



Celebrating our Independence! Getting Our Ducks in a Row!

Inside: Celebrating Our Independence
and Honoring Our Veterans!



Your 2026 Aging Plan!



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HelpingSeniorsofBrevard.org



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top of your Class!

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



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SENIOR EDUCATION SERIES**

**The Knowledge
College For Aging**



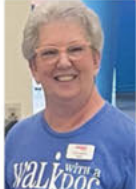
Angelika Keene
UF/IFAS Extension



10am Your Aging Plan:

**Mental Health
& Wellbeing**

**Helping Seniors
Wellness Series**



Jeaneen Mullenhard
(AARP Volunteer)



11am Wellness Series:

**Tai Chi (seated)
Guided Session**

Thursday July 23rd - 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
Snacks & Door Prizes too!



About this AI Stuff

Kerry Fink
Executive Director - Helping Seniors

“ AI” — Artificial Intelligence — seems to be the topic everyone is talking about these days. We hear about its many benefits: helping us stay organized as we age, improving medical outcomes, and making everyday tasks easier.

Like any tool, however, AI can also be used by bad actors. Scammers are increasingly harnessing AI to make their schemes more convincing and more difficult to detect.

That's why Helping Seniors, along with our friends at AARP Florida and Senior Planet, is focused on both sides of the AI story. We want seniors and their families to enjoy the benefits of this powerful technology while also staying safe from the growing number of scams targeting older adults.

On the second Friday of each month, we explore the positive side of AI through our Senior Planet Tech Talks, led by millennial instructor Bri Prentice. Bri has been tackling timely AI topics in her monthly series, and we invite you to join us for the next session on Friday, July 10, at 1:00 p.m. at the Senior Resource Center, 1344 S. Apollo Blvd., 2nd Floor, Melbourne. These classes are free, informative, and consistently receive excellent reviews.

Please also mark your calendar for our special AI Edition SCAM JAM on Friday, August 7, from 10:00 a.m. to 2:00 p.m. at Zon Beachside, 1984 S. Patrick Drive, Indian Harbour Beach. Special guest Darryl Greer, South Regional Program Manager for Older Adults Technology Services, will be joining us from Texas. Admission and lunch are complimentary, but seating is limited.

RSVP today at (321) 473-7770
or visit HelpingSeniorsofBrevard.org.



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Connect with other caregivers
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Let's do this together.*

**THURSDAY
JULY 16, 2026
10:00 AM - 2:00 PM**



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with other
caregivers.



DISCOVER
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in our community.



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For info and questions, call us at
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Celebrating Senior Independence alongside America's 250th Birthday
Nancy Deardorff
Operations Director - Helping Seniors



Celebrating Our Independence and Honoring Our Veterans
Carlos Cuesta
Synergy HomeCare

Independence means something deeply personal to seniors. It is the freedom to make choices, remain active, and live with dignity, purpose, and self-respect.

For many older adults, independence is found in everyday moments or simply deciding how to spend the day.

Independence for seniors is not about doing everything alone; it is about having the support, respect, and opportunity to continue living life on their own terms.

This message feels especially meaningful as our nation marks its 250th birthday in 2026, a milestone known as the semi quincentennial. For 250 years, America has celebrated the ideals of liberty, opportunity, & self-determination.

In many ways, the independence seniors seek in their daily lives reflects the very spirit on which this country was built. Their resilience, wisdom, and lifelong contributions remind us that freedom is both a national promise and a personal blessing.

As we honor this historic anniversary, we also pause to thank all those who have served our country in uniform and beyond. Their courage and sacrifice have helped protect the freedoms we cherish every day.

Because of them, generations of Americans, including today's seniors, have had the chance to live, work, worship, and age with dignity.

Celebrating senior independence alongside America's 250th birthday is a powerful reminder that freedom matters at every stage of life.

Every year, we come together to celebrate our nation's independence, a historic achievement that established the freedoms and opportunities we enjoy today. Independence Day is more than fireworks, parades, and family gatherings, it is a reminder of the courage, sacrifice, and determination of those who fought to create a free nation.

As we reflect on our country's history, we must also recognize the men and women who have served in our armed forces. Veterans have dedicated their lives to protecting our freedoms and defending the values that define our nation.

From the earliest days of our nation's founding to the present, generations of service members have answered the call to duty. Their service reminds us that freedom is not guaranteed, it is preserved through dedication and courage.

Celebrating our independence and honoring our veterans go hand in hand. The freedoms we cherish today have been protected by those who stood ready to defend them.

As we gather with friends and family, let us take a moment to remember the sacrifices made on our behalf and express our appreciation to those who have served.

Take care,
Carlos (321-340-3828 Ext 101)

SYNERGY HomeCare has supported over 20,000 Veterans with Community Care and Aid and Attendance benefits.



Zon Beachside Celebrates!

Kerry Smigielski
Director of Community Transitions
Zon Beachside, LLC

In 2026, we proudly celebrate our two significant milestones: the 10th anniversary of Zon Beachside Assisted Luxury Living and Memory Care and our nation's 250th Independence Day. Both occasions remind us of the values that define America, service, innovation, freedom, and community.

At Zon Beachside, we are especially grateful for the many veterans who call our community home. Their dedication, sacrifice, and commitment to our country helped preserve the freedoms we enjoy today. We honor these remarkable men and women whose service continues to inspire future generations.

Our commitment to residents extends beyond exceptional care. We strive to create a safe, engaging environment where seniors can live with dignity, independence, and peace of mind.

One way we achieve this is through Zon AI, our innovative, non-intrusive monitoring technology. Using discreet sensors, Zon AI learns each resident's typical daily movement patterns and alerts our care team when meaningful changes occur, allowing for proactive support while respecting privacy and independence.

As we reflect on a decade of serving seniors and celebrate 250 years of American independence, we remain committed to embracing innovation while honoring those who helped build and protect our nation.

At Zon Beachside, we are proud to care for a generation whose legacy of service, resilience, and patriotism continues to enrich our community every day.



Many Veterans Don't Know This Benefit Exists

Katie Stolz, Esq.
Van Fossen & Stolz, P.A

As we celebrate Independence Day, it's a good time to remember the veterans who helped protect the freedoms we enjoy today. While we often thank them for their service, many veterans and their spouses may not realize there is a benefit available to help them as they age.

One of the most overlooked benefits is a VA pension benefit often referred to as Aid and Attendance. This benefit can provide monthly financial assistance to qualifying wartime veterans and surviving spouses who need help with activities of daily living or long-term care. The benefit can be used to help pay for care at home or in an assisted living facility.

In my practice as a VA-accredited elder law attorney, I often meet veterans and widows who are surprised to learn they may qualify for this benefit. Many have never heard of it, despite having earned it through their service.

For families struggling with the rising cost of care, Aid and Attendance can make a meaningful difference and help seniors maintain their independence for as long as possible. The benefit is tax free and direct deposited into the recipient's bank account.

This Independence Day, let's honor our veterans not only with our gratitude, but by helping ensure they receive the benefits they earned.

Visit www.vanfossenstolz.com
or call 321-345-5945.

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Indian Harbour Beach, and Suntree.



Honoring Independence and Those Who Protect It

Denise Bergman
Senior Care Authority
Brevard Florida Area Owner

July is a time to celebrate our nation's independence and recognize the veterans who served to protect the freedoms we enjoy today. Throughout Brevard County, many seniors have dedicated portions of their lives to military service, public service, or supporting their families and communities through times of challenge and change.

One of the freedoms many older adults value most is the ability to remain independent and make their own choices. As we age, maintaining independence may require additional support, whether through home care services, assistance from family members, or a move to a senior living community that better meets changing needs.

For veterans and their spouses, there may be benefits and resources available to help pay for care and support services. Unfortunately, many families are unaware of these programs until they are facing a crisis. Learning about available options before they are needed can provide greater peace of mind and help seniors maintain their independence for as long as possible.

Families often discover that planning ahead gives them more choices and reduces stress when important decisions arise.

This July, let us honor our veterans, celebrate our freedoms, and remember that maintaining independence is a goal worth planning for.

Denise Bergman, M.S., CCC-SLP, CSA, CDP
Senior Care Authority Brevard
321-341-8444 - denise@seniorcareauthority.com



Seeing the Bigger Picture: Vision Care and Medicare

Kara Davis
Licensed Insurance Agent
Moore Insurance Solutions

Good vision plays an important role in maintaining independence, safety, and quality of life as we age. Many Medicare beneficiaries are surprised to learn that Original Medicare generally does not cover routine eye exams, eyeglasses, or contact lenses. However, Medicare does cover certain medically necessary eye services, such as cataract surgery and screenings for conditions like glaucoma and diabetic retinopathy.

If you are enrolled in a Medicare Advantage plan, you may have additional vision benefits that can help cover routine eye exams, glasses, or contacts. Since benefits vary by plan, it's important to review your coverage annually to ensure you're getting the most from your plan.

For those experiencing vision loss, support and education can make a tremendous difference. The Brevard Association for the Advancement of the Blind (BAAB) provides valuable programs and classes that help individuals with vision loss build confidence, learn adaptive skills, and maintain independence. Their services empower participants to continue living active and fulfilling lives.

BAAB will also host its annual 5K Fundraiser on October 3rd, helping raise awareness and support for vision-related services in our community. To learn more, visit their website or call 321-773-7222.

If you have questions about Medicare, Vision Benefits, or other insurance needs, I'm always happy to help you understand your options and make informed decisions about your coverage. 321-272-0218 ext. 2



Helping Seniors Of Brevard



CAREGIVER'S WORKSHOP

Helping Seniors and AARP Florida Partner to Present Caregiver Workshop

Family caregivers are among the most dedicated people in our community. Every day, they help aging parents, spouses, relatives, friends, and neighbors maintain their independence and quality of life. Yet while caregivers devote themselves to meeting the needs of others, they often neglect their own health, well-being, and support systems.

The reality is that caregiving can be rewarding, but it can also be overwhelming. Many caregivers find themselves balancing medical appointments, medications, financial responsibilities, household tasks, and emotional support while trying to maintain careers, raise families, and care for themselves. Too often, caregivers feel isolated and alone as they navigate challenges that seem to grow more complex with each passing year.

Recognizing these challenges, Helping Seniors of Brevard has partnered with AARP Florida to present a special Caregiver Workshop on Thursday, July 16, 2026, from 10:00 a.m. to 2:00 p.m. at the Senior Resource Center of Brevard, located at 1344 S. Apollo Boulevard, 2nd Floor, Melbourne.

The free workshop is designed specifically for family caregivers and will provide practical information, valuable community resources, and opportunities to connect with others who understand the caregiving journey.

Attendance is limited to 45 participants to encourage meaningful discussion and interaction, and lunch will be provided.

The workshop's theme is simple but powerful: Connect. Learn. Recharge.



The day will focus on three key areas that affect virtually every caregiver.

The first topic, **Caring for Yourself While Caring for Others**, addresses one of the greatest challenges facing caregivers today. Caregivers often put their own needs last, which can lead to exhaustion, stress, anxiety, and burnout. Participants will discuss ways to recognize the warning signs of caregiver fatigue, manage stress more effectively, build support networks, find time for self-care, and learn how to ask for and accept help when needed. One of the guiding questions for this discussion will be: "What's one thing you wish you had more time or support for as a caregiver?"

**RSVP Today for this Free Workshop
Call (321) 473-7770
or visit HelpingSeniorsofBrevard.org**

The second focus area, **Navigating the Caregiving Journey**, will provide practical tools and strategies that caregivers can immediately put to use. Topics will include communicating with healthcare providers, organizing medications and appointments, planning for changing care needs, understanding legal and financial considerations, and balancing caregiving responsibilities with work and family obligations. Participants will have an opportunity to share their experiences and discuss common challenges, including the question: "What has been your biggest challenge in coordinating care?"

The third discussion area, **Community Resources and Building Your Caregiver Team**, centers on an important message: no caregiver should have to do this alone. Caregivers will learn about local services available through Helping Seniors and community partners, including respite care, transportation services, meal programs, support groups, and other resources designed to support both caregivers and their loved ones. Participants will also explore ways to build a circle of support among family members, friends, professionals, and community organizations. The conversation will include the question: "What resource do you wish existed—or what resource have you discovered that others should know about?"

While the information and resources presented during the workshop will be valuable, one of the most important benefits may be the opportunity for caregivers to connect with one another. Sharing experiences, challenges, successes, and practical solutions often provides encouragement and insight that cannot be found in a brochure or website.



Panelists at the May 2023 Caregiver Magazine Caregiver's Conference at Ascension Catholic Church

At Helping Seniors, we know that caregivers are essential to the well-being of thousands of seniors throughout Brevard County. This workshop is our way of supporting those who spend so much of their lives supporting others.

The workshop is free, but advance registration is required.

For more information or to reserve your seat, please call Helping Seniors at (321) 473-7770.

Together, we can make a difference in the lives of caregivers throughout Brevard County by ensuring they receive the support, resources, and recognition they deserve.





The Brevard County Housing Market

Mark Gallegos
Real Broker, LLC

After several years of rapid price increases and intense competition among buyers, Brevard County's real estate market is showing signs of returning to a more balanced and sustainable pace.

Recent market data indicates that home values across the Space Coast have stabilized compared to the dramatic gains seen during the pandemic housing boom. While prices remain significantly higher than they were just a few years ago, the rate of appreciation has slowed, providing relief for many buyers who had been priced out of the market.

An increase in the number of homes available for sale is helping create a healthier market environment. Buyers now have more choices and more time to make purchasing decisions, while sellers must be more realistic when pricing their homes. Properties are generally staying on the market longer than they did during the peak of the seller's market, when many homes received multiple offers within days of being listed.

Mortgage interest rates continue to influence buying activity, with rates remaining above the historic lows seen earlier in the decade.

For Brevard County seniors, the current market may present opportunities to downsize, relocate closer to family, or transition into retirement-friendly housing. At the same time, those considering selling should remember that properly maintained and competitively priced homes continue to attract strong interest.

Contact me at: ValueREMSG@gmail.com



Are All Implants the Same?

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

Are all implants the same?

Think about it this way: are all carpenters the same?

You can walk into a hardware store and buy nails. Most nails look similar. Some are coated differently, some are designed for specific materials, and some are stronger than others. But the success of the project depends far more on the skill of the craftsman than on the nail itself. Dental implants are much the same.

Patients often think they are buying a product, but the fact is, they are buying planning, judgment, surgical skill, and long-term design. The implant itself is only one small part of the process.

A skilled implant surgeon studies the quality and quantity of bone, determines ideal implant position, evaluates bite forces, and designs the final teeth so forces are distributed properly. Sometimes bone grafting is needed to create a stable foundation.

Just as importantly, a proper evaluation should never assume that implants are automatically the best answer. If teeth can be predictably saved, preserving natural teeth may provide the best long-term outcome.

In our practice, we are just as proud of the teeth we save as the implants we place.

Today, implants are often marketed like interchangeable commodities. They are not. Just as a beautiful home depends more on the craftsman than the nail, successful implant dentistry depends more on diagnosis, planning, skill, and design than on the implant itself.

ADVOCATE & SENIOR PLACEMENT

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

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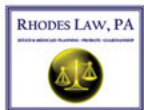
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The Official



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HelpingSeniorsDirectory.com



Helping Seniors Info Series

JULY 2026

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

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

Caregivers Workshop:

Thursday - July 16th - 1000am-200pm - AARP Seniors Caregivers Workshop

A very special morning out to share (1) "You're Not Alone" (connecting Caregivers with Caregivers); (2) "Finding Your Way Through the Maze" (navigating Care, Healthcare, and Family Dynamics); and (3)

"Help Is Available" (Community Resources that can lighten the load). Info & RSVP at 321-473-7770. HelpingSeniorsofBrevard.org

Friday - July 10th - 100pm-230pm - Senior Planet - Senior Planet Tech Talk

Free help for older adults build technology skills - with our millennial expert Bri Prentice.

Wednesday - July 15th - 1000am-1100am - Coffee with a Cop

Coffee & Donuts (Thank you Dunkin' & Rhodes Law!) with Officer Joe Downs (BCSO).

Wednesday - July 15th - 1100am-1200am - Watch Stander Training

Henry Angulo (The Fire Watch) shares on suicide prevention.

Thursday - July 23rd - 10am-11am - Knowledge College for Aging

"Mental Health & Wellbeing" with Angelika Keane (UF IFAS) - Coffee/Snacks

Thursday - July 23rd - 11am-12nn - Helping Seniors Wellness

"Tai Chi (seated) Guided Session" - Jeaneen Mullenhard (AARP) - Coffee/Snacks

AARP/Helping Seniors Events:

Friday - July 3rd - 1100am-100pm - AARP Chapter #1413 Meetup

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

Friday - July 10th - 845am-945am - AARP Walk with a Doc

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

Tuesday - July 21st - 900am-300pm - AARP Driver Safety Course (Fee) Senior Resource Center - 1344 S

Apollo Blvd - Ste 2C - Melbourne FL

More Great Events:

Saturday - July 11th - 1200pm-300pm - Parasol Community Health Fair

Parasol - 4881 Dairy Rd - Melbourne - Helping Seniors on-site

Friday - July 17th - 1000am-200pm - Hurricane Prep Rally Expo

St. John the Evangelist - 5655 Stadium Parkway - Viera - Helping Seniors on-site

Tuesday - July 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

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

Friday - July 3rd - 1100am-200pm - Life Care of Melbourne Car Show

Life Care Center of Melbourne - 606 E Sheridan Rd - Melbourne

Friday - July 9th - 500pm-800pm - Friendly's Car Show Friendly's - 1101 E Eau Gallie Blvd - Indian Harbour Beach

Friday - July 10th - 1100am-200pm - Sonata East at Viera Car Show

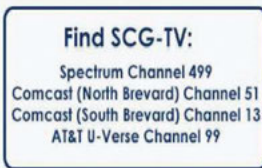
Sonata East at Viera - 4206 Breslay Dr - Melbourne

Sunday - July 12th - 100pm-500pm - Tide & Tonic Car Show Tide & Tonic - 1940 Jimmy Buffet Mem Hwy - Indian Harbour Beach

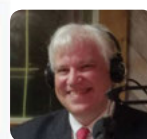
Saturday - July 18th - 800am-1200pm - Praise & Pistons Car Show

Calvary Chapel Melbourne - 2995 Minton Rd - West Melbourne FL

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Jul 1	Wed	Best Home Care Ideas	Elder Law Services	Chefs for Seniors	Faith College of Natural Health
Jul 2	Thu	Turning 65? All About Medicare	Concierge Home Care	Buying, Selling & Investing Real Estate	Wellness: Skin Health & Summer Sun
Jul 3	Fri	Avoiding Probate	Rock Steady Boxing	The Parts of Medicare	Capital Update
Jul 6	Mon	Finding a Good Place for Mom or Dad	Senior Information in Senior Scene	Cosmetic Dentistry	What Elder Law Attorney Can Do
Jul 7	Tue	Considerations in Home Care	Two Assisted Living Questions	Finding Good Help at Home	Put Kids on the House Title?
Jul 8	Wed	Get Your Ducks in a Row - Part I	Get Your Ducks in a Row - Part II	Helping Seniors & MSC Cruises	Wellness: Rock Steady Boxing
Jul 9	Thu	Medicare Supplement or Advantage	When is Assisted Living Appropriate	Things to Know: Elder Law	Wellness: Express via Communication
Jul 10	Fri	Learning About Natural Health	Safe & Secure at Home	Understanding Medicare Options	Capital Update
Jul 13	Mon	Importance of Comprehensive Eval	Helping Seniors - 12 Years Later	Considerations in Home Care	Wellness: Healthy Cooking
Jul 14	Tue	Technology and Home Care	Power of Attorney & Super Powers	Al Dia Today Newspaper	Wellness: Foot Care
Jul 15	Wed	Transitional Care	Golden Providers - Biz to Biz	Best Home Care Ideas	Concierge Home Care
Jul 16	Thu	Trusts	Buying, Selling & Investing Real Estate	Seniors Expos & Events	Your Aging Plan - Your Legal Plan
Jul 17	Fri	Helping Seniors Travel Club	Turning 65? All About Medicare	Senior Information in Senior Scene	Capital Update
Jul 20	Mon	Chaplaincy - What it Means	Reverse Mortgages - Now Time?	Probate - What it is / How it Works	Top 3 Public Benefits
Jul 21	Tue	Safe & Secure at Home	Chefs for Seniors	Too Many Teeth Being Extracted	Turning 65? All About Medicare
Jul 22	Wed	Your Aging Plan: Organizing Paperwork	Checking out Zon Beachside	Finding a Good Place for Mom or Dad	Hometown News / AARP
Jul 23	Thu	Helping Seniors - 15 Years of Service	Rock Steady Boxing	How to Cruise Successfully	Aging Plan: Medicare/Medicaid
Jul 24	Fri	New to Florida? Elder Law to Know	Transitional Care	Great Employment for Seniors	Capital Update
Jul 27	Mon	Concierge Home Care	Probate - How and Why to Avoid	Helping Seniors Directory	Wellness: Faith College
Jul 28	Tue	Two Assisted Living Questions	Best Home Care Ideas	Faith College of Natural Health	Don't Go Broke on Nursing Home
Jul 29	Wed	Durable Power of Attorney	Considerations in Home Care	In Home Care Giving	Periodontal Disease



Date	Program	Special Guest	Listen On	Podcast On
Jul 1	Helping Seniors on Elder Law	Bill Johnson, Esq. - William A Johnson	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Jul 8	Helping Seniors on Your Smile	Dr. Lee Sheldon - Solid Bite Dental	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Jul 15	Helping Seniors on "It Takes a Village"	Kerry Fink - Helping Seniors	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Jul 22	Helping Seniors on Help at Home	Jennifer Barton - Seniors Help Seniors	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Jul 29	Helping Seniors on "It Takes a Village"	Kerry Fink - Helping Seniors	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms

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