



Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

JUNE 2026

Making Your "Stay Home" Home Safe!



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10am Your Aging Plan:

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**Helping Seniors
Wellness Series**



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**Jerry Hadlock, Jr.
Medicare Solutions**

11am Wellness Series:

**Medicare Insurance -
Things to consider**

**Thursday June 25th - 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



Coffee with a Cop
June 16th 2026 at the Resource Center

Kerry Fink
Executive Director - Helping Seniors

Coffee and Donuts!

See you 10am on Wednesday, June 17th, at the Senior Resource Center of Brevard, 1344 S Apollo Blvd, 2nd Floor, and let's have "Coffee with a Cop!" It's a great morning session with your Helping Seniors friends as we learn how our friends in Law Enforcement are busy keeping our Seniors safe in Brevard County.

In our case, even more appropriately, we're calling it "Java with Joe" - in as much as our guest is none other than Joe Downs, of the Brevard County Sheriff's Office, who heads up Project Lifesaver - a community-based, public safety program designed to protect and locate individuals with cognitive disorders who are prone to wandering. He'll share information that covers the program's mission, technology, and success stories, providing valuable insights for caregivers, law enforcement and community members.

There'll also be time for a good Q&A session with Joe - so we can "go behind the scenes" and find out about the challenges and successes along the way in Joe's extensive career as a First Responder. And, then there are the Donuts ... 😊

Thanks to Dunkin', we'll enjoy some delicious Dunkin' coffee and donuts during our time together, and also, our Helping Seniors team will share good information on upcoming events that you won't want to miss as we ramp up our Senior Resource Information schedule to serve our Seniors even more effectively!

While you are with us, plan to spend your 11am hour, on that same day, with us as we have a special presentation, from Dr. Mike Edwards, of Faith College of Natural Health, titled "Your Memory and How to Save it!" Great tips and information to help us all maximize our Brain Power as we add the years.

Call us at 321-473-7770 to RSVP for our "Coffee with a Cop" session and our "Your Memory and How to Save it!" meeting! We look forward to a great morning out together!

Cars & Cuisine
Supporting Helping Seniors!
10am-2pm - Saturday June 27th
Senior Resource Center
1344 S Apollo Blvd - Melbourne FL

Free Show! See you there! Bring Your Car!
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Subject Lines in Texts & Emails Can Lure Seniors into Scams!

Nancy Deardorff
Operations Director - Helping Seniors

Scammers often use short, alarming subject lines or opening text messages to push people into reacting before they have time to think. Older adults are often targeted because fraudsters assume they may be more trusting of messages that appear to come from banks, delivery companies, government agencies, or technology firms. Recent guidance from the Federal Trade Commission, the National Council on Aging, and other consumer protection organizations shows that many scams begin with a false sense of urgency, such as a warning about suspicious account activity, an unpaid bill, or a prize that must be claimed right now.

Common scam subject lines and message openers include phrases such as "Suspicious activity on your account," "Your package delivery is on hold," "Payment declined," "Final notice," "You have won a prize," or "Your computer has been infected." Some messages pretend to be from Social Security, Medicare, the IRS, Amazon, a bank, or a familiar phone company. money or investment help.

The wording is designed to trigger fear, curiosity, or excitement, which may lead to someone acting before pausing.

Personally, I have received texts claiming that my pet's Brevard County license has expired and I owe a fine. (They even used the correct name of my pet!). How about "You have unpaid tolls" or a text that says "Hi, how have you been?" from a number that is not in my contact list. These are all examples of subject lines in text or emails that try to lure you in. Don't fall for it!



In many cases, the real goal is not the message itself but getting the victim onto a phone call, a fake website, or a malware-infected link.



The best defense is to pause before acting. Do not click links or call phone numbers from unexpected messages. Instead, contact the company or agency using a phone number or website you know is real. Be especially cautious of messages that demand urgent action or ask for personal information.

Seniors can protect themselves by talking with a trusted family member or friend before responding, using spam filters, and reporting suspicious messages to their phone carrier, email provider, or the FTC. A calm moment of verification can prevent a costly mistake.

Helping Seniors (321) 473-7770



Mental Health Support for Senior Veterans

Angelika Keene
UF/IFAS Extension

As veterans grow older, experiences carried through life can feel heavier. Changes in health, mobility, routines, and retirement can make life challenging, and memories from military service can resurface unexpectedly. After years of purpose and structure, stepping away from long-held roles may leave some feeling disconnected or uncertain. These factors can increase the risk of mental health concerns, yet many older veterans hesitate to seek support because mental health has not always been a socially acceptable topic. Counseling and supportive conversations can help ease this transition by offering space to reflect and rebuild a sense of meaning.

Something Feels “Off”

Noticing early signs of concern can make a meaningful difference. Changes to watch for include: withdrawal from family, friends, or activities; ongoing sadness, guilt, irritability, or worry; trouble concentrating, fatigue, or memory problems; alcohol or substance misuse; signs of suicidal thoughts or behavior. These shifts may signal that extra support is needed.

Mental Health First Aid

Find ways to strengthen your mental health or support a veteran you care about through Mental Health First Aid. This one-day class teaches practical skills for having meaningful conversations, recognizing early warning signs, and understanding the difference between a difficult day and a more serious concern. Sign up to learn how to gain confidence in offering support when it matters most.



When the Road Changes: A Safer Way to Stay Independent

Jennifer Barton
Seniors Helping Seniors

Driving has always meant freedom. But as we age, there may come a time when driving no longer feels safe or comfortable. Recognizing that moment isn't about giving something up, it's about making a smart choice for independence.

In Brevard County, transportation options can be limited, especially for seniors who want more than just a ride from point A to point B. Many services drop you off and leave you waiting, sometimes for long periods, before returning. That alone can make outings feel stressful instead of enjoyable.

That's where a more supportive approach can make all the difference.

Having a companion driver means you're not just getting a ride; you're getting someone who stays with you throughout your outing. Whether it's a doctor's appointment, grocery shopping, or lunch with friends, there's no waiting, no rushing, and no navigating alone. Even better, when the driver is a peer, someone closer in age, it often feels more like spending time with a friend than coordinating transportation.

Many seniors find that once they step away from driving, they enjoy getting out more. The stress of traffic, parking, and unfamiliar roads disappears, replaced by confidence and ease.

Letting go of the keys is never easy but with the right support, it can open the door to a safer, more enjoyable way to stay active, engaged, and independent.

Seniors Helping Seniors: 321-722-2999



Stay Safe from Scams

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

It is not Halloween, yet you should be very afraid!!! Scams targeting our seniors are on the rise! Here are just some popular scams, so YOU don't become a victim!

Artificial Intelligence Scams. Scammers use Artificial Intelligence to look and sound exactly like a family member.

Imposter Scams. Scammers impersonate friends, relatives, banks, and governments to steal your money.

Tech Support Scams. Scammers place a virus on your computer.

Online Purchase Scams. Fake websites to steal your credit card information.

Travel Scams. Fake listings for flights, hotels, and rental cars to trick you.

Refund Scams. They create fake charges on victims' accounts and then use the contact information to steal sensitive details when contacted.

Turnpike/Unpaid Ticket Scams. They send a demand for payment...or YOU WILL BE ARRESTED!

Package Delivery Scams. Texts or emails stating a package cannot be delivered, tricking recipients into clicking links that steal personal information.

Fake Charities. Play on your emotions.

Lotteries or Drawings. Requiring you to pay "taxes" BEFORE receiving the prize, and did you even buy a ticket?

If you have been scammed, you should immediately: Contact your bank to freeze your accounts. Change passwords on all accounts. Report to law enforcement and ReportFraud.ftc.gov. Save screenshots or documentation.

Gregory Schwendeman, Esq. Rhodes Law 321.610.4542 for more information.



Staying on Your Feet: Fall Prevention for Veterans and Seniors on the Space Coast

Julie Goulet
Thrive USA Home Care

Here on the Space Coast, we know how to prepare for the unexpected. Hurricane season. Rough surf. Health changes. Staying safe at home deserves that same planning.

Falls are one of the leading causes of injury among older adults and veterans. Many who served deal with joint issues, balance problems from medications, or effects from past injuries. These challenges can increase fall risk over time, often without warning.

The good news is that most falls are preventable. Simple changes make a real difference. Clear your walkways. Add grab bars in the bathroom. Improve your lighting. Wear supportive footwear. Staying active with strength and balance exercises helps too.

In-home care coaches play a big role in fall prevention. A care coach can help with mobility, watch for changes in balance, and assist with daily tasks that might otherwise cause a fall. That support gives families peace of mind.

At Thrive USA Home Care, we serve veterans, surviving spouses, and seniors across Brevard County. For veterans and surviving spouses, we can help navigate VA benefits. Many qualify for in-home care at little to no cost.

Don't wait for a fall to start the conversation. Call us at 321-407-2727 or email Julie@Thriveusahomecare.com.



Cars & Cuisine & Community

10a-2pm Saturday June 27th
at the Senior Resource Center



Car Show at Helping Seniors! Resource Center!

Come for the fun Saturday, June 27, at the Helping Seniors Resource Center! It'll be a fun-for-the-family Cars, Cuisine & Community time 10am-2pm that day.



Bill Antonetz - Car Show Organizer & Friend of Helping Seniors

Outside, it's a FREE Car Show - hosted by Bill Antonetz, who runs many of the top Car Shows in the area - see dozens and dozens of great cars and meet fellow auto enthusiasts!

Inside, it's a FREE Open House at the Senior Resource Center - home of Helping Seniors - located on the 2nd Floor of the Apollo Professional Tower, 1344 S Apollo Blvd, Melbourne. Tour the Center - including home of the Senior Info Helpline, record a greeting in the state-of-the-art Podcast Studio, and learn about the programs available through Helping Seniors.



The "Cuisine" part of the Saturday midday fun is a fundraiser for Helping Seniors! Celebrity Chef Jillian Zebris, Chefs for Seniors, has gathered some of her favorite Chef friends to provide an opportunity to taste Brevard's Best Bites.

Chef Jillian Zebris, of Chefs for Seniors fame, has invited her best Chef friends to bring their great tastes to our Cars & Cuisine fun 10am-2pm June 16 at Senior Resource Center of Brevard!!



Great restaurants - Yellow Dog Café and Jersey Brothers Diner, as well as great chefs like Chef Kamal Philibert - are cooking up some great tastes for you. Donate for your Tasting Lanyard and enjoy Brevard's fines!

Call (321) 473-7770 for info or visit us at HelpingSeniorsofBrevard.org for all details and information!

And, yes, for sure, we have your Raffle ticket for our Oct 26 Helping Seniors Car Raffle fun at the Muscle Car Museum! It is a great way to help us!





Creating a Safer Bathroom for Seniors

Kristine Walsh
Senior Helpers

The bathroom is one of the most frequently used spaces in the home, yet it is also one of the most dangerous for older adults. Slippery surfaces, tight spaces, and mobility challenges make falls more likely, which is why proactive safety measures are essential.

At Senior Helpers, we believe that a safe environment is the foundation for maintaining independence and dignity. The good news is that small changes can make a big impact. Installing securely anchored grab bars near the shower and toilet provides stability and confidence when moving or transferring. Non-slip mats and adhesive strips help reduce the risk of slipping on wet surfaces, one of the most common causes of bathroom injuries.

Accessibility also plays a key role. Raised toilet seats, shower chairs, and handheld showerheads can make daily routines safer and more comfortable, especially for those with limited mobility. Keeping frequently used items within easy reach and reducing clutter can further minimize fall risks by eliminating unnecessary movement and obstacles.

Ultimately, bathroom safety is about more than preventing accidents. It's about creating a space where seniors feel confident, supported, and able to maintain their daily routines. With the right adjustments and caregiver support, families can ensure safety without sacrificing independence.



Living Safely at Home as Hurricane Season Begins.

Craig Lansing
Janney Roofing

June 1st marks the official start of hurricane season here in Brevard County, and for many seniors choosing to age safely at home, preparation is more than a checklist, it's peace of mind. While stocking supplies and reviewing emergency plans are essential, one of the most overlooked (and most important) steps is making sure your home's first line of defense is ready: your roof.

Over time, Florida's sun, heat, and storms can weaken roofing materials in ways that aren't visible from the ground. Small issues like lifted shingles, cracked seals, or early granule loss can turn into major leaks when the next storm rolls through. The good news is that a simple annual inspection can catch these problems early and protect both your home and your budget.

An inspection also provides something incredibly valuable during hurricane season, documentation. Having clear, dated photos showing the condition of your roof before a storm makes insurance claims smoother and helps prevent disputes about what damage is new versus pre-existing.

That's why I offer a free annual photo inspection to Brevard seniors. No pressure, no sales pitch, just honest information so you can feel confident and protected in your home.

If you'd like to schedule your free inspection before the storms arrive, call or text me at 321-480-2095. Staying safe at home starts with knowing your roof is ready for whatever this season brings.



The Brevard County Housing Market

Mark Gallegos
Real Broker, LLC

The housing market in Brevard County has cooled off compared to last year, with prices dipping slightly, about 0.71%. The median sale price is now around \$350,000, though this can change depending on which neighborhood you're looking in. You'll find that inventory is moderate, meaning there are enough homes available but not so many that buyers are overwhelmed with choices.

Sales are happening at a steady pace, so you probably won't have to rush through the process, but homes aren't sitting unsold for months either. If you've got your sights set on a beach lifestyle, expect to pay more in coastal communities. If you're looking for something more affordable, consider areas further inland.

Even though prices have dropped a bit, there's been an uptick in the number of homes sold. In March 2026, 1,093 homes were purchased, up from 1,000 in March of last year. This tells us that the market is still active and competitive, with plenty of buyers interested. On average, homes are selling after about 76 days on the market. This gives you enough time to look around and make decisions without feeling hurried, but it's still wise to act quickly when you find the right fit.

Renters are seeing solid demand, with median rents above the national average. For those considering a move this year, understanding your options can make all the difference.

Contact me at:
ValueREMSG@gmail.com



40 Years Ago, I Placed My First Implant.

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

On May 16, 1986, a landmark moment occurred for me and for our practice, I placed my first dental implant. It replaced a missing molar on the lower left side, and I remember it clearly. The night before, I reviewed the procedure step by step as I fell asleep. I woke up doing the same thing.

By today's standards, it would be considered a relatively simple procedure. In 1986, it was anything but simple. Implants came in a single length. They had to be cut to size, sterilized chairside, allowed to cool, and then placed. It was a careful, deliberate process and one that improved significantly over time.

Dental implants gave us something we had never truly had before: the ability to replace missing teeth with something fixed rather than removable. As often happens with new technology, however, we initially gave implants more credit than they deserved.

Over time, experience brought perspective. Every tool has its place. Implants are an excellent option, but they are not a universal solution.

Saving natural teeth remains important. When teeth can be predictably preserved, that is still the best choice. At the same time, advances in CT imaging, digital planning, and implant materials have made implant therapy more predictable than ever.

After 40 years, I see implants differently, not as a replacement for everything, but as one important tool. And perhaps that perspective is their greatest contribution.

ADVOCATE & SENIOR PLACEMENT

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

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

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Mark Gallegos **SILVER**
305-761-8500
Real Broker, LLC

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Helping Seniors Of Brevard



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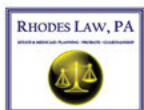
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Ruth C. Rhodes, Esq. / Rhodes Law P.A.
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The Official



SENIOR SERVICES DIRECTORY

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Helping Seniors Info Series

JUNE 2026

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

Helping Seniors Cars & Cuisine & Community 10am-2pm - Saturday June 27th - Senior Resource Center 1344 S Apollo Blvd - 2nd Floor - Melbourne FL 32901

Cars & Cuisine - supporting the work of Helping Seniors of Brevard - and in the theme of the 10th Annual Helping Seniors Car Raffle. It's Free Car Show + Free Open House with a "Sip & Stroll" Afternoon Adventure Flavor Tasting, by donation, presented by top culinary experts. Visit HelpingSeniorsofBrevard.org or call (321) 473-7770 for information about this fun Community event!

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 - June 11th - 1100am-1230pm - Nourish Your Spirit Cooking Class

Celebrity Chef Jillian Zebris, of Chefs for Seniors, in cooperation with Senior Helps of Melbourne, brings "Nourish Your Spirit" Cooking/Tasting Class to the Senior Resource Center for lunch! Free but RSVP is required.

Friday - June 12th - 100pm-230pm - Senior Planet - Senior Planet Tech Talk

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

Wednesday - June 17th - 1000am-1100am - Coffee with a Cop

Join us for Coffee & Donuts (Thank you Dunkin' & Rhodes Law P.A.) for a visit with Brevard County Sheriff's Office's own Joe Downs on Project Lifesaver and more!

Wednesday - June 17th - 1100am-1200am - "Your Memory and How to Save it!"

Dr. Mike Edwards (Faith College of Natural Health) shares important tips on sharpening your memory as we age. Learn about this and the programs offered by the College!

Thursday - June 25th - 10am-11am - Knowledge College for Aging

"Case Management & Caregiving - What to Know" with Danica Scuderi-Carluccio (Advocates for the Aging) - great tips for your Aging Plan! Coffee/Snacks

Thursday - June 25th - 11am-12nn - Helping

Seniors Wellness

"Medicare Insurance - Things to Consider" - Jerry Hadlock, Jr. (Medicare Solutions) shares on how to maximize your medical benefits while minimizing your out of pocket costs. Let's learn together! Coffee/Snacks

AARP/Helping Seniors Events:

Friday - June 5th - 1100am-100pm - AARP Chapter #1413 Meetup

Charlie & Jakes - 490 E Eau Gallie Blvd - Indian Harbour Beach

Friday - June 12th - 845am-945am - AARP Walk with a Doc

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

Special Speaker: Jeaneen Mullehard (AARP Florida) - Come join the fun!

More Great Events:

Tuesday - June 16th - 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:

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

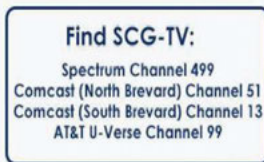
Friday - June 19th - 1000am-100pm - Father's Day Car Show

Life Care Center of Palm Bay - 175 NE Villa Neuva Ave - Palm Bay

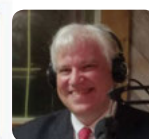
Saturday - June 20th - 800am-1200pm - Praise & Pistons Car Show

Calvary Chapel Melbourne - 2995 Minton Rd - West Melbourne FL

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Jun 1	Mon	About Golden Providers	Understanding Medicare Options	Hometown News / AARP	Buying, Selling, Investing Real Estate
Jun 2	Tue	Seniors Expos & Events	What an Elder Law Attorney	The Parts of Medicare	Rock Steady Boxing
Jun 3	Wed	Finding a Good Place for Mom or Dad	Senior Info in Senior Scene Magazine	Transitional Care	Making Plans for Retirement
Jun 4	Thu	Cosmetic Dentistry	Top 3 Public Benefits Questions	Helping Seniors Travel Club	Your Aging Plan - Express Thoughts
Jun 5	Fri	Power of Attorney & Super Powers	Considerations in Best Home Care	Wellness: Footcare & Wellness	Capital Update
Jun 8	Mon	Best Home Care Ideas	Concierge Home Care	Longevity Planning	Considerations in Best Home Care
Jun 9	Tue	Faith College of Natural Health	How to Cruise Successfully	The Business of Helping Seniors	What is Case Management
Jun 10	Wed	Medicare Supplement or Advantage	Periodontal Disease	Turning 65? All About Medicare	Things to Know about Elder Law
Jun 11	Thu	Probate: The Basics	How Seniors Helping Seniors Helps	Senior Info in Senior Scene Magazine	Your Aging Plan - Your Legal Plan
Jun 12	Fri	Buying, Selling, Investing Real Estate	Transitional Care	Finding a Good Place for Mom or Dad	Capital Update
Jun 15	Mon	Guardianship Basics	Helping Seniors - 15 Years of Service	Learning About Natural Health	Top 5 Reasons for Hospital Stays
Jun 16	Tue	Considerations in Best Home Care	Safe and Secure in Your Home	Too Many Teeth Being Extracted	Best Home Care Ideas
Jun 17	Wed	Rock Steady Boxing	New to Florida? Know Elder Law	Golden Providers Business to Business	Helping Seniors & MSC Cruises
Jun 18	Thu	In Home Care Giving	Probate - How and Why to Avoid	Your Aging Plan - What it Is	Your Aging Plan - Medicare/Medicaid
Jun 19	Fri	Turning 65? All About Medicare	How Not to Go Broke at Nursing Home	Senior Travel - Safe and Fun	Capital Update
Jun 22	Mon	Chefs for Seniors	Finding a Good Place for Mom or Dad	The Business of Helping Seniors	Transitional Care
Jun 23	Tue	Helping Seniors Travel Club	The Parts of Medicare	Buying, Selling, Investing Real Estate	Concierge Home Care
Jun 24	Wed	How Medical Office Team Helps	Best Home Care Ideas	Finding Good Help at Home	Psychiatric Care
Jun 25	Thu	Senior Info in Senior Scene Magazine	Care Management - What it Is	Probate - What it is and How it Works	Wellness: Rock Steady Boxing
Jun 26	Fri	Updating Your Estate Plan	Faith College of Natural Health	Considerations in Best Home Care	Capital Update
Jun 29	Mon	Durable Power of Attorney	Importance of Comp Evaluation	Rock Steady Boxing	Understanding Medicare Options
Jun 30	Tue	Transitional Care	Buying, Selling, Investing Real Estate	Medicare Supplement or Advantage?	Helping Seniors Services Directory



Date	Program	Special Guest	Listen On	Podcast On
Jun 3	Helping Seniors on Elder Law	Bill Johnson, Esq. - William A Johnson	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Jun 10	Helping Seniors on Your Smile	Dr. Lee Sheldon - Solid Bite Dental	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Jun 17	Helping Seniors on "It Takes a Village"	Denise Bergman-Senior Care Authority	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Jun 24	Helping Seniors on Help at Home	Jennifer Barton - Seniors Help Seniors	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms



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



Let's Go Sailing!

Balcony - As low as \$1,402 pp!

Outside - As low as \$1,341 pp | Inside - As low as \$1,182 pp

Yacht Club - \$3,586 pp (based on double-occupancy)

Pricing includes Cabin, Port Charges, Taxes, Beverage Package, WiFi. Gratuities & Travel Insurance!

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



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Life, Liberty & the Pursuit of Happiness

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

As our nation approaches its 250th birthday — and as Helping Seniors, Brevard’s 100% local nonprofit organization, approaches its 15th anniversary — it is a fitting time to reflect on one of the most enduring phrases from the United States Declaration of Independence: “Life, Liberty and the pursuit of Happiness.”

When Thomas Jefferson penned those words in 1776, he captured ideals that continue to inspire generations of Americans. They remind us how fortunate we are to live in a country that encourages each of us to live with purpose, independence, and hope — and to pursue happiness in our own unique ways.

Helping Seniors was founded on a simple but important belief: seniors and their families deserve access to trustworthy information, guidance, and resources that empower them to make informed decisions about aging. We often describe this process as “Getting Your Ducks in a Row.”

Every person’s circumstances are different, yet many of the challenges that accompany aging are shared by families everywhere. With a little planning and preparation, many of life’s later chapters can become less stressful, more fulfilling, and far more manageable. Thoughtful planning today can help create greater peace of mind for tomorrow.

Life

Helping Seniors is committed to helping seniors and their families enjoy the very best quality of life possible, regardless of individual circumstances. Brevard County is home to more seniors than ever before because more Americans are reaching age 65, people are living longer, and Florida continues to attract those seeking sunshine, community, and opportunity.

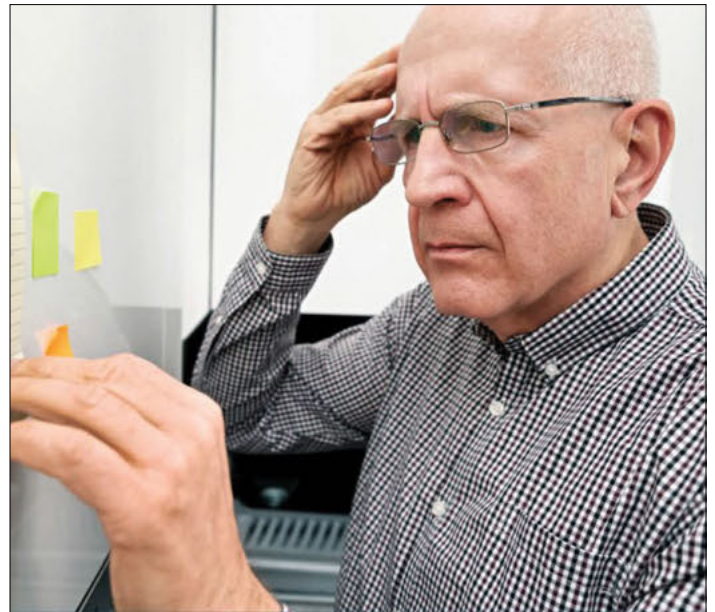
Living longer is truly a blessing — and turning 100 is no longer the rarity it once was. That is why we encourage everyone to embrace each day, celebrate life, and make every moment count.

Liberty

Independence matters deeply to seniors and their families. Helping Seniors is dedicated to connecting older adults with trusted resources and services that help them remain in control of their own aging journey.

Whether it involves transportation, housing, healthcare, caregiving support, or planning for future needs, our mission is to help seniors remain in the “driver’s seat” of their lives for as long as possible.

Life, Liberty & the Pursuit of Happiness continued on pg 45



FREE MEMORY SCREENING

Feeling forgetful? ClinCloud is offering complimentary memory screenings every weekday!

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Book with Senior Travel – The Travel Center and Enjoy the Journey! Travel should be exciting—not stressful. That’s why Senior Travel takes care of every detail, so all you have to do is relax and enjoy the adventure.

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When you book with us, you’re not just booking a trip—you’re gaining peace of mind.

- Stress Free Travel Planning – Our pre planning concierge service helps you choose the right tour or cruise for you.
- Customized Activity Levels – Pick the pace that fits your comfort level—no pressure, no surprises.
- Door to Door Service – Need a ride to the airport? We’ve got it covered.
- Luggage Handling – From start to finish, we take care of the heavy lifting.
- Sightseeing Made Simple – All admissions, gratuities, and guided experiences are included when requested.
- Delicious Dining – Most meals are included (and yes—all meals are included on cruises!) on your tours.
- Smooth Transfers – Airport to hotel or river cruise transfers are handled for you.
- Pre & Post Tour Hotel Stays – Available and recommended so you can ease into your trip. No rush, no hurry!
- Travel Your Way – Budget, moderate, or luxury—we have options for every traveler.
- Airfare Included – Or use your points if you prefer. Economy, Premium or Business class, your choice!
- Pre Tour Meetings – Meet in person or online to ask questions and feel prepared.

- Professional Tour Managers – Every land tour and cruise is fully escorted thru Helping Seniors of Brevard!
- 24/7 Support – Help is always just a phone call away while you travel.

Travel Made Easy... continued on page 45

Simply Klean of Brevard

Simply the Best in Senior-Focused Cleaning



Enhance respiratory & environmental health



Reduce infection risk



Support immune function



Promote mental clarity & cognitive well-being



Preserve independence & dignity



Encourage a preventative approach to healthy aging

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Trusted by Brevard families.

Experience the difference of a cleaner, healthier home.



Life, Liberty & the Pursuit of Happiness

continued from page 20

The Pursuit of Happiness

At the heart of it all is the search for joy, purpose, and meaning. The pursuit of happiness is personal for every individual, but it often includes maintaining connections with loved ones, remaining active in the community, pursuing passions, and continuing to live with dignity and fulfillment.

In America, we are encouraged to pursue our dreams and value personal well-being at every stage of life — including our senior years.

That is why Helping Seniors exists. We are honored to serve Brevard County seniors and their families by doing all we

can to support the ideals our Founding Fathers envisioned: helping people maximize their opportunities for Life, Liberty, and the Pursuit of Happiness. Ⓢ

Travel Made Easy, Enjoyable, and Worry Free

continued from page 14

- Solo Traveler Friendly – Enjoy great solo pricing with no unnecessary markups when available. We even solo match.
- Senior Travel Insurance – Special plans designed just for seniors.
- Special Needs Certified – We're trained to provide extra care when needed for or special need guests.
- Best Price Guarantee – We match or beat internet rates—and add extra perks you won't find online.
- Book on Your Own- You book, we take it over, we save you even more money!
- Small Group Tours Designed for Travelers 50+
Senior Travel specializes in small group tours worldwide. Ⓢ

Owner-Operated Cleaning Company: The Personal Touch That Makes the Difference

continued from pg 15

What sets a reputable owner-operated company apart

- Transparent pricing: Clear, upfront quotes without surprise fees.
- Licensed and insured: Professional protections for both parties.
- Background-checked staff: Safety and peace of mind when teams are in your home or office.
- Satisfaction guarantee: A commitment to re-clean or make adjustments if you're not satisfied.
- Communication: Direct access to the owner via phone or email for quick responses and personalized care.

Conclusion

An owner-operated cleaning company offers a level of personal service and accountability that large chains often can't match. If you value consistent quality, direct communication, and a cleaning team that treats your space like their own, an owner-operated provider is likely the best choice. For reliable, detail-oriented cleaning backed by a person who stands behind every job, look for a local owner-operated company you can trust. Ⓢ