

Your 2026! Aging Plan!

Inside:

Let's Celebrate
Older Americans Month



CHAMPION YOUR HEALTH: MAY 2026

Staying Active After 65

Aging & Your Voice:
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Aging in America

Health Aging Starts
with a Plan!



Getting Our Ducks in a Row!

CHAMPION YOUR HEALTH

OLDER
AMERICANS
MONTH
MAY 2026



Making Life Better for Seniors!



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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**



Chris Morse
Director



10am Your Aging Plan:

**Travel is
the Best Medicine!**

**Helping Seniors
Wellness Series**



Grant Southwell
Stroke Survivor



Stroke Awareness Month

11am Wellness Series:

**Let's Talk
About Stroke**

**Thursday May 28th - 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



**Champion Your
Online Health!!**

Kerry Fink
Executive Director - Helping Seniors

Yes! May is Older Americans Month and this year the theme is Championing Your Health! Inside Helping Seniors News, you will find all kinds of great information that supports living your best life through wellness!

For a minute, though, let's talk about your Online Health! We are talking about that, more often than not, our Medical Providers, Insurance Companies and our Pharmacies are looking for us to be on their "Apps" to take care of common medical things like checking in for appointments to seeing if our prescriptions are ready.

But for many of us, "App" could be a foreign word and the usual answer is "Ask your 9-year-old grandkids ... they know!" Much better, though, is learning these skills for yourselves - in case that wonderful grandchild is not immediately available!

Helping Seniors, dedicated to all things Senior Navigation, is really leaning into this idea - now as a licensed Senior Planet location - with our Senior Tech Talks led by our millennial instructor, Bri Prentice. Every 2nd Friday, 1pm, is our workshop and, this time, May 8th, Bri is covering AI and Disinformation - so call (321) 473-7770 and RSVP your seat today.

And AI and Disinformation is a great lead-in to the Second part of talking about Online Health ... i.e., staying safe from Scams. I'd like to remind you that you are invited to RSVP for our free May 15th Scam Jam Viera edition that happens 10am-2pm on that Friday at The Brennity at Melbourne.

Great speakers to include State Attorney Will Sheiner, who publishes The Monthly Brief, a monthly exposé of the latest scams that the bad guys are trying, as well as Elder Law Attorney Greg Schwendeman, who shares on the Top 10 Scams against Seniors. Plus, friends from the Brevard County Sheriff's Office and the AARP Fraud Watch Network will join us well. Lunch is free - as is the Official "Scam Jammer" certificate awarded to all at end of Session but space is strictly limited to 50 participants so please call today and ensure your spot. Call us today (321) 473-7770 and let's Champion Your Online Health!

SENIOR PLANET
FROM AARP



AI & Disinformation

1:00pm-2:30pm - Friday May 8th 2026



Britanna "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





Let's Celebrate Older American's Month.

Nancy Deardorff
Operations Director - Helping Seniors



May is Older Americans Month.

Tami Leeberg ARNP
Senior Solutions Mind & Body

Older Americans Month established in 1963 as Senior Citizens Month and later renamed, highlights how older Americans strengthen families, workplaces, and communities via caregiving, volunteering, mentoring, military service, and civic leadership. It also invites the nation to consider the opportunities and challenges that come with longer life expectancy such as staying healthy physically, mentally, emotionally, and cognitively.

Helping Seniors is dedicated to helping Brevard County Seniors by providing Senior Care Navigation, information, education, advocacy, and resources. Also we are encouraging and helping seniors to develop a personalized aging plan, or longevity plan if you will. Your Aging Plan is one that prepares you for the future. Seniors are living longer today than ever before, and it is vital that we plan. An Effective aging plan includes a plan for health and wellbeing, legal needs, financial needs, household needs, transportation, senior living, end of life issues and so much more.

As we come together in May, let us take time to celebrate Older Americans Month and bridge the generational gap, we have much to learn from each other. younger generations and younger

Older Americans Month affirms dignity, promotes inclusion, and encourages planning so people can age safely, engaged, and with choices.

Thanks to all who support our charitable organization. We cannot do this alone, but together we can continue Helping Seniors!

Older Americans Month, observed each May, is a meaningful time to celebrate the strength, wisdom, and contributions of older adults while emphasizing the importance of maintaining overall health.

Staying physically active is one of the most effective ways seniors can support their health. Activities such as walking, gentle yoga, or light strength training can improve balance, flexibility, and cardiovascular function. Movement not only helps prevent chronic conditions like heart disease and diabetes but also reduces the risk of falls, one of the leading concerns for older adults.

Mental health is important. Many seniors experience loneliness, life transitions, or memory concerns that impact emotional well-being. Social connections, hobbies, and cognitive activities can help maintain mental sharpness and improve mood. Simple steps like staying connected with loved ones or participating in community programs make a meaningful difference.

Senior Solutions Mind & Body, LLC helps seniors who have had to be hospitalized transition home more easily. We serve as the bridge between the hospital or rehabilitation facility and your other physicians. We also support mental health needs and provide cognitive evaluations in the privacy and comfort of your home.

Older Americans Month reminds us that aging can be a vibrant and fulfilling stage of life. By supporting both physical and mental health, we empower seniors to continue thriving.



**Staying Active After 65:
Supporting Your
Body and Your Mind.**
Cheryl A. Ward, Esq.
Law Firm of Cheryl A. Ward

Staying active as we age is one of the most effective ways to maintain independence, improve health, and support emotional well-being. It doesn't require rigorous workouts to make a meaningful difference.

Simple activities like a daily walk can help strengthen the heart, improve balance, and lift mood by reducing stress. Gentle stretching also helps keep the body flexible and can ease everyday tension. For those with limited mobility, exercises that can be performed sitting down provide a safe way to stay strong while also improving circulation and energy levels.

Most importantly, be sure to listen to your body and move at your own pace. Small, regular efforts can lead to lasting improvements in both body and mind.

Just as your physical and emotional health benefit from care and attention, so does planning for the future. Taking simple steps now can help protect your independence and bring peace of mind for you and your loved ones. Proactive planning through estate planning, elder law, and business strategies can help protect your independence and provide peace of mind.

Whether preparing wills and trusts, navigating probate, or addressing guardianship needs, having a plan in place ensures your wishes are honored.

To learn more about safe and supportive ways to stay active, or to start your estate planning journey, contact the Law Firm of Cheryl A. Ward at (321) 372-8177.



**Healthy Aging
Starts with a Plan.**
Denise Bergman
Senior Care Authority

May is recognized as Older Americans Month, as well as a time to focus on senior health and fitness. While we often think of health in terms of diet and exercise, there is another important piece that is frequently overlooked, having an aging plan.

As families, we tend to wait until something happens before discussing next steps. A fall, a hospitalization, or noticeable changes in memory can quickly turn into urgent decisions that feel overwhelming. In those moments, it's easy to feel unprepared. Taking a proactive approach can make all the difference.

Healthy aging isn't just about staying physically active, it's about understanding your options, having open conversations with loved ones, and putting a plan in place before it's needed. This might include exploring what different levels of support look like, from in-home care to independent living, assisted living, or memory care.

Starting these conversations early allows seniors to express their preferences and maintain a sense of control.

Every situation is unique, and having someone to guide you through the process can help bring clarity and peace of mind. If you've been thinking about "what's next," this is the perfect time to start the conversation.

Denise Bergman
Owner, Certified Dementia Practitioner,
Certified Senior Advisor.
Senior Care Authority: 321-341-8444

VITAS[®]
Healthcare

Expert insights
from VITAS during
Older Americans
Month.

At VITAS® Healthcare, Older Americans Month serves as a reminder of our mission to deliver compassionate end-of-life care with heartfelt empathy. For nearly five decades, VITAS has been a trusted leader in hospice, ensuring patients and families feel seen, heard and supported during some of life's most challenging moments. If you or a loved one has an advanced illness, keep these tips in mind:

Consider hospice as soon as you or your loved one is eligible, when life expectancy is six months or less. Hospice services can be provided in the privacy of your own home, or in assisted living, memory care, or long-term care setting.

Ask hospice providers if they offer specialized care for specific diagnoses. For example, VITAS earned the American Heart Association (AHA) Palliative/Hospice Heart Failure certification. This recognition means that hospice-eligible seniors who choose VITAS will receive personalized care aligned with AHA science-based, evidence-driven standards for heart failure care at the end of life.

Find out about the support hospice providers offer for acute, complex, or uncontrolled symptoms. Our team can provide around-the-clock care at VITAS Inpatient Hospice Center at Rockledge on a temporary basis, when needed. Once a patient's symptoms are stabilized or they no longer require 24/7 monitoring, they can be transitioned to routine hospice care in the environment they call home.

Learn more at VITAS.com.
Vitas Healthcare: 321-751-6671



**Aging and Your Voice:
What Seniors Need to Know.**

Shavonne Mariscal MS, CCC-SLP, MBA
Proclaim Communication

As we age, changes can impact our voice, often making communication more challenging.

How Aging Affects Your Voice

Natural aging affects vocal quality due to brain, muscle, and hormone changes. The size and strength of vocal muscles decrease, while hormonal changes can shift pitch, lower for women and higher for men. This can cause a weaker, breathier voice that tires easily and is harder to hear in noisy environments or on phone calls.

Simple Steps to Protect Your Voice

Take steps to maintain vocal health:

- **Stay Hydrated:** Drink water regularly to keep your vocal cords lubricated.
- **Minimize Irritants:** Limit exposure to dust and smoke and reduce or eliminate smoking and alcohol use.
- **Practice Good Posture:** Stand tall and breathe deeply to support a stronger voice.
- **Avoid Overuse:** Rest your voice when tired and avoid vocally abusive behaviors such as grunting and shouting.

Seeking Support

If you notice persistent hoarseness or trouble projecting your voice, consult an ENT (Ear, Nose, and Throat doctor). They can evaluate your condition and refer to a speech-language pathologist for voice therapy. Therapy can strengthen vocal folds, improve breath support, and help you regain control over pitch and volume.

Protecting your voice helps you stay engaged with loved ones and your community. For more information, call Shavonne at Proclaim Communications 321-209-0171.



Helping Seniors Of Brevard



**Guiding Seniors with Experience,
Compassion, and Care**

**Carlett Delliquadri, Broker Owner
Flamazing Real Estate Inc.**

When it comes to real estate later in life, the decision is about so much more than selling a home, it's about your health, safety, finances, and your future.

Many agents hold the Senior Real Estate Specialist (SRES) designation, which provides a helpful foundation for serving clients 50+. It's an important credential, and I always encourage seniors to work with a realtor who understands their unique needs.

What sets my approach apart is the depth of experience I bring as a nurse of more than 30 years, caring for seniors in Brevard County and walking alongside families through life's transitions, while partnering with a trusted team of professionals to support you every step of the way.

I understand how mobility impacts your home. I can help you evaluate whether aging in place is still safe, or if it's time to consider other options. I don't just list homes, I help create a thoughtful, personalized transition plan that supports you every step of the way.

As a Broker, SRES, and nurse, I bring both professional expertise and genuine compassion to every client I serve. My goal is to make this next chapter feel more manageable, supported, and even empowering.

Call me for a free consultation. Let's create a plan together, so you can make these decisions on your terms.

**Carlett Delliquadri, Broker Owner
Flamazing Real Estate Inc.
Cell: 321-223-5665**



Aging in America

**Carlos Cuesta CDP
SYNERGY HomeCare Brevard**

Aging in America is reshaping the nation's social, economic, and healthcare landscapes. As life expectancy rises and birth rates decline, the proportion of older adults continues to grow. This shift brings both opportunities and challenges. On one hand, older Americans contribute valuable experience, mentorship, and volunteerism to their communities.

An aging population also places increased pressure on healthcare systems and social services. Chronic conditions such as heart disease, diabetes, and dementia become more prevalent with age, driving demand for long-term care and specialized support. Programs like Social Security and Medicare face sustainability concerns as fewer workers support a larger retired population.

Social isolation is another critical issue. Many seniors live alone, which can negatively impact mental and physical health. Communities are responding with initiatives that promote engagement, accessibility, & age-friendly environments.

Hiring a home care agency for companionship and personal care is also very popular and cost effective. Most seniors prefer to stay at home.

Technology is playing a growing role in improving quality of life for older adults, from telehealth services to smart home devices that support independent living. Still, access and digital literacy remain barriers for some.

Addressing aging in America requires coordinated efforts to promote healthy aging, so that longer lives are not only possible, but meaningful and dignified.



**May - A Time for Growth,
Renewal and Meaningful Change**

**Dr. Kevin Kilday
Faith College of Natural Health**

May is recognized as Mental Health Awareness Month, a time when the energy of spring encourages growth, renewal, and a deeper commitment to personal well-being. This time of year offers a powerful opportunity to check in with ourselves and make intentional choices that support balance between mind, body, and spirit.

Let's begin with the mind. In today's world prioritizing mental health is a sign of strength, not weakness. If needed, seeking help from a therapist or counselor can provide valuable tools to manage stress, anxiety, depression, or unresolved challenges. Consider supplementation for help with anxiety and depression. These are all backed by clinical studies but talk with your doctor first.

Physical health is just as essential. Partnering with a nutritionist or personal trainer can help develop practical, personalized plans for movement, nourishment, and overall wellness. These approaches emphasize long-term vitality, increased energy, and confidence.

Spiritual well-being brings everything together. Taking time for prayer and meditation, connecting with your God, can foster a sense of peace and purpose. By supporting the mind, body, and spirit, we position ourselves to grow, heal, and thrive, not just in May, but throughout the year.

Dr. Kevin Kilday, PhD, State Certified Recovery Specialist, Dean @ Faith College of Natural Health, www.fcnhedu.com,
Email: drkilday@gmail.com



**Seniors Adore Us &
We Cherish Our Seniors!!!!**

**Chris Morse
Helping Seniors Travel Club**

The Helping Seniors of Brevard Travel Club plays a vital role for seniors across Florida.

Here's what we offer:

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6. We beat prices offered directly by travel vendors.
7. The Helping Seniors Travel Club is the only agency dedicated to giving back to the senior community.
8. Our Travel Club advisors' partner with travel vendors who support Florida's Seniors and offer special rates just for you!
9. Our advisors are seniors themselves, so they know exactly how to create the perfect cruise or vacation tailored to your wishes.
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11. We offer unique travel programs throughout the year, featuring amazing deals on cruises and land packages you'll love.

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The Brevard County Housing Market

Mark Gallegos
Real Broker, LLC

As I speak to potential home buyers during 2026, buyers are more concerned about the economy and mortgage rates than they are about home prices. The average rate on the 30-year fixed mortgage hit a low of 5.99% the day before the Iran war started and is now near 6.5%.

The 2026 spring housing market is well underway, yet analyst's expectations are falling short due to the war in Iran and its impact on both the U.S. economy and consumer sentiment, so buyer demand is dropping, and homes are sitting on the market longer.

Buyers tell me that mortgage rates remain the primary reason they are not yet submitting offers. The average rate on the 30-year fixed mortgage hit a low of 5.99% the day before the Iran war. It is now hovering around 6.5%.

Locally, we expect low single-digit price appreciation (or flat prices in many metros) rather than big gains. Forecasts predict 1% or less price growth in 2026, for most Florida cities.

In Palm Bay Active Inventory is currently at 976 Units. This reflects a 4.3-month supply of inventory as reported by Florida Realtors Sun Stats. Median Time to Sale is reported as 120 days.

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 Hidden Disruptors: Why "Sugar-Free" Labels are Leading Us Astray.

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

In our modern food landscape, the "Total Sugar" line on a nutrition label rarely tells the whole story. While many of us try to avoid sugar, a new generation of processed additives has taken its place.

Maltodextrin is perhaps the most pervasive offender. Frequently found in everything from "healthy" protein powders to salad dressings and snacks, it is a white powder made from corn, rice, or potato starch. While it isn't legally an "added sugar," it possesses a glycemic index higher than table sugar. This means that consuming it causes a rapid spike in blood glucose and insulin, contributing to systemic inflammation, metabolic fatigue, and even dental erosion.

Other "hidden" culprits include refined starches and the family of sweeteners ending in "-ose," such as dextrose and maltose. These are often paired with emulsifiers, chemicals used to improve texture, which have been shown to disrupt the delicate balance of the gut microbiome. When we consume these "hidden" refined carbs, we bypass the body's natural signaling for fullness, leading to overconsumption and the dreaded "afternoon slump."

The front of a package is marketing; the back of the package is the truth. To protect your long-term health, stop looking only at the calorie count and start scanning the ingredients list.

By shifting back to whole, single-ingredient foods, we stop being a captive audience for the processed food industry and start fueling our bodies with the stability they deserve.

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

REAL ESTATE

Mark Gallegos **SILVER**
305-761-8500
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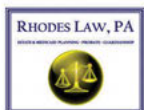
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Aqua Home Care - (321) 574-1180
Melbourne.AquaHC.com

Law Office of Cheryl A. Ward - (321) 372-8177
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 JLDM253@aol.com

Next Day Access

(321) 379-6379 - Certified Aging in Place Specialist

Platinum Events Productions

(321) 723-1454 - PlatinumEventsProduction@gmail.com

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

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

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

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

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

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

MAY 2026

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

Scam Jam Palm Bay:

Friday May 15th - 10am-2pm Workshop

Helping Seniors & AARP at The Brenny at Melbourne - 7300 Watersong Ln - Viera FL

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

Free (including Lunch) but limited to 570 participants - RSVP at (321) 473-7770

More Key Events:

Wednesday - May 13th - 1100am-100pm -

AARP Florida Senior Appreciation Day

One Senior Place - 8085 Spyglass Hill Rd - Viera
Join your Helping Seniors & AARP Florida friends for a free and fun lunch time at One Senior Place

as AARP Florida presents "Senior Appreciation Day!"

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 - May 8th - 100pm-230pm - Senior Planet - Senior Tech Talk

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

Thursday - May 28th - 10am-11am

- Knowledge College for Aging

"Travel is the Best Medicine" with Chris Morse (Helping Seniors Travel Club) - All about safe and cost-effective Senior Travel and the joy it brings! Coffee/Snacks + great info!

Thursday - May 28th - 11am-12nn - Helping Seniors Wellness

"Let's Talk about Stroke" - Grant Southwell (stroke survivor) shares important information during National Stroke Awareness month. Let's learn together! Coffee/Snacks

Tuesday - May 19th - 900pm-300pm - AARP Driver Safety Course

Low-cost Driver Safety Course presented by AARP. Earn your Safe Driver certificate - with potential insurance savings as well! Call (321) 473-7770 for details.

AARP/Helping Seniors Events:

Friday - May 1st - 1100am-100pm - AARP Chapter #1413 Meetup. Gleason Park - 1233 Yacht Club Blvd - Indian Harbour Beach

Friday - May 8th - 845am-945am - AARP Walk with a Doc Merritt Square Mall - 777 E Merritt Island Cswy - Merritt Island FL. Special Speaker: Jeaneen Mullenhard (AARP Florida) - Come join the fun!

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

BCASCA Center - 2174 Harris Avenue - Palm Bay

More Great Events:

Thursday - May 7th - 730am-930am - 14th Annual Space Coast Prayer Breakfast

The Grand Manor - 1450 Sarno Rd - Melbourne FL.

Prayer Breakfast on the 75th National Day of Prayer - Space-CoastPrayerBreakfast.com

Tuesday - May 19th - 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

Saturday - May 23rd - 800am-1200pm - Baba Senior Outreach Walk & Expo

Wickham Park - 2500 Parkway Dr - Melbourne FL

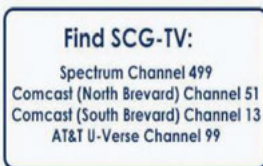
Join Helping Seniors as we support our friends at BabaSeniorOutreach.org!

Helping Seniors Car Raffle Fun: Look for Helping Seniors on-site and get your Helping Seniors Car Raffle tickets!

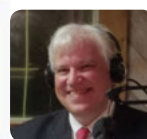
Saturday - May 16th - 800am-1200pm - Praise & Pistons Car Show

Calvary Chapel Melbourne - 2995 Minton Rd - West Melbourne FL

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
May 1	Fri	Wellness: Footcare & Wellness	How to Cruise Successfully	Durable Power of Attorney	Capital Update
May 3	Mon	Two Assisted Living Questions	Best Home Care Ideas	Concierge Home Care	Chefs for Seniors
May 4	Tue	Probate - What it is / What it Does	Learning About Natural Health	Hometown News / AARP	Buying/Selling/Investing in Real Estate
May 5	Wed	Turning 65? All About Medicare	Senior Events & Expos	The Parts of Medicare	The Helping Seniors Travel Club
May 6	Thu	Great Employment for Seniors	Express Thoughts Clearly	Guardianship - The Basics	Wellness: Mind & Body
May 7	Fri	Periodontal Disease	Considerations in Best Home Care	Longevity Planning	Capital Update
May 11	Mon	Rock Steady Boxing	The Business of Helping Seniors	Cosmetic Dentistry	Helping Seniors Services Directory
May 12	Tue	Probate: The Basics	Transitional Care	Understanding Medicare Options	Considerations in Best Home Care
May 13	Wed	Helping Seniors - 15 Years of Service	Concierge Home Care	Helping Seniors & MSC Cruises	Power of Attorney & Super Powers
May 14	Thu	Finding a Good Place for Mom or Dad	Buying/Selling/Investing in Real Estate	Best Home Care Ideas	Aging Plan: Medicare/Medicaid
May 15	Fri	Senior Info in Senior Scene	Safe & Secure at Home	Checking Out Zon Beachside	Capital Update
May 18	Mon	The Helping Seniors Travel Club	Importance of Comprehensive Eval	Golden Providers - Biz to Biz	Don't Go Broke Paying Nursing Home
May 19	Tue	Psychiatric Care	Finding Good Help at Home	What is Holistic Health	Wellness: Express Thoughts Clearly
May 30	Wed	Medicare Supplement or Advantage?	Aging Plan: The Building Blocks	Rock Steady Boxing	Two Assisted Living Questions
May 21	Thu	Chefs for Seniors	Things to Know About Elder Law	Buying/Selling/Investing in Real Estate	Turning 65? All About Medicare
May 22	Fri	Hometown News / AARP	Senior Info in Senior Scene	Wellness: Natural College of Health	Capital Update
May 25	Mon	Best Home Care Ideas	Helping Seniors - 15 Years of Service	The Business of Helping Seniors	Guardianship
May 26	Tue	Considerations in Best Home Care	Finding a Good Place for Mom or Dad	Transitional Care	Your Aging Plan: Your Legal Plan
May 27	Wed	Buying/Selling/Investing in Real Estate	When is Assisted Living Appropriate?	Periodontal Disease	Concierge Home Care
May 28	Thu	Understanding Medicare Options	Faith College of Natural Health	The Parts of Medicare	Wellness: Rock Steady Boxing
May 29	Fri	Safe & Secure at Home	Helping Seniors & MSC Cruises	Great Employment for Seniors	Capital Update



Date	Program	Special Guest	Listen On	Podcast On
May 6	Helping Seniors on Elder Law	Bill Johnson, Esq. (William A Johnson)	90.3 WEJF-FM (online WEJF.net)	
May 13	Helping Seniors on Your Smile	Dr. Lee Sheldon (Solid Bite Dental)	90.3 WEJF-FM (online WEJF.net)	
May 20	Helping Seniors on Non-Profits	All About Baba Senior Outreach	90.3 WEJF-FM (online WEJF.net)	
May 27	Helping Seniors on Help at Home	Jennifer Barton (Seniors Help Seniors)	90.3 WEJF-FM (online WEJF.net)	



Cars & Cuisine & Community

By Kerry Fink, VP/Exec Director,
Helping Seniors of Brevard

Often said that “it takes a Village to raise a child” - and we agree and, actually, have learned along the way, we are ALWAYS much better together than trying to do things on our own. Therefore, “it takes a Village” applies to almost everything we try to accomplish in our Helping Seniors organization.

When retired Navy Captain Joe Steckler launched Helping Seniors 15 years ago, his words to all of us were “it’s never easy to raise funds to keep a non-profit going” and so he always looked for fun ways that people could get involved and share in work of the organization, but also in a fun and rewarding way.

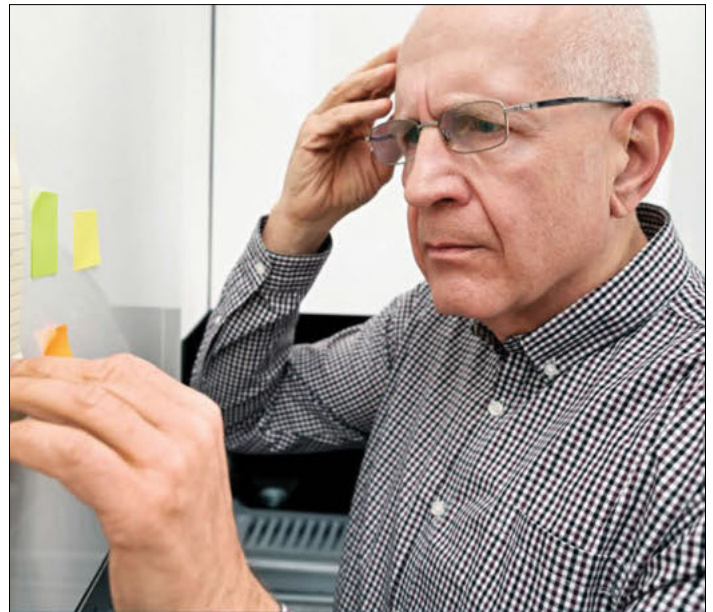
With that in mind, on June 27th, we are celebrating with a special “Open House” event at our Senior Resource Center, located at 1344 S Apollo Blvd - Melbourne FL. We decided to open up on that Saturday, 10am-2pm, with a free-to-attend Car Show outside and a free-to-attend Open House inside on the 2nd Floor, where our center is. (It is also a fundraiser for Helping Seniors - more on that in a moment!)

Cars - Our great friend and car show organizer extraordinaire Bill Antonetz, known for Praise & Pistons Car Show at Calvary Chapel and much more, is inviting all of his car show friends to present a free car show for fun on the grounds of the Senior Resource Center outside. We’ll also - of course! - have a few of the great cars you can select from when you win in our 10th Annual Helping Seniors Car Raffle October 25th at the American Muscle Car Museum!

Cuisine - Here’s the fundraiser fun that day: Celebrity Chef Jillian Zebris, of Chefs for Seniors, is gathering a dozen TOP NAME chefs in the Brevard area - including Stuart Borton, of the amazing Yellow Dog Café, who are bringing some of the best tastes in Brevard out to our Center. Affordable Taste Cards (for donation) offer up the opportunity to sip and stroll your way through some wonderful food experiences - complete with entertainment and more that Saturday!

Community - In addition to the Cars & Cuisine, many great Community Partners will be on-site at the Senior Resource Center at our free open house. Visit us and check out where our monthly education programs happen, see the Helping Seniors Helpline Center, and even record your own greeting in our state-of-the-art Podcast studio! It is free to visit and get good information for your Aging plan too!

We hope you will join us for a good Saturday for the Community on June 27th! Learn more by calling (321) 473-7770 or visit us online at our website HelpingSeniorsofBrevard.org. Let’s enjoy our time together “in the Village!” ☺



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SENIOR SCENE MONTHLY TRAVEL TIPS

Cruise Line Gratuities: Where Do Your Tips Really Go?



Senior Travel Agent Chris Morse has over 35 years travel agent experience.

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We know at Senior Travel we might disturb our cruise line vendor family, but we feel it is important to give you important information that reflects our passion for traveling on cruise ships and with tour operators.

When passengers set sail on a cruise, they often leave gratuities to show appreciation for the crew's hard work and hospitality. However, few realize that these tips don't always go directly into the pockets of

the staff members who provide service (cabin stewards, waiter staff etc.).

In fact, on

most cruise lines, gratuities are pooled and distributed among various crew roles all over the ship or land operator rather than being handed straight to individuals that made your trip wonderful!

Some of you might remember in the past when taking a cruise, you were handed envelopes from the cabin steward, the assistant cabin steward, the head waiter and the assistant waiter and possibly the Maître D' in the restaurant. That was it. You put cash in the envelope and in person you gave each cruise member the envelope with a hardy "thank you."

Not so anymore. The cruise line has now enacted a daily charge on your cruise account the gratuities of between \$16-\$22 per person per day.

According to industry practices, a portion of the gratuity is used to supplement the actual pay of all of the crew, not just the staff that work for you personally. This means that your daily charge contributes to the overall compensation package rather than serving only as a bonus.

In some cases, cruise companies retain a share of the gratuities to cover administrative expenses or balance pay structures across all departments. While this system helps ensure that all staff receive fair compensation, it also means guests' generosity is shared among many employees, not just those they interact with directly.

Cruise Line Gratuities... continued on page 45

Understanding How Cruise Companies Allocate Passenger Gratuities

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Helping
SENIORS
TRAVEL CLUB

THE 7TH ANNUAL FOUNDATION CRUISE HELPING SENIORS OF BREVARD

Jan 9th-16th 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



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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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