



# Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

MARCH 2026

**Making Life Better for Seniors!**

**Your 2026! Aging Plan!**



Inside:  
Good Information to help you  
Navigate Your Plan!

**Getting Our Legal Ducks in a Row!**



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



Let's Graduate  
top of your Class!

Things to Know  
as you GO  
on Life's Journey.



**HELPING SENIORS 4TH THURSDAY  
SENIOR EDUCATION SERIES**

**The Knowledge  
College For Aging**

**Helping Seniors  
Wellness Series**



**Craig Lansing**  
Project Manager



**Dr. Kevin Kilday**  
President/Dean



Janney Roofing

10am Your Aging Plan:  
**The Value in Keeping  
our Homes Repaired**



11am Wellness Series:  
**Holistic Approach  
to Addiction Recovery**

**Thursday March 26<sup>th</sup> - 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



**A New Planet.**

**Kerry Fink**  
Executive Director - Helping Seniors

There's a **NEW** planet in the Helping Seniors universe—thanks to our friends at AARP and Older Adults Technology Services. It's called **Senior Planet**, and Helping Seniors of Brevard is now an officially licensed Senior Planet location! This partnership allows us to offer free, expert-led technology classes designed to help older adults build confidence and sharpen digital skills.

**Senior Planet** partners with more than 450 community-based sites across 35 states, delivering a proven curriculum that brings world-class technology training to local communities. Now that Helping Seniors has "landed" on **Senior Planet**, we're building on the success of last year's Senior Tech Talk programs and expanding opportunities for seniors and their families to stay connected and informed in today's digital world.

Our first official **Senior Planet** class, "**Healthcare & Tech at a Glance**," will be held at 1:00 p.m. Friday, March 13th, at the Senior Resource Center under the auspices of **Bri Prentice**, our "millennial" instructor, who leads this next phase of our program to equip Seniors, and their families, with the technology tools required of us as we advance in coming years.

While you're calling to RSVP for this free class, be sure to reserve your seat for our **FREE & FUN** 4th Thursday Education Series as well. At 10:00 a.m., **Craig Lansing** of **Janney Roofing** will present at Knowledge College for Aging on the importance of home maintenance and protecting your investment. At 11:00 a.m., **Dr. Kevin Kilday** will lead the Helping Seniors Wellness Series with a presentation on a holistic approach to addiction recovery.

Join us March 26 from 10:00 a.m. to 12:00 noon (and every 4th Thursday) at the Senior Resource Center, 1344 S. Apollo Blvd., 2nd Floor, Melbourne. All programs are free and open to the public. Enjoy learning, community fellowship, snacks, and door prizes! Call us at 321-473-7770 to RSVP or please visit [HelpingSeniorsofBrevard.org](http://HelpingSeniorsofBrevard.org) for details.

See you at the Senior Resource Center soon!

**Healthcare & Tech at a Glance.**  
**SENIOR PLANET**  
FROM AARP

**Senior Tech Talk:**  
Helping Seniors Feel Confident with Technology  
1:00pm-2:30pm  
Friday - March 26<sup>th</sup> 2026



Brianna "Bri" Prentice  
Senior Tech Talk  
Coordinator & Speaker



Getting our  
"Tech" Ducks  
in a Row!

RSVP  
(321) 473-7770

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

**Call 321-473-7770 for Info & RSVP**  
[HelpingSeniorsofBrevard.org](http://HelpingSeniorsofBrevard.org)





# Helping Seniors Of Brevard



## Planning Ahead: Understanding VA Support for In-Home Care

Julie Goulet  
Thrive USA Home Care



## It's a New Year! Let's Review!

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

On the Space Coast, planning ahead matters—whether it's preparing for hurricane season, managing health changes, or helping a loved one stay safe at home. The best outcomes usually come from having a plan before a crisis.

For many veterans and surviving spouses in our community, there may be additional support available through VA benefits that can help make aging at home safer and more manageable. These benefits may help cover in-home assistance such as help with daily activities, mobility support, meal preparation, respite for family caregivers, or companionship. The purpose is to support independence and reduce stress on families.

The challenge is that many people don't know what they may qualify for, what documentation is needed, or where to start. VA programs can feel complicated, and it's easy to postpone the process until care is urgently needed—when decisions feel rushed and overwhelming.

That's why it can help to speak with a trusted local resource early. Thrive USA Home care supports veterans and families by helping them understand VA-related options, organize next steps, and connect with appropriate in-home care resources so seniors can remain safely at home for as long as possible.

If you or a loved one served, consider adding a "VA benefits review" to your planning checklist. Learning what may be available now can make a meaningful difference later. Call 321-407-2727 or email [julie@thriveusahomecare.com](mailto:julie@thriveusahomecare.com)

It's a new year. That means it is time to review the past year. You should be getting your documents together and reviewing your legal, financial, and medical records.

Review your legal documents such as your last will and testament, revocable living trust, durable power of attorney, designation of health care surrogate and living will. Do these documents reflect your current wishes? Has there been a major life event in the family that would change the persons named in the documents? Has there been a death, birth, divorce, or other event that warrants changing your documents?

A new year means tax time! So, review your financial records and get them in order for your tax preparer. Have you made your contributions to your retirement plans? Have you received the records to show any capital gains from the buying or selling of securities, crypto currency, real estate, etc.? Review your investments. Do your investments meet your current goals? Are you retiring soon? What effect will that have on your portfolio?

Lastly, has your health changed in the past year? What does that mean for your legal, financial, and medical documents? Will you need long-term care soon? Will you be able to stay home? What effect will these decisions have on who will be your decision maker in the event you cannot make your own decisions?

If needed, get with an elder law attorney to help navigate these tricky questions. [FloridaElderLaw.net](http://FloridaElderLaw.net)



## Getting Your Legal Ducks in a Row!

Katie Jackson Stolz  
Law Office of Amy B Van Fossen

All too often, a loved one talks about their wishes but never puts them in writing. When this happens, even the best intentions can lead to confusion and family conflict. Getting your legal ducks in a row starts with putting a clear plan on paper.

A smart first step is executing a Durable Power of Attorney (DPOA). This legal document allows you to appoint a trusted agent to handle your financial and legal affairs if you become incapacitated or otherwise unable to act for yourself. Without a valid DPOA, your family may be forced to seek costly court intervention just to manage routine matters.

Not all DPOAs are created equal. There are a lot of inadequate DPOAs out there. Unfortunately, you may not discover that your DPOA is inadequate until it is too late to sign a new one. A DPOA drafted by an experienced elder law attorney can avoid future headaches and will include provisions specifically designed for the aging process, such as planning for long-term care, benefits, and asset protection.

Other essential estate planning documents may include a Living Will and Health Care Surrogate, Last Will and Testament, Revocable Living Trust, and a Declaration Naming Preneed Guardian.

While there are many benefits to having an aging plan in writing, one of the most important is peace of mind. Clear legal documents help prevent misunderstandings and unnecessary stress. A little planning now can spare your loved ones a great deal later. [AmyBVanFossen.com](http://AmyBVanFossen.com)



## Staying Active with Confidence!

Liz Taylor RN  
Touch of Excellence Senior Foot Care

March in Florida means warmer weather, longer days, and opportunity to increase outdoor activities. As the weather becomes more beautiful, you make plans to go outside for a walk, spend time gardening, traveling or enjoy community events. March also includes National Senior Games Week, March 16-22, 2026. This event celebrates healthy movement and it may inspire you to be active too!

Regular physical activity supports strength, balance, circulation, and mental well-being. However, foot health is frequently overlooked when discussing mobility and fall prevention. As a healthcare professional, who works with seniors in their homes, I often see how foot discomfort can quietly limit activity. Pain, thickened nails, and calluses can negatively impact balance and make walking uncomfortable, increasing the risk for falls, joint strain, and back pain. Routine, preventative foot care supports comfort, stability, and confidence with movement.

Whether training for a Senior Games activity, enjoying a walk, or simply staying busy with family, friends, or hobbies, it is easier to stay active when your feet feel better. Warmer weather encourages movement and connection. National Senior Games Week is a reminder that it is never too late to stay active. This March, focusing on foot health can help support safe movement, independence, and confidence - in the comfort of your home. Contact Liz Taylor RN at 321-341-7925 or visit [www.Touch-of-Excellence.com](http://www.Touch-of-Excellence.com)



**No Leprechauns Required;  
Simple Steps to Protect Your Wishes**

**Cheryl Ward, Esq.  
Law Firm of Cheryl A. Ward, PL**



**The Care Gap  
No One Talks About**

**Jennifer Barton  
Seniors Helping Seniors**

March brings St. Patrick's Day shamrocks and reminders of good fortune. But when it comes to your legal affairs, protecting your wishes shouldn't be left to luck.

"Getting Your Legal Ducks in a Row" simply means making sure the right planning documents are in place before a crisis occurs. Families often encounter court involvement because no plan existed when illness or incapacity arose.

A few key steps can make all the difference:

- Have a Will or Trust in place to direct how your assets pass.
- Sign a Durable Power of Attorney to authorize someone to handle finances if you cannot.
- Complete healthcare directives to guide medical decisions.
- Ensure property deeds and beneficiary designations align with your plan.
- Store documents safely but accessibly and tell trusted individuals where to find them.

Without these tools, families may face Guardianship or Probate, causing emotional strain during already difficult times. The government has a process for those who don't plan; however, it's not often the route you'll want to take.

The Law Firm of Cheryl A. Ward, PL focuses on Elder Law, Estate Planning, Probate, and Guardianships. We deal with these issues daily. We help individuals and families prepare so their wishes are honored and loved ones are protected.

Call at (321) 372-8177 to discuss how we can assist you and your family – no luck required.

When families, and seniors themselves, think about "senior care", they often imagine a crisis. But for many older adults, challenges begin much earlier, in a quieter space often overlooked: the care gap.

This is the stage where a senior may still live independently, yet subtle changes begin to surface. Fatigue, shortness of breath on simple walks, or withdrawing from social routines can be early indicators of heart health concerns. Vision changes are just as easy to miss, increasing safety risks and isolation.

Because these changes happen gradually, they're often dismissed as "just aging." But left unaddressed, they can impact independence and overall well-being. Early, non-medical support can make a meaningful difference.

At Seniors Helping Seniors®, caregivers spend unhurried time with clients in their homes, sharing meals, providing companionship, and assisting with daily routines. This consistency allows caregivers to notice subtle shifts and communicate concerns early, before small issues become larger problems.

Equally important, companionship itself supports wellness. Staying connected, gently active, and emotionally supported plays a role in both heart health and overall quality of life.

Care doesn't always begin with a crisis. Sometimes, the most effective support comes earlier, by paying attention, and offering help - preserving independence for as long as possible.

Visit [SeniorsHelpingSeniors.com/Brevard](https://SeniorsHelpingSeniors.com/Brevard) or call 321-722-2999.



## Understanding Medicare Plans: PPO, HMO, and HMO-POS Explained Simply

Kara Davis  
Moore Insurance Solutions

When choosing a Medicare Advantage plan, many seniors feel overwhelmed by unfamiliar terms like PPO, HMO, and HMO-POS. Understanding the basic differences can make choosing the right coverage much easier.

An Health Maintenance Organization (HMO) plan is usually most budget-friendly option. With HMO, you choose a primary care doctor and generally stay within the plan's network. Referrals are often required to see specialists. If you value lower costs and don't mind staying within a set group of doctors, an HMO may work well.

A PPO (Preferred Provider Organization) plan offers more flexibility. You can see doctors in or out of the network, and referrals are typically not required. PPO plans are popular with seniors who want freedom to choose providers, though monthly premiums and out-of-pocket costs may be higher.

An HMO-POS (Point of Service) plan is a blend of both. You still select a primary care doctor and primarily use the network, but you may have limited out-of-network coverage when approved. This option works well for people who want structure with some flexibility.

There is no one-size-fits-all Medicare plan. Your doctors, prescriptions, travel habits, and budget all matter.

At Moore Insurance Solutions, we help seniors understand these options in simple terms and choose coverage that truly fits their needs. If you have questions or want help reviewing plans, I invite you to reach out. Call 321-272-0218 ext. 2 or email at [kdavis.agent@gmail.com](mailto:kdavis.agent@gmail.com)



## Getting Your Roof Inspected

Craig Lansing  
Janney Roofing

As homeowners, we're told to "get our legal ducks in a row" when it comes to wills, insurance policies, and important documents. But one area people often overlook is their roof, and it plays a bigger role in your legal and financial protection than you might think. Your roof isn't just a structure; it's a documented asset.

Insurance companies rely heavily on proof: proof of condition, maintenance, & damage. Without clear documentation, even the most well-written policy can leave you exposed. That's where a professional roof inspection becomes more than maintenance task, it becomes part of your legal preparedness.

A thorough inspection provides dated photos, written findings, and a baseline of your roof's condition. If a storm hits and you need to file a claim, that documentation becomes your strongest evidence. It eliminates questions about pre-existing damage, speeds up the claims process, and protects you from unnecessary out-of-pocket expenses.

As someone who's spent decades in the insurance world and now serves homeowners through Janney Roofing, I've seen how powerful proper documentation can be. A simple inspection today can prevent disputes, delays, and financial stress tomorrow.

Getting your roof inspected isn't just smart homeownership, it's smart legal planning, and it's one of the easiest steps you can take to protect your home and your peace of mind. To schedule roof inspection with Janney Roofing. Call me at 321-480-2095 and I'll take care of you.



# Helping Seniors Of Brevard



A Cleaner Home  
Can Mean a Safer Home

Jamie Nissen  
Sunshine Carpet Cleaning



Trusted Handyman Services  
for our 55+ Community

Hansen's Handyman  
Services & Construction

As we age, many of us focus on staying healthy, active, and independent. While doctor visits and legal planning often top the list, one important factor is sometimes overlooked: the cleanliness and safety of our home environment.

Carpets, rugs, and upholstered furniture can quietly collect dust, allergens, pet dander, and even bacteria over time. For seniors, especially those with respiratory conditions, allergies, or compromised immune systems, these hidden irritants can affect overall health and comfort. In addition, soiled or worn carpeting can increase the risk of slips and falls—one of the most common causes of injury among older adults.

Professional carpet and upholstery cleaning do more than improve how your home looks. Deep cleaning helps remove embedded debris, improves indoor air quality, and can restore traction to carpet fibers, making walking surfaces safer. Clean upholstery also reduces odors and allergens, creating a fresher, more comfortable living space for both residents and visiting family members.

At Sunshine Carpet Cleaning, we understand the unique needs of seniors. Our trained technicians use safe, effective cleaning methods designed to protect your home while delivering thorough results. We take pride in being reliable, respectful, and mindful of our customers' comfort throughout the cleaning process.

A clean home supports peace of mind—and peace of mind supports independence. Call us at 321-536-8883 or visit [CarpetCleaningMelbourneFL.com](http://CarpetCleaningMelbourneFL.com).

Hansen's Handyman Services is a family-owned and operated Christian business that has proudly served Palm Bay and the surrounding Brevard County area since 2009 and have helped homeowners feel confident and comfortable in their homes by providing reliable, honest handyman services they can trust.

We understand that as homes age, small repairs and maintenance items can quickly become frustrating or even unsafe. This is where we come in.

Our focus is on everyday handman work that helps keep your home in good shape, such as minor repairs, general upkeep and projects that improve safety and peace of mind. No job is too small, and every project is treated with care and respect.

At Hansen's Handyman Services, our mission is simple: Show up when we say we will, communicate clearly and do the work right the first time. We are fully insured and properly registered with both the City of Palm Bay and Brevard County, and we are proud to maintain an A+ rating with the Better Business Bureau. We are pleased to offer senior and military discounts as a way of giving back to our community. For your convenience, we accept cash, checks, and all major credit cards.

To learn more about our services, please visit [HansensHomeRenovations.com](http://HansensHomeRenovations.com)

We look forward to earning your trust and helping you stay safe, comfortable, and confident in your home.



## The Brevard County Real Estate Market

Mark Gallegos  
Real Broker, LLC

Today I want to touch on two topics that come up in real estate conversations: current market trends in Brevard County and the role of service dogs.

**First, the market** - Brevard continues to show steady activity with a median home sale price of \$369,900, reflecting a stable pricing environment. The median rent sits at \$2,095 per month, giving both renters and investors a clear sense of local affordability. Homes are taking a bit longer to sell, with average days on market rising to 83, an increase of about 10.67% year over year. Inventory is healthy, too, around 7,800 active listings, which creates a balanced market where buyers have options and sellers can still price strategically. Overall, it's a market that rewards patience, preparation, and good guidance.

**Second, service dogs & property** - In Brevard County, individuals with disabilities are legally entitled to be accompanied by a service animal. These dogs are trained to perform specific tasks for the individual. Emotional support dogs, while not classified as service animals, provide comfort for conditions such as anxiety, panic disorders, PTSD, and social phobias. Understanding the difference between service animals and emotional support animals helps buyers, sellers, and landlords navigate situations with clarity and compassion. After all, our dogs are family, and in real estate, that emotional connection often matters just as much as the numbers. Make your next move a smart one. © MARK GALLEGOS at ValueREmsg@gmail.com



## Why Your Bite May Matter More Than Cavities or Gum Disease

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

When we talk about oral health, most people think about cavities and gum disease. But there is a third factor that is often overlooked...your bite.

We don't use our teeth only for chewing. Our teeth support the jaw. When we close our mouths, up to 28 teeth (excluding wisdom teeth) are designed to share that load. When only a few teeth touch, those teeth absorb far more stress than they were designed to handle.

Recently, I saw a patient who had only three teeth in contact when she closed her mouth. One of those teeth, a front tooth—was loose, and she was preparing to have it extracted. Before discussing surgery, I checked her bite. My first recommendation wasn't extraction—it was adjusting the bite so more teeth could share the load.

Imagine one or three teeth absorbing pressure when fourteen teeth on one arch should be working together.

You can do a simple screening at home using thin cellophane. Cut it into strips about a quarter inch wide and three inches long. Bite down gently on one pair of upper and lower teeth. The teeth should grip the cellophane. If it slides out easily, that tooth is likely not in contact.

This simple "cellophane test" can reveal how bite forces are distributed and give you valuable information to discuss with your dentist about protecting your teeth long-term

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Drs Sheldon & Furtado - Solid Bite  
(321) 259-8000

**ADVOCATE & SENIOR PLACEMENT**

**Senior Care Authority SILVER**  
 1344 S. Apollo Blvd. Ste. 2C, Melbourne  
[SeniorCareAuthority.com/brevardfl](http://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](http://AmyBVanFossen.com)  
 321-345-5945; (fax) 321-345-5417

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 1370 Sarno Rd Ste G, Melbourne  
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 321-372-8177

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**Member: Joe's Senior Resource Center**  
 1751 Sarno Rd Ste. 2, Melbourne  
[RhodesLawPA.com](http://RhodesLawPA.com)  
 321-610-4542

**Truman Scarborough Law Office**  
 239 Harrison St., Titusville  
[TrumanScarborough.com](http://TrumanScarborough.com) - 321-267-4770

**William Johnson, P.A. PLATINUM**  
 140 Interlachen Dr., Suite B, Melbourne  
[FloridaElderLaw.net](http://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](mailto:AFTA101@advocatesfortheaging.com)  
 321-953-2273

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 1344 S Apollo Blvd - Ste 2C, Melbourne  
[ArosaCare.com/Orlando](http://ArosaCare.com/Orlando)  
 321-352-5527 [StacieMartin@ArosaCare.com](mailto:StacieMartin@ArosaCare.com)

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 3912 W Eau Gallie Blvd, Melbourne FL  
[www.drleesheldon.com](http://www.drleesheldon.com)  
 321-259-9980

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**Mobile Dermatology Health**  
**P** 321-414-4829 **F** 321-414-3459  
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 321-253-7914

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 321-341-7925 – [Touch-of-Excellence.com](http://Touch-of-Excellence.com)

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**IN HOME CARE**

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

**Senior Helpers of Melbourne** SILVER  
*Senior Care, Only Better!*  
Personal home Care; Household tasks; Errands  
Free Life Profile consultation: 321-844-8650

**Seniors Helping Seniors** SILVER  
1600 Sarno Rd, Ste #113, Melbourne FL 32935  
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  
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jldm253@aol.com | 321-720-4526

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[Solutions@VickiMooreInsurance.com](mailto: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

**Senior Solutions Mind & Body** SILVER  
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Transitional Care & Memory Support  
Care That Cares, Solutions That Last  
321-429-2677 | [SesoMindBody@gmail.com](mailto:SesoMindBody@gmail.com)

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**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](http://SpaceCoastMobility.com)

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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

**PHYSICAL THERAPY / FITNESS**

**Island Mobile Physical Therapy**  
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 (321) 307-4364 - [laurahill@islandmobilept.org](mailto:laurahill@islandmobilept.org)

**PODCAST**

**Time with Terri Podcast** **SILVER**  
 Brevard's very own podcast about Senior Care.  
 Terri Petzar - [TimewithTerriShow@gmail.com](mailto:TimewithTerriShow@gmail.com)  
 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**  
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 Rock Steady Boxing for Parkinson's Disease  
 2176 Sarno Rd. Ste. 102 - Melbourne  
[AdvanceFitness@RSBAffiliate.com](mailto:AdvanceFitness@RSBAffiliate.com) - 321-693-9246

**ROOFING / WINDOWS / DOORS**

**Janney Roofing** **SILVER**  
 Experience "The Janney Difference"  
 Craig Lansing, Project Consultant CCC1334170 CGC1532814  
 321-480-2095 [JanneyRoofing.com](http://JanneyRoofing.com)

**ROOFING**

**DC Roofing**  
 284 West Dr - Unit B - Melbourne FL 32904  
 321-802-9051 [DCRoofingBrevard.com](http://DCRoofingBrevard.com)

**SENIOR LIVING**

**Residences at Zon Beachside** **PLATINUM**  
 Independent Senior Living  
 1898 S. Patrick Drive, Indian Harbour Beach  
[TheResidencesatZonBeachside.com](http://TheResidencesatZonBeachside.com)  
 321-777-8840

**SENIOR LIVING**

**Zon Beachside** **PLATINUM**  
 Assisted Living / Memory Care  
 1894 S. Patrick Drive, Indian Harbour Beach  
[ZonBeachside.com](http://ZonBeachside.com)  
 321-777-8840

**SENIOR RESOURCE CENTER**

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

**SPEECH THERAPY**

**Proclaim Communication and Rehab.**  
 Services - Outpatient Speech Therapy  
[www.proclaim-services.com](http://www.proclaim-services.com)  
 321-209-0171

**SPIRITUAL/MENTAL/NATURAL HEALTH**

**Faith Walk By Two** **SILVER**  
**Member: Joe's Senior Resource Center**  
 Chaplain Ken Cornish  
[chaplainken@faithwalkbytwo.org](mailto:chaplainken@faithwalkbytwo.org)  
 321-381-5988

**Faith College of Natural Health** **SILVER**  
 Dr. Kevin Kilday  
[HolisticHealthCtr@gmail.com](mailto:HolisticHealthCtr@gmail.com)  
 321-549-0711

**TRAVEL**

**Helping Seniors of Brevard Travel Club**  
[travelcenterusa@gmail.com](mailto: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



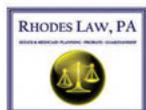
**Arosa Care**  
(321) 321-352-5527  
Stacie.Martin@ArosaCare.com



**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



**Time with Terri Podcast**  
TimewithTerriShow@gmail.com  
YouTube.com/@TimewithTerri



## Helping Seniors Platinum Sponsors



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



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



WILLIAM A. JOHNSON, P.A.  
WILLIAM A. JOHNSON, P.A.  
WILLIAM A. JOHNSON, P.A.

**William A. Johnson, P.A.**  
(321) 253-1667  
FloridaElderLaw.net



**Zon Beachside Assisted Living**  
(321) 777-8840  
ZonBeachside.com



## Helping Seniors Silver Sponsors

**Advocates for the Aging, Inc.** - (321) 953-2273  
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

## MARCH 2026

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

#### 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

#### Friday - March 13th - 100pm-230pm - Senior Planet - Senior Tech Talk

Senior Planet is the flagship program of Older Adults Technology Services from AARP and the "Senior Resource Center" is now a licensed location for free programs that help older adults build technology skills to allow them to improve their health, make new friendships, save money, and advocate in their communities. This month: "Healthcare & Tech at a Glance" - Let's learn to navigate technology safely and efficiently with millennial expert Bri Prentice. Free, fun & informative.

#### Thursday - March 26th - 10am-11am - Knowledge College for Aging

Join Helping Seniors Executive Director Kerry Fink for a hands-on planning session to

help us get our Aging Plans organized this year! Coffee/Snacks + great info!

#### Thursday - March 26th - 11am-12nn - Helping Seniors Wellness

"Holistic Approach to Addiction Recovery" - Dr. Kevin Kilday (Dean/President/Founder of Faith College of Natural Health" draws on his life-time of experience in Addiction Counseling to provides insight into help families navigate the complexities of all forms of addictions and paths for recovery.

#### AARP/Helping Seniors Events:

#### Friday - March 6th - 1100am-100pm - AARP Chapter #1413 Meetup

Gleason Park - 1233 Yacht Club Blvd - Indian Harbour Beach

#### Friday - March 13th - 845am-945am - AARP Walk with a Doc

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

Join special guest Walk leader and long-time friend of Helping Seniors, Dr. Lee Sheldon, of Drs. Sheldon & Furtado - Solid Bite, and your friends from Helping Seniors on-site for this fun and healthy morning together.

#### Monday - March 16th - 1100am-100pm - AARP Chapter #2622 Meetup

BCASCA Center - 2174 Harris Avenue - Palm Bay

#### More Great Events:

#### Tuesday - March 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

#### Helping Seniors Car Raffle Fun:

#### Saturday - March 28th - 1000am-300pm - Celebration of Cars

American Muscle Car Museum - 3500 Sarno Road - Melbourne. Look for Helping Seniors on-site at the fun event presented by the Antique Auto Club of Cape Canaveral and get your Helping Seniors Car Raffle tickets on-site

## CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Mar 1	Mon	Learning about Natural Health	Checking Out Zon Beachside	Things to Know Elder Law	Care Management - What it is
Mar 2	Tue	Periodontal Disease	Helping Seniors Directory	Psychiatric Care	Senior Information in Senior Scene
Mar 3	Wed	Considerations in Best Home Care	Finding a Good Place for Mom or Dad	Medicare Supplement or Advantage?	Guardianship: The Basics
Mar 4	Thu	Longevity Planning	Buying/Selling/Investing in Real Estate	Chaplaincy - What it Means	Wellness: Footcare
Mar 5	Fri	Understanding Medicare Options	Wellness: Skin Health	Rock Steady Boxing	Capital Update
Mar 9	Mon	Faith College of Natural Health	Chefs for Seniors	How to Cruise Successfully	Aging Plan: Retirement Finances
Mar 10	Tue	Concierge Home Care	Elder Law Services	Turning 65? All About Medicare	Two Assisted Living Questions
Mar 11	Wed	Updating Your Estate Plan	Probate - What it is & How it Works	AARP / Hometown News	Importance Comprehensive Evaluation
Mar 12	Thu	Helping Seniors Travel Club	Transitional Care	Best Home Care Ideas	Considerations in Best Home Care
Mar 13	Fri	Great Employment for Seniors	Advances in Medical Research	Aging Plan: Medicare/Medicaid	Capital Update
Mar 16	Mon	Home Care & Veterans Services	Alzheimer's & Walk to End Alzheimer's	Buying/Selling/Investing in Real Estate	Learning about Natural Health
Mar 17	Tue	Downsizing & Seniors	Rock Steady Boxing	Finding Good Help at Home	Aging Plan: Your Legal Plan
Mar 18	Wed	Family Home: Keep, Sell, Transfer?	When is Assisted Living Appropriate?	Senior Expos & Events	Durable Power of Attorney
Mar 19	Thu	Care Management - What it is	Senior Information in Senior Scene	Balance & Fall Prevention	Helping Seniors Travel Club
Mar 20	Fri	Psychiatric Care	The Parts of Medicare	Longevity Planning	Capital Update
Mar 23	Mon	In Home Care Giving	Too Many Teeth Being Extracted?	What Happens After the Funeral?	Downsizing & Seniors
Mar 24	Tue	Power of Attorney & Super Powers	Considerations in Best Home Care	Faith College of Natural Health	Senior Living Options
Mar 25	Wed	Chaplaincy - What it Means	Helping Seniors & MSC Cruises	Cosmetic Dentistry	Home Care & Veterans Services
Mar 26	Thu	Two Assisted Living Questions	Understanding Medicare Options	Don't Go Broke Paying Nursing Home	Transitional Care
Mar 27	Fri	Concierge Home Care	Wellness: Fall Prevention	Wellness: Express Thoughts Clearly	Capital Update
Mar 30	Mon	Finding a Good Place for Mom or Dad	Probate: The Basics & The Process	Helping Seniors Directory	Wellness: Senior Health Mind & Body
Mar 31	Tue	Buying/Selling/Investing in Real Estate	Longevity Planning	Senior Information in Senior Scene	Great Employment for Seniors



Date	Program	Special Guest
Mar 4	Helping Seniors on Elder Law	Bill Johnson, Esq. (William A Johnson)
Mar 11	Helping Seniors on Your Smile	Dr. Lee N. Sheldon (Solid Bite)
Mar 18	Helping Seniors on Good for Seniors	Kerry Fink (Helping Seniors)
Mar 25	Helping Seniors on Help at Home	Jennifer Barton (Seniors Help 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 FL 32937. The Helping Seniors Travel Club is operated by Senior Travel division of The Travel Center - CST # 20000881-10 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.