



## Getting Our Financial Ducks in a Row!

Inside:

**Planning Today  
for a Secure Tomorrow.**

**Navigating the  
Financial Challenges  
of the  
Sandwich Generation.**

**Reviewing Your  
Florida Estate Plan  
to Protect Your Assets.**

## Your 2026! Aging Plan!

## Making Life Better for Seniors!



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



**Carlos Cuesta**  
Owner



10am Your Aging Plan:

**Well Being &  
Home Care**

**Helping Seniors  
Wellness Series**



**Jaimie & Amy Powell**  
Owners



11am Wellness Series:

**Making Your Home  
Safe as We Age**

**Thursday April 23<sup>rd</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



**Let's Pick Up the Pace!**

**Kerry Fink**  
Executive Director - Helping Seniors

We're celebrating 15 years of Helping Seniors and 3 years of our Senior Resource Center in Melbourne, FL—and we are picking up the pace! With more seniors than ever before calling Brevard County home, it's more important than ever for us to continue doing our best to make life better for those who connect with Helping Seniors!

To that end, thanks for letting me highlight some great things coming up! And, you can always stay up to date by checking the Helping Seniors calendar in each Senior Scene® Magazine, visiting our website at [HelpingSeniorsofBrevard.org](http://HelpingSeniorsofBrevard.org), or following us on Facebook, Instagram, X, or LinkedIn. Information is also always just a phone call away at our 321-473-7770 Senior Information Helpline!

(1) Our Senior Planet "Senior Tech Talk" classes held every 2nd Friday 1pm at our Center are expanding our ability to use technology to improve our lives. Join us April 10th to learn what that "mysterious" term "Cloud Storage" really means and how it can be an important tool for you!

(2) Our 4th Thursday Knowledge College at 10am, helps us "Get Our Ducks in a Row" for our aging plans, and our Wellness Series at 11am, focused on maximizing vitality - both make for a great free double-header morning filled with information, good snacks, great people, and door prizes.

(3) Our Nourish Your Spirit events, in partnership with Senior Helpers of Melbourne and Chef Jillian of Chefs for Seniors, return April 9th—a fun way to learn—and taste—nutritious cooking.

A few dates to "save" on your calendar as well... Our popular Scam Jam series with AARP returns to The Brennity at Melbourne in Viera May 15th, so now is a great time to RSVP for your free seat. And, keep Sunday afternoon, October 25th, open for our 10th Annual Car Raffle/Sunday at the Museum fundraiser!

All of our events are free—it's our service to the community as a 501(c)(3). That's why we always ask those who are able to support the work of Helping Seniors!

**SENIOR PLANET**  
FROM AARP

**Cloud Storage - What to Know!**

1:00pm-2:30pm - Friday April 10<sup>th</sup> 2026



Brianna "Bri" Prentice  
Senior Tech Talk  
Coordinator & Speaker



Getting our  
"Tech" Ducks  
in a Row!

Free Senior Tech Training at the Senior Resource Center  
1344 S Apollo Blvd - 2nd Floor - Melbourne FL

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





## Planning Today for a Secure Tomorrow.

**Nancy Deardoff**  
Operations Director - Helping Seniors

Have you thought about what financial security means for you as you age? For many seniors, financial planning can feel overwhelming, but taking time now to review and organize your finances can bring peace of mind and greater confidence about the future. Financial planning is not just about numbers, it is about protecting your independence, supporting your lifestyle, and preparing for life's unexpected changes.

One of the first considerations for seniors is understanding income sources. Social Security, pensions, retirement accounts, and investments all play a role in monthly cash flow. Reviewing how and when to draw from these resources can help ensure income lasts throughout retirement.

It may also be helpful to reassess your budget, considering rising costs such as healthcare, insurance, utilities, and daily living expenses. If you own your own home or condo, it is important to consider other expenses such as HOA fees, special assessments, homeowners insurance and property taxes. Don't forget to plan on home maintenance such as a new roof, lawn care, house painting, and home repair costs.

It may be an uncomfortable topic, but vital to getting your financial ducks in a row, it is important to consider the death of a spouse or partner. Will you still be able to support your lifestyle if your spouse/partner passes away and you lose that income.

Healthcare planning is another critical piece of financial security. Medical costs often increase with age, and expenses

such as prescriptions, long-term care, and in-home support can add up quickly.

Seniors should review Medicare coverage, supplemental insurance options, and long-term care planning to avoid unexpected financial strain. Planning ahead allows you to make informed choices rather than rushed decisions during a health crisis.

Estate and legacy planning are also important considerations. Updating wills, powers of attorney, healthcare directives, and beneficiary designations help ensure your wishes are respected and reduce stress for loved ones. Clear planning can prevent confusion and protect the people and causes that matter most to you.

Another key aspect of financial planning is protecting against fraud and financial exploitation. Seniors are often targeted by scams, so staying informed, reviewing accounts regularly, and working with trusted professionals can help safeguard hard-earned assets. Never hesitate to ask questions or seek guidance if something does not feel right.

Finally, remember that financial planning is not a one-time task. Life circumstances change, and regular check-ins allow you to adjust plans as needed. Whether you are newly retired or well into your golden years, proactive financial planning can help you feel more secure, prepared, and confident about the road ahead.

By getting your financial ducks in a row with the right information and support, you can plan for the future while continuing to enjoy life today.



For more info or to donate:  
**Helping Seniors of Brevard**  
**321-473-7770**  
**HelpingSeniorsofBrevard.org**



**Capernaum Place - Thoughtfully  
Designed, Affordable Apartments  
Now Available to Seniors**

**Dwight Bell**  
Capernaum Place - Wings of Grace

Across Brevard County, one of the most pressing challenges facing our community is access to stable and affordable housing. For many residents, particularly seniors on fixed incomes, finding a safe and affordable place to live can be difficult. Capernaum Place, a new development in Melbourne, was created in response to this need, combining quality housing with a mission rooted in faith, compassion, and service.

Capernaum Place is the result of a partnership between the Wings of Grace Ministries, WAYS for Life, as well as the Housing Authority of Brevard County.

The development provides thoughtfully designed, affordable apartments for older adults, offering a safe and comfortable environment where residents can enjoy independence while staying connected to a supportive community.

The vision for Capernaum Place goes beyond providing housing. It is designed to be a place where residents can thrive physically, socially, and spiritually. Seniors

can participate in community activities, life-enrichment programs, and faith-based initiatives that encourage personal growth and social connection. From communal spaces for fellowship to opportunities for mentorship and volunteering, the development fosters a sense of purpose and belonging.



*Clean, Modern Living at Capernaum Place*

At the heart of Capernaum Place is a strong spiritual foundation. The name "Capernaum" comes from the biblical town where Jesus performed many of His miracles, bringing healing, teaching, and restoration. This history inspired the development's vision: just as Capernaum was a place of renewal and compassion, Capernaum Place seeks to be a place where lives are strengthened, hope is renewed, and seniors can experience dignity and peace of mind in every aspect of life.



*Capernaum Place - 444 Grove Ln - Melbourne FL*



# Helping Seniors Of Brevard

## CAPERNAUM PLACE

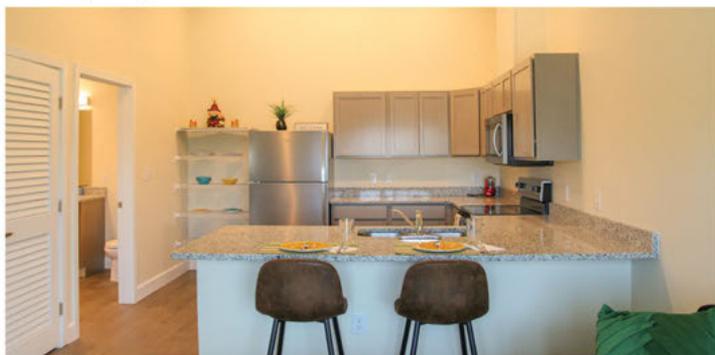


Faith has long guided communities in caring for one another. Older adults in Brevard County have spent lifetimes contributing to their communities, raising families, volunteering, serving in churches, and supporting neighbors. Capernaum Place honors that legacy by creating a safe, welcoming environment where seniors can continue to live full, meaningful lives. Housing stability is essential for maintaining independence, security, and well-being, and the development reflects a commitment to supporting seniors in every aspect of life.

For seniors in Brevard County who value faith, compassion, and community, Capernaum Place is more than housing. It is a place to connect, grow, and live with dignity, a ministry in action, offering hope, stability, and God's love to those who need it most.



Comfortable One Bedroom Dwelling Units



Beautiful Interiors with Vaulted Ceiling

Capernaum Place stands as a testament to what happens when faith and community come together with a shared purpose. Rooted in Christian values and dedicated to service, the development embodies the belief that everyone, especially seniors, deserves a place of safety, encouragement, and belonging.



Large, Easy-to-Access Restrooms

For more information please visit [www.capernaumplace.com](http://www.capernaumplace.com) or phone **Wings of Grace at (321) 327-2164.**



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



**National Parkinson's Awareness Month: Celebrating Eight Years of Rock Steady Boxing Melbourne**

**Janice Moia**  
Rock Steady Boxing at Advance Fitness



**Navigating the Financial Challenges of the Sandwich Generation with Support from Senior Helpers**

**Kristine Walsh**  
Senior Helpers of Melbourne

## **Empowering Brevard's Parkinson's Community Through Fitness and Fundraising**

April marks National Parkinson's Awareness Month, a time to spotlight the challenges faced by those living with Parkinson's disease and to celebrate the organizations making a difference.

Rock Steady Boxing Melbourne has proudly served the central and south Brevard communities for eight years, offering specialized non-contact boxing classes tailored for people with Parkinson's. With a dedicated roster of 98 clients, the program provides physical, mental, and social benefits, improving balance, strength, coordination, and overall quality of life.

Rock Steady Boxing's unique approach helps participants manage symptoms, build confidence, and connect with others who understand their journey.

This month, the community is invited to join the Pickleball Fundraiser on April 18, 2026. The event aims to raise funds and awareness, ensuring continued support for Parkinson's fighters. Together, we can knock out Parkinson's one punch, and one paddle at a time.



Please feel free to call us: 321-693-9246  
Rock Steady Boxing at Advance Fitness

Many adults today find themselves in the "sandwich generation," juggling the financial and emotional responsibilities of caring for aging parents while still supporting their own children. According to Caregiver.com, this balancing act can grow increasingly stressful as medical costs, caregiving needs, and household obligations mount, all while careers and personal finances require attention.

Financial strain can show up in many ways, from paying for long-term care services to covering everyday needs, all while trying to save for the future. Caregiver.com emphasizes the importance of planning, budgeting, and seeking support, whether that means consulting a financial advisor or tapping into community resources to ease the load. (caregiver.com)

At Senior Helpers, we understand the pressures that come with caring for loved ones while maintaining your own family's well-being. In-home care support can make a measurable difference in both emotional and financial balance. Our trained caregivers can assist with daily tasks, medication reminders, mobility support, and companionship, allowing family members to preserve time for work, kids, and their own self-care.

By partnering with Senior Helpers, families can reduce the risk of burnout, avoid costly emergency trips, and create a level of consistency that benefits everyone involved. We work with you to customize care plans that fit your loved one's needs and your family's budget.



## Reviewing Your Florida Estate Planning Documents Is Essential To Protecting Your Assets.

**Gregory J. Schwendeman, Esq.**  
Rhodes Law, P.A.

Estate planning is not something you should create once and then forget. Life changes, laws change, and your financial situation may change over time. Regularly reviewing your Florida estate planning is essential to protecting your assets and maintaining peace of mind.

**Life Changes Can Affect Your Plan:** Major life events can significantly impact how your estate plan should be structured. Marriage, divorce, the birth of a child or grandchild, the death of a family member, or even relocating to Florida can all affect your estate planning needs.

**Florida Law Changes Over Time:** Estate planning laws in Florida are not static. Changes in tax law, probate procedures, and trust regulations can impact how effective your plan is.

**Your Assets May Have Changed:** Over time, most people acquire new assets or change how their assets are titled. You may purchase property, open new investment accounts, start a business, or receive an inheritance.

**Ensuring Your Key Roles Are Still Appropriate:** Estate plans often designate trusted individuals to serve in important roles such as personal representative, trustee, or agent under the power of attorney. Over time, these individuals may relocate, become unable to serve, or no longer be the best choice for you.

Regularly reviewing your Florida estate planning documents helps ensure your assets are protected and your wishes are honored. Call Rhodes Law, P.A., today, for a free initial consultation at 321.610.4542.



## April is Parkinson's Awareness Month: How Physical Therapy Helps Fight Back

**Peter Renz, DPT, Owner**  
FYZICAL Therapy and Balance Centers  
Brevard Beaches.

Few people know that boxing exercises are the secret weapon against Parkinson's to reclaim one's life. At our clinics in Indialantic and Melbourne Beach, we witness every day how movement can change lives, particularly through specialized physical therapy and programs like Rock Steady Boxing.

### The Science of the "Punch"

Parkinson's disease thrives on stillness, causing stiffness, slower reactions, and a frightening increase in fall risks. At FYZICAL, we combat this with "forced intense exercise." Research shows that THE high intensity, multi-directional movements found in boxing can help the brain "rewire" itself, improving gait and coordination in ways traditional gym workouts cannot.

**More Than a Workout.** As a proud Rock Steady Boxing affiliate, we don't just offer a class, we offer a community. Our non-contact, boxing-inspired workouts are specifically engineered for those with Parkinson's to improve:

**Balance & Footwork:** Training the brain to navigate uneven surfaces safely.

**Voice Projection:** Strengthening the muscles used for speech and swallowing.

**Confidence:** Replacing the fear of falling with the power of a physical victory.

This April, we invite you to join us in raising awareness, supporting loved ones, and learning more about how physical therapy can help people with Parkinson's live stronger, more confident lives.

*To learn more or schedule an assessment, contact FYZICAL Therapy & Balance Centers – Brevard Beaches today.*



# Helping Seniors Of Brevard



## The Brevard County Housing Market

**Mark Gallegos**  
Real Broker, LLC

Brevard County's housing market has entered a more stable and predictable phase in 2026. Average home values are holding near \$336,000, reflecting a modest 3.8% year-over-year adjustment that signals normalization rather than decline. Increased inventory has reduced pressure on buyers and sellers alike, with homes averaging about 51 days on the market.

Strong equity continues to anchor the market. More than 102,000 homes are owned free and clear, and over 195,000 properties carry equity above 50%, limiting distressed sales and supporting price stability. This environment has allowed me to continue achieving successful sales, and I expect that momentum to carry forward throughout 2026.

Many retirees are using this balanced market to downsize, leveraging built-up equity to move into smaller, lower maintenance homes while improving cash flow and simplifying daily living.

With steady employment, consistent demand, and reduced volatility, Brevard County offers seniors a reliable setting for thoughtful real estate decisions. For those considering a move this year,

Understanding your options can make all the difference.

**Contact me at:**  
**ValueREMSG@gmail.com**



## The Doctor as Advisor

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

### **"You're the doctor, you decide."**

I used to accept that premise. I don't anymore.

Over the years, both as a dentist and as a patient, I've come to see the limits of a model of care where decisions are simply handed down. Physicians and dentists bring expertise, experience, and judgment to the table and that matters greatly. But the person sitting across from us brings something just as important: their own knowledge, values, tolerance for risk, and willingness to invest effort in their health.

In dentistry, the connection to overall health is clear. Periodontal disease and cavities are not isolated problems. Yet professional training, medical and dental alike often focuses narrowly on procedures, medications, and protocols, sometimes at the expense of the bigger picture. Good healthcare requires a broader view.

As dentists, we know what we know and we also know what we don't. In our practice, this means offering options, explaining risks and benefits, and sometimes recommending not treating when treatment would not help. Sometimes it's better to watch and wait. That's why your questions, concerns, and opinions are always welcome here.

Today, patients have access to more information than ever before. Used thoughtfully, that knowledge leads to better decisions.

Our role isn't to command. It's to advise, because the best decisions are made with patients, not for them.

### 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

**Law Office of Cheryl A. Ward, P.L.** SILVER  
1370 Sarno Rd Ste G, Melbourne  
[CAWLawOffice.com](http://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](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

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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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321-698-7973 - [SimplyKleans@gmail.com](mailto:SimplyKleans@gmail.com)

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**Sheldon & Furtado, PLLC** PLATINUM  
3912 W Eau Gallie Blvd, Melbourne FL  
[www.drleesheldon.com](http://www.drleesheldon.com)  
321-259-9980

### DERMATOLOGY / MOBILE HEALTH

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[Info@MobileDermHealth.com](mailto:Info@MobileDermHealth.com)  
[MobileDermatologyHealth.com](http://MobileDermatologyHealth.com)

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1600 Sarno Rd, Ste #113, Melbourne FL 32935  
SeniorCareBrevard.com  
321-722-2999

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**Member: Joe's Senior Resource Center**  
1501 Robert J Conlan Blvd NE, Ste 140, Palm Bay  
SynergyHomeCare.com  
321-340-3828

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jldm253@aol.com | 321-720-4526

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1344 S. Apollo Blvd, Ste 2-C, Melbourne  
[Solutions@VickiMooreInsurance.com](mailto:Solutions@VickiMooreInsurance.com) | 321-272-0218

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**MEALS AT HOME**

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**Robert Brennan MD SILVER**  
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1344 S Apollo Blvd - Melbourne 32901  
Phone – 321-724-1084

**Senior Solutions Mind & Body SILVER**  
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321-429-2677 | [SesoMindBody@gmail.com](mailto:SesoMindBody@gmail.com)

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**MEDICAL EQUIPMENT**

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

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**MEDICAL RESEARCH**

**Flourish Research – Merritt Island**  
60 Fortenberry Rd – Merritt Island  
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321-221-0224

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**MOBILITY**

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321-372-1355 [SpaceCoastMobility.com](http://SpaceCoastMobility.com)

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Balance, Fall Prevention, Vertigo  
321-372-3090

**FYZICAL Therapy & Balance Center**  
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Balance, Fall Prevention, Vertigo  
321-327-7889

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Terri Petzar - [TimewithTerriShow@gmail.com](mailto: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**  
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321-223-5665 - [FlamazingRealEstate@gmail.com](mailto:FlamazingRealEstate@gmail.com)

**ROCK STEADY BOXING/PARKINSON'S**

**Rock Steady Boxing at Advance** SILVER

Rock Steady Boxing for Parkinson's Disease  
2176 Sarno Rd. Ste. 102 - Melbourne  
[AdvanceFitness@RSBAffiliate.com](mailto:AdvanceFitness@RSBAffiliate.com) - 321-693-9246

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321-480-2095 [JanneyRoofing.com](http://JanneyRoofing.com)

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321-777-8840

**SENIOR LIVING**

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[ZonBeachside.com](http://ZonBeachside.com)  
321-777-8840

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**Joe's Senior Resource Center of Brevard**  
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321-473-7770 | [HelpingSeniorsofBrevard.org](http://HelpingSeniorsofBrevard.org)

**SPEECH THERAPY**

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**SPIRITUAL/MENTAL/NATURAL HEALTH**

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**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**

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We create "trips of a lifetime" for seniors



**THE 7<sup>TH</sup> ANNUAL FOUNDATION CRUISE  
HELPING SENIORS OF BREVARD**

Jan 9<sup>th</sup>-16<sup>th</sup> 2027 - 7-Night Cruise Round Trip Port Canaveral





# Helping Seniors Of Brevard



## Helping Seniors Senior Resource Center Partners



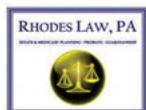
**Arosa Care**  
(321) 321-352-5527  
Stacie.Martin@ArosaCare.com



**FLamazing Real Estate**  
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FLamazingRealEstate@gmail.com



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**William A. Johnson, P.A.**  
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**Zon Beachside Assisted Living**  
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## Helping Seniors Silver Sponsors

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

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

### 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

### Vitas Healthcare

(321) 751-6674 - Vitas.com

The Official



## SENIOR SERVICES DIRECTORY

HelpingSeniorsDirectory.com



# Helping Seniors Info Series

**APRIL 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

**Thursday - April 9th - 1100am-1230pm - Nourish Your Spirit Cooking Class**

Celebrity Chef Jillian Zebris, of Chefs for Seniors, and Senior Helpers of Melbourne, bring the

popular "Nourish Your Spirit" Cooking Class to the Senior Resource Center for lunch! Doctor-approved easy recipes + tastings too! Free class. RSVP required..

**Friday - April 10th - 100pm-230pm - Senior Planet - Senior Tech Talk**

Senior Planet is our free program help older adults build technology skills. This month: "Cloud Storage" - with millennial expert Bri Prentice. Free, fun & informative.

**Thursday - April 23rd - 10am-11am - Knowledge College for Aging**

"Getting Good Help at Home" with Carlos Cuesta (Synergy Home Care) - Tips on Home Care and how to find the right help at the right time. Coffee/Snacks + great info!

**Thursday - April 23rd - 11am-12nn - Helping Seniors Wellness "Making Your Home Safe" -**

Jaimie & Amie Powell (Next Day Access) share tips on Ideas and Home Modifications to keep our homes safe as we get older. Coffee/Snacks

**Thursday - April 9th + April 16th + April 23rd + April 30th - Intro to Holistic Health**

Free 4-part College Course "Intro to Holistic Health" with Dr. Kevin Kilday, Dean & Founder of Faith College of Natural Health. RSVP Required - Class size limited

**AARP/Helping Seniors Events:**

**Friday - April 3rd - 1100am-100pm - AARP Chapter #1413 Meetup** Gleason Park - 1233 Yacht Club Blvd - Indian Harbour Beach

**Friday - April 10th - 845am-945am - AARP Walk with a Doc.** Merritt Square Mall - 777 E Merritt Island Cswy - Merritt Island FL. Join Lydia Rivera, ARNP, Walk with a Doc - on-site for a fun & healthy morning together.

**Monday - April 20th - 1100am-100pm - AARP Chapter #2622 Meetup**

BCASCA Center - 2174 Harris Avenue - Palm Bay

**More Great Events:**

**Tuesday - April 21st - 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

**Wednesday - April 22nd - 1000am-100pm - Mega Senior Expo** Melbourne Auditorium - 625 E Hibiscus Blvd - Melbourne FL  
Join Helping Seniors at this great Platinum Expos FREE Senior Mega event.

**Friday - April 24nd - 1000am-200pm - Boomer Bash Senior Fest** Viera Community Center - 2300 Judge Fran Jamieson Way - Viera FL. Join Helping Seniors at this great Platinum Expos FREE Senior Mega event.

**Helping Seniors Car Raffle Fun:**

**Saturday - April 18th - 800am-1200pm - Praise & Pistons Car Show.** Calvary Chapel Melbourne - 2995 Minton Rd - West Melbourne FL. Look for Helping Seniors on-site and get your Helping Seniors Car Raffle tickets!

**Saturday - April 18th - 1000am-200pm - All European Car Show.** American Muscle Car Museum - 3500 Sarno Road - Melbourne FL. Look for Helping Seniors on-site and get your Helping Seniors Car Raffle tickets!

**Saturday - April 25th - 300pm-600pm - Brevard Alzheimer's BBQ & Car Raffle.** American Muscle Car Museum - 3500 Sarno Road - Melbourne FL. Look for Helping Seniors on-site and get your Helping Seniors Car Raffle tickets!

## CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Apr 1	Wed	Understanding Medicare Options	Wellness: Skin Health	Buying/Selling/Investing in Real Estate	Avoiding Probate
Apr 2	Thu	Rock Steady Boxing	Finding a Good Place for Mom or Dad	The Parts of Medicare	Senior Info in Senior Scene
Apr 3	Fri	Wellness: Mind and Body	The Helping Seniors Directory	Periodontal Disease	Capital Update
Apr 6	Mon	What an Elder Law Attorney Can Do	Cosmetic Dentistry	Considerations in Home Care	Wellness: Footcare & Wellness
Apr 7	Tue	Making Plans for Retirement	Senior Expos & Events	Helping Seniors Travel Club	Turning 65? All About Medicare
Apr 8	Wed	Durable Power of Attorney	Checking Out Zon Beachside	Transitional Care	In Home Care Giving
Apr 9	Thu	Medicare Supplement or Advantage?	Faith College of Natural Health	Hometown News / AARP	Rock Steady Boxing
Apr 10	Fri	The Business of Helping Seniors	Best Home Care Ideas	Finding a Good Place for Mom or Dad	Capital Update
Apr 13	Mon	Buying/Selling/Investing in Real Estate	Chefs for Seniors	Understanding Medicare Options	Probate - What it is/What it Does
Apr 14	Tue	Considerations in Home Care	Concierge Home Care	New to Florida? Elder Law to Know	Two Assisted Living Questions
Apr 15	Wed	Senior Info in Senior Scene	Care Management - What it is	Learning about Natural Health	Helping Seniors - 15 Year of Service
Apr 16	Thu	Wellness: Express Thoughts Clearly	Safe & Secure at Home	The Vial of Life	Wellness: Mind & Body
Apr 17	Fri	Periodontal Disease	Wellness: College of Natural Health	Your Aging Plan: Medicare/Medicaid	Capital Update
Apr 20	Mon	Finding a Good Place for Mom or Dad	Two Assisted Living Questions	Best Home Care Ideas	Safe and Secure at Home
Apr 21	Tue	Finding Good Help at Home	Rock Steady Boxing	Important: Comprehensive Evaluation	Your Aging Plan: Long Term Care
Apr 22	Wed	Hometown News / AARP	Power of Attorney & Super Powers	Chefs for Seniors	Considerations in Home Care
Apr 23	Thu	Transitional Care	Helping Seniors Travel Club	The Business of Helping Seniors	The Helping Seniors Directory
Apr 24	Fri	Your Aging Plan: Your Legal Plan	Golden Provides Business to Business	Concierge Home Care	Capital Update
Apr 27	Mon	Helping Seniors - 15 Years of Service	Best Home Care Ideas	Periodontal Disease	How to Cruise Successfully
Apr 28	Tue	Things to Know Elder Law	Medicare Supplement or Advantage?	Senior Info in Senior Scene	Don't Go Broke Paying Nursing Home
Apr 29	Wed	Faith College of Natural Health	Great Employment for Seniors	Transitional Care	Finding a Good Place for Mom or Dad
Apr 30	Thu	Two Assisted Living Questions	Turning 65? All About Medicare	Rock Steady Boxing	Buying/Selling/Investing in Real Estate



Date	Program	Special Guest
Apr 1	Helping Seniors on Elder Law	Bill Johnson, Esq. (William A Johnson)
Apr 8	Helping Seniors on Your Smile	Dr. Lee N. Sheldon (Solid Bite)
Apr 15	Helping Seniors on Scam Jam	Karen Civitate (AARP Brevard)
Apr 22	Helping Seniors on Help at Home	Jennifer Barton (Seniors Help Seniors)
Apr 29	Helping Seniors on Medicare/Medicaid	Jerry Hadlock Jr. (Medicare Agent)



*Helping*  
**SENIORS**  
**TRAVEL CLUB**

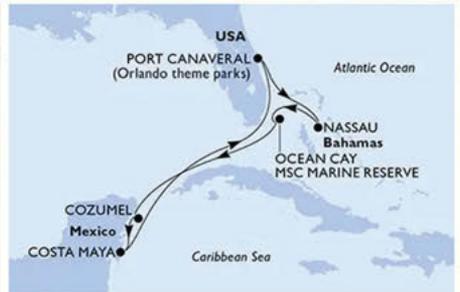
# THE 7<sup>TH</sup> ANNUAL FOUNDATION CRUISE HELPING SENIORS OF BREVARD

Jan 9<sup>th</sup>-16<sup>th</sup> 2027 - 7-Night Cruise Round Trip Port Canaveral

**Sail with Brevard Friends to Ocean Cay and More!**



Meet your Helping Seniors friends back on the luxurious MSC Grandiosa for our 7th Annual Helping Seniors Foundation Cruise - and bring the whole family! Make January 2027 special on our 7-night Bahamas & Mexico sailing! We look forward to welcoming you on board!



## 7th Annual Helping Seniors Foundation Cruise

- Pricing shown includes:
- \* Cabin \* All Port Charges \* All Taxes
  - \* Gratuities \* Meals \* Beverage Package
  - \* Wi-Fi \* Special Events
  - \* Travel Insurance
  - \* Donation - Helping Seniors of Brevard

**Balcony - As low as \$1,402 pp including Gratuities**  
**Outside - As low as \$1,341 pp including Gratuities**  
**Inside - As low as \$1,182 pp including Gratuities**  
**Yacht Club - \$3,586 pp including Gratuities**  
 (based on double-occupancy)

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



**SeniorTravel**  
 Your Senior Travel Specialist  
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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 # 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.



# THE ALASKA CRUISE HELPING SENIORS OF BREVARD

Jun 2026 - 7-Night Cruise Round Trip Seattle

**Sail with your Brevard Friends!**



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



## The Alaska Helping Seniors Foundation Cruise

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

(Round Trip Seattle)

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

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



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