Center

Undergoing surgery whether it's a hip replacement or a routine knee tune-up is a significant investment in your future. It's a brave step toward reclaiming your mobility. The surgeon performs the miracle, and the physical therapist ensures it lasts.

Think of surgery as the kickoff. It gets the ball in play, but the rest of the game determines the win. Once the incision heals, the real transformation begins.

You Shouldn't "Go It Alone"

It is tempting to think that once you're home, the hard part is over. However, your body's instinct is to protect the surgical site by "shutting down" surrounding muscles. Post-operative PT is vital for:

Waking Up Muscles: Safely re-engaging the tissue that has gone dormant.

Banishing Stiffness: Controlled movement prevents scar tissue from locking you up.

Refining Form: You need an expert eye to monitor your form, to ensure you aren't developing compensations that could lead to future pain.

Your Personal Recovery Coaches

At our Indialantic and Melbourne Beach clinics, we treat recovery like an elite training program. We know you'd rather be on the golf course or playing with your grandkids on the beach than sitting in a clinic. That's why we don't do "one size fits all."

We work alongside your surgeon to move you safely and confidently through your milestones. Surgery is just the beginning of your journey; we are here to make sure you finish strong.



Custom-Made Prescription Eyewear:
Enhancing Life for Seniors
with Low Vision

Daniel Singer - Licensed Optician
Tropic Optics Mobile Optician

Low vision can make everyday tasks such as reading mail, recognizing faces, or moving safely around the home more challenging for seniors. Custom-made prescription eyewear offers an effective and empowering solution by addressing individual visual needs that standard glasses often cannot.

Unlike off-the-shelf eyewear, custom made prescription glasses are designed specifically for a person's unique vision condition, lifestyle, and comfort. For seniors with low vision, this may include specialized lens designs such as high-powered magnification, enhanced contrast, or wider visual fields that improve clarity and reduce visual strain.

Comfort and fit are equally important benefits. Custom frames are tailored to sit properly on the face, ensuring lenses are positioned exactly where they provide the best vision. This reduces headaches, eye fatigue, and frustration caused by poorly fitting glasses. Lightweight materials and ergonomic designs also make eyewear easier to wear for extended periods.

Custom prescription eyewear improves safety and independence. Clearer vision helps seniors navigate their surroundings with greater confidence, lowering the risk of falls and accidents. It also supports continued participation in favorite activities.

Most importantly, better vision improves quality of life and helps seniors maintain independence and a stronger connection to the world around them.

Daniel Singer - Licensed Optician
Tropic Optics Mobile Optician - 321-345-9041



Medicare Advantage
Open Enrollment Period

Jerry Hadlock
Medicare Solutions

You can only switch plans once during this period. Coverage starts the first of the month after the plan gets your request.

If you're in a Medicare Advantage Plan (with or without drug coverage), during this period you can: Switch to another Medicare Advantage plan or drop your Medicare Advantage plan and return to Original Medicare and you'll also be able to join a separate Medicare Drug plan.

During this period, you cannot: Switch from Original Medicare to a Medicare Advantage Plan; Join a separate Medicare drug plan if you have Original Medicare; Switch from one Medicare Drug plan to another if you have Original Medicare.

There are some other ways to join, drop or switch Medicare Advantage plans. Initial Enrollment Period (When you first become eligible for Medicare). If you joined a (MAPD) Medicare Advantage Plan during your Initial Enrollment Period, you could switch to another Medicare Advantage Plan or go back to Original Medicare within the first 3 months you have Medicare.

You may be able to change during the Special Enrollment Period or 5-Star Special Enrollment Period, where you can switch from your current Medicare plan to a Medicare plan with a 5-star quality rating.

All of this can seem complicated and cause stress. To take the stress out of this process or if you have any questions, give me a call at 321-720-4526 or send me an email at: wwwjldm253@aol.com



Helping Seniors Of Brevard



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Mark Gallegos
Real Broker, LLC

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ADVOCATE & SENIOR PLACEMENT

Senior Care Authority **SILVER**

1344 S. Apollo Blvd. Ste. 2C, 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

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

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www.TLCCConsultantServices.com
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3912 W Eau Gallie Blvd, Melbourne FL
www.drleesheldon.com
 321-259-9980

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www.RaymondJames.com/TishaHill
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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**

1325 W King St – Unit A - Cocoa FL 32922
321-407-2727
Mia@THRIVEUSAHomeCare.com

INSURANCE

Medicare Solutions – Jerry Hadlock **SILVER**

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

Moore Insurance Solutions **SILVER**

Member: Joe's Senior Resource Center

Your #1 Resource for Insurance Solutions
1344 S. Apollo Blvd, Ste 2-C, Melbourne
Solutions@VickiMooreInsurance.com | 321-272-0218

MEALS AT HOME

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321-210-6953

MEDICAL

Robert Brennan MD **SILVER**

Orthopedic Surgeon - OMNI
1344 S Apollo Blvd - Melbourne 32901
Phone – 321-724-1084

MEDICAL

Senior Solutions Mind & Body **SILVER**

Member: Joe's Senior Resource Center

Transitional Care & Memory Support
Care That Cares, Solutions That Last
321-429-2677 | SesoMindBody@gmail.com

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

Space Coast Mobility

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

OPTICIAN

Tropic Optics Mobile Optician

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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

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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Laura Hill PT, DPT, GCS - Owner, Physical Therapist
 Experience outpatient PT in the comfort of your home!
 (321) 307-4364 - laurahill@islandmobilept.org

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
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Lavada Carlett Delliquadri, Broker
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 321-223-5665 - FlamazingRealEstate@gmail.com

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 321-802-9051 DCRoofingBrevard.com

SENIOR LIVING
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TheResidencesatZonBeachside.com
 321-777-8840

SENIOR LIVING
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Assisted Living / Memory Care
 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

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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



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



Helping Seniors Of Brevard



Helping Seniors Senior Resource Center Partners



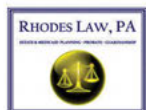
Arosa Care
(321) 321-352-5527
Stacie.Martin@ArosaCare.com



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



Moore Insurance Solutions
(321) 272-0218
VickiMooreInsurance.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
SynergyHomeCare.com



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WILLIAM A. JOHNSON, P.A.
ATTORNEY AT LAW
Elder Law, Medicaid & Estate Planning

William A. Johnson, P.A.
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FloridaElderLaw.net



Zon Beachside Assisted Living
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ZonBeachside.com



Helping Seniors Silver Sponsors

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AdvocatesfortheAging.com

Law Office of Amy B Van Fossen - (321) 345-5945
AmyBVanFossen.com

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

Law Office of Cheryl A. Ward - (321) 372-8177
CAWLawOffice.com

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

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

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

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 JLD253@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

Sunshine Carpet Cleaning - (321) 536-8883
Info@CarpetCleaningMelbourneFL.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

FEBRUARY 2026

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

Scam Jam Palm Bay:

Friday February 13th - 10am-2pm Workshop & 2pm-4pm Shred Event

Helping Seniors & AARP at Glenbrooke Senior Living - 815 Briar Creek Blvd - Palm Bay

Join our workshop and graduate as a "Scam-Jammer" - learn how to stay safe!

Plus: Free Shred Truck event 2pm-4pm same day to safely dispose of old documents.

Free (including Lunch) but limited to 70 participants - RSVP at (321) 473-7770

The Senior Resource Center:

Apollo Professional Tower - 1344 S Apollo Blvd - 2nd Floor - Melbourne FL 32901

Your hub for great Senior Information, Education and Resources and home the Helping Seniors Information Helpline, Broadcast & Podcast Facility and Information Library. Info & RSVP at 321-473-7770.

HelpingSeniorsofBrevard.org

Thursday - February 12th - 1100am-1230pm - Nourish Your Spirit Cooking Class

Celebrity Chef Jillian Zebris, of Chefs for Seniors, in cooperation with Senior Helps of Melbourne, brings the popular "Nourish Your Spirit" Cooking Class to the Senior Resource

Center for lunch! Learn Doctor approved easy-to-replicate cooking recipes - and enjoy tastings too! - at this free class. RSVP required.

Thursday February 26th - 10am-11am - Knowledge College for Aging

"Legal Help for Older Adults" - Lizzie Johnson, Senior Managing Attorney for Older Adult Programs at Community Legal Services of Mid-Florida (CLSMF), specializes in elder law, consumer law, and grandparent rights, helping seniors with issues like title scams and kinship care with free legal aid services.

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

"Comfort-Focused Care" - Jennifer Allen, VITAS Healthcare, shares on comfort-focused care that can ease symptoms, support quality of life, and provide guidance for you or a loved one during life's most challenging times. Let's learn together.

AARP/Helping Seniors Events:

Friday - February 13th - 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 - February 17th - 1100am-1230pm - Golden Providers B2B Lunch

Glenbrooke Senior Living - 815 Briar Creek Blvd NE - Palm Bay FL.. Great Business-to-Business Learning & Networking for those who serve Seniors

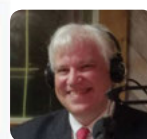
Friday - February 27th - Every Day is Veterans Day

One Senior Place - 8085 Spyglass Hill Rd - Melbourne FL "Every Day is Veterans Day" is an annual patriotic event hosted by One Senior Place, featuring music (like and tributes to honor veterans.

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Feb 2	Mon	Chaplaincy - What it Means	Concierge Home Care	Understanding Medicare Options	Inclusive Dentistry
Feb 3	Tue	Considerations in Best Home Care	Buying/Selling/Investing in Real Estate	Two Assisted Living Questions	Helping Seniors Travel Club
Feb 4	Wed	The Parts of Medicare	Durable Power of Attorney	Rock Steady Boxing	Guardianship
Feb 5	Thu	Finding Good Place for Mom or Dad	Transitional Care	Guardianship: The Basics	When is Assisted Living Appropriate?
Feb 6	Fri	Great Employment for Seniors	Periodontal Disease	Wellness: Fall Prevention	Capital Update
Feb 9	Mon	Care Management - What it is	Longevity Planning	Probate - What it is & How it Works	Assisted Living & Memory Care
Feb 10	Tue	Probate: The Basics & the Process	How to Cruise Successfully	Best Home Care Ideas	Psychiatric Care
Feb 11	Wed	Your Aging Plan - What it is	Chefs for Seniors	Cosmetic Dentistry	Learning About Natural Health
Feb 12	Thu	The Business of Helping Seniors	VA Aid & Attendance Benefits	Helping Seniors Services Directory	Wellness: Foot Care
Feb 13	Fri	Family Home: Keep It, Sell it, Transfer?	Senior Information in Senior Scene	Wellness: Express Thoughts Clearly	Capital Update
Feb 16	Mon	Two Assisted Living Questions	Helping Seniors - 15 Years of Service	Alzheimer's & Walk to End Alzheimer's	Chefs for Seniors
Feb 17	Tue	Rock Steady Boxing	What Happens After the Funeral?	Medicare Supplement or Advantage?	Al Dia Today Newspaper
Feb 18	Wed	Importance Comprehensive Evaluation	Don't Go Broke Paying Nursing Home	Chaplaincy - What it Means	Consideration in Best Home Care
Feb 19	Thu	Turning 65? All About Medicare	Home Care & Veterans Services	Psychiatric Care	The Dental Experience
Feb 20	Fri	Power of Attorney & Super Powers	Finding Good Help at Home	Knowledge College: Senior Home Care	Capital Update
Feb 23	Mon	Best Home Care Ideas	Helping Seniors Travel Club	Home Care & Veterans Services	Durable Power of Attorney
Feb 24	Tue	Balance & Fall Prevention	Care Management - What it is	New to Florida? Know FL Elder Law	Transitional Care
Feb 25	Wed	Top 3 Public Benefits Questions	Things to Know About Elder Law	Buying/Selling/Investing in Real Estate	Great Employment for Seniors
Feb 26	Thu	Senior Living Options	Two Assisted Living Questions	Concierge Home Care	Aging Plan: Long Term Care
Feb 27	Fri	Longevity Planning	Too Many Teeth Being Extracted?	Wellness: A Medication to Know	Capital Update



Date	Day	Program	Guest	Topic
Feb 4	Wed	Helping Seniors Radio	Bill Johnson, Esq.	William A Johnson, PA Law Office
Feb 11	Wed	Helping Seniors Radio	Dr. Lee N. Sheldon	Sheldon & Furtado, PLLC
Feb 18	Wed	Helping Seniors Radio	Yazmin Alfonso (AARP Florida)	Angie Higgins (One Senior Place)
Feb 25	Wed	Helping Seniors Radio	Jennifer Barton	Seniors Helping Seniors



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.