



Getting Your Senior Living Ducks in a Row!

Inside:

- Best Senior Living Options for You!
- Why Roof & Window Checks Matter.
- Senior Living Options - Home Care?
- The Brevard County Housing Market.



*Let's get your ducks
in a row!*

Your 2026 Aging Plan!



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





HELPING SENIORS 4TH THURSDAY SENIOR EDUCATION SERIES

The Knowledge College For Aging



Knowledge College
for Aging



10am Your Aging Plan:

**Making Your
Aging Plan**

Helping Seniors Wellness Series



Mindy Nadeau
(Alzheimer's Association)



11am Wellness Series:

**Walk to End
Alzheimer's**

Thursday August 27th - 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!



Abundant August

Kerry Fink
Executive Director - Helping Seniors

August 2026 is here—and it's shaping up to be an Abundant August! Here are some exciting events Helping Seniors is hosting and participating in throughout the month.

We hope you've already RSVP'd for our **Friday, August 7, SCAM JAM: "What AI Is"** at Zon Beachside. This promises to be a standing-room-only event as we explore the good, the bad, and the ugly of artificial intelligence—and how it can both help and challenge seniors in today's world.

Here are more free events to add to your calendar at the **Senior Resource Center**, 1344 S Apollo Blvd, 2nd Floor, Melbourne.

*** 11 am – Thurs Aug 13: Nourish Your Spirit Cooking Class** with Chef Jillian (Chefs for Seniors) and Senior Helpers. Learn healthy cooking—and enjoy the delicious results!

*** 1 pm – Fri Aug 14: Senior Planet Tech Talk** with instructor Bri Prentice & special guests Mindset Medics. Make tech work for you.

*** 10 am – Wed Aug 19: Java with Joe.** Coffee with a Cop with Joe Downs (BSCO). Enjoy coffee and donuts (thanks to Dunkin' and Rhodes Law, P.A.) while discussing issues important to seniors.

*** 11 am – Wed Aug 19: Trash or Treasure** (by appointment) - experts help determine the value of jewelry, coins, watches, antiques, collectibles, and more.

*** 10 am – Thurs Aug 27: Knowledge College for Aging**—learn how to create your own aging plan and "Get Your Ducks in a Row!"

*** 11 am – Thurs Aug 27: Wellness Series** with Mindy Nadeau of Alzheimer's Association, sharing the latest information on brain health and the Walk to End Alzheimer's.

See you in August at the Senior Resource Center! To RSVP, call **321-473-7770** or visit **HelpingSeniorsofBrevard.org**

WEDNESDAY

19

AUGUST

Join us for coffee, conversation, and community!

Meet Joe Downs and connect with members of the Brevard County Sheriff's Office.

JAVA WITH JOE

★ COFFEE WITH A COP ★

COFFEE & DONUTS PROVIDED

PRESENTED BY

RHODES LAW, PA
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WEDNESDAY, AUGUST 19, 2026 | 10:00 AM

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The Apollo Professional Tower
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(321) 473-7770 to RSVP

SPECIAL GUEST
JOE DOWNS
Brevard County Sheriff's Office

Helping Seniors in the Community
HelpingSeniorsofBrevard.org

Helping Seniors of Brevard



Assisted Living: Supporting Independence and Peace of Mind

Nancy Deardorff
Operations Director - Helping Seniors

For many seniors, assisted living may be the perfect option when they need some help with daily tasks but still want to live as independently as possible. Residents can enjoy their own space, make their own choices, and continue their daily routines while knowing that help is available when they need it.

One of the biggest benefits of assisted living is the relief from the constant responsibilities of homeownership. Maintaining a house can become stressful and expensive, especially as repairs become more frequent. Seniors no longer have to worry about whether the roof needs to be replaced, whether the exterior needs painting, or whether the yard needs mowing. Tasks such as landscaping, household maintenance, and general upkeep are handled by the community, giving residents more time and energy to focus on enjoying life.

Assisted living also removes many everyday burdens that can become difficult over time. Grocery shopping, preparing meals, cleaning up, and planning what to cook each day can take a lot of effort.. This support can make daily life easier while still allowing seniors to maintain a sense of choice and routine in a safe environment.

For homeowners, financial concerns can also add pressure. Rising homeowners insurance costs, increasing homeowners association fees, and higher property taxes can make staying in a house more expensive each year. Assisted living may offer a more predictable lifestyle, with many services included in one monthly



Zon Beachside offering assisted luxury living only minutes from Melbourne and Palm Bay communities in the quaint, beachside community of Indian Harbour Beach,

cost. While every community is different, this can help families better understand what is covered and reduce the surprise expenses that often come with owning a home.

Equally important is the supportive environment that assisted living provides. Seniors who live alone may sometimes feel isolated, especially if driving, mobility, or health concerns limit their ability to get out. Assisted living communities provide the opportunity to build friendships and connection to others.



Brookdale West Melbourne assisted living and memory care community in West Melbourne, Florida, offers a warm environment close to shopping, dining and medical services.

Assisted living is not about giving up independence. For many seniors, it is about gaining freedom from worry, allowing seniors to spend less time managing responsibilities and more time enjoying life.



Helping Seniors Of Brevard



**Trusted Handyman Services
for our 55+ Community.**

Hansen's Handyman Services

Hansen's Handyman Services is a family-owned Christian business that has proudly served Palm Bay and the surrounding Brevard County area since 2009. For over 15 years, we have helped homeowners feel confident and comfortable in their homes by providing reliable, honest handyman services they can trust.

We understand that as some homes age, and as we do too, small repairs and maintenance items can quickly become frustrating or even unsafe. That's where we come in. Our focus is on everyday handyman work that helps keep your home in good shape.

No job is too small, and every project is treated with care and respect. At Hansen's Handyman Services, our mission is simple: Show up when we say we will, communicate clearly, and do the work right the first time. We are fully insured and properly registered with both the city of Palm Bay and Brevard County, and we are proud to maintain an A+ rating with the Better Business Bureau.

We truly value our customers and are pleased to offer senior and military discounts as a way of giving back to the community we serve. For your convenience, we accept cash, checks and all major credit cards.

To learn more about our services, visit www.HansensHomeRenovations.com or call 321-302-9441.

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



**Senior Living Options: Why
Home Care Deserves a Look.**

Julie Goulet
Thrive USA Home Care

On the Space Coast, planning ahead matters, whether it's weighing senior living options, preparing for hurricane season, or helping a loved one stay safe at home. The best outcomes usually come from having a plan before a decision becomes urgent.

When families start exploring senior living options, assisted living and memory care often come up first. But for many veterans and their spouses, staying at home with the right support can be just as safe, and just as fitting, as a move to a facility.

Thrive USA Home Care helps veterans and families understand what aging in place can look like, from daily assistance and mobility support to companionship and respite for family caregivers. Veterans can receive this care at no cost, as a benefit, they've already earned through their service. That makes home care an option well worth including in any senior living conversation.

Hurricane season adds another layer of planning. Our care coaches help clients prepare their homes before a storm and check in on wellbeing and safety once it passes, so families have one less thing to worry about.

If you or a loved one served, consider adding "home care and VA benefits" to your senior living checklist. The right plan now can mean more independence later.

To reach out to us, call 321-407-2727 or email Julie@Thriveusahomecare.com.



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



Helping Seniors Of Brevard



10th Annual Helping Seniors Car Raffle

1pm-4pm Sunday October 25th
at the American Muscle Car Museum

All those years ago, Joe Steckler (our founder) and AJ Hiers (Boniface Hiers Automotive Group) put their heads together to create a fun fundraiser to help build Joe's Clubs. That tradition continues today with our 10th Annual Car Raffle!

Sunday afternoon, **October 25th, at the Grand Drawing event at the American Muscle Car Museum**, we'll reach into that raffle barrel and announce the winner of our **2026 Helping Seniors Car Raffle!** You do not need to be present to win, but why miss the fun? Admission to the Museum is included with your raffle ticket donation.

The lucky winner—hopefully YOU!—will get to choose from seven amazing vehicles from the AJ Hiers family of dealerships. Whether you select the sporty Mazda Miata, the versatile Chevrolet Colorado, or one of the other outstanding choices, you'll be cruising around Brevard County in style. Best of all, you'll know your ticket donation is helping ensure that Helping Seniors can continue serving local seniors and their families throughout 2027.



Great time at last year's Car Raffle Grand Drawing at the American Muscle Car Museum! See you 10/25/26 for the 10th Annual Helping Seniors Car Raffle!

Getting your ticket is easy! 1 is a \$25 donation and 5 for \$100 donation - and EACH ticket is your donation, your entry in the Car Raffle, and your "Admit One" to the Grand Drawing event at the Museum!

You can get tickets online right now at HelpingSeniorsCarRaffle.com and/or by calling Helping Seniors at 321-473-7770. You can also use the QR code here! Get tickest and be in it to win it!

Scan this QR code to
et your 10th Annual
Car Raffle & Sunday
at the Museum tickets
today!

Thank you for your
support in the work of
Helping Seniors!



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For the Upscale You ...
2026 Kia Sportage



**Staying Safe at Home:
Why Roof & Window Checks
Matter Before Storm Season.**

Craig Lansing
Janney Roofing & Windows

Hurricane season is here and one of the most important steps seniors can take to stay safe at home is making sure their roof and windows are ready for the weather ahead. Florida's sun, salt air, and sudden storms can weaken roofing materials long before problems show up inside the home. A seemingly minor issue can quickly turn into leaks, interior damage, and costly repairs.

Windows play an equally important role. Older or poorly sealed windows can allow wind-driven rain to enter, increase the risk of glass failure, and make your home more vulnerable during high winds. A simple inspection can identify issues that should be addressed before the next storm arrives.

Impact-rated windows offer an added layer of protection that goes beyond hurricanes. Their reinforced glass and stronger frames are designed to withstand flying debris and make it significantly harder for a burglar to break in. Impact windows deter forced entry, reduce noise, improve energy efficiency, and help keep your home secure year-round.

A quick roof and window check today can prevent major headaches tomorrow. Staying safe at home starts with knowing your home is ready for whatever comes its way.

For a complimentary inspection or questions about impact windows, contact:

Craig Lansing - 321-480-2095
Janney Roofing & Windows



**Turning 65: Preparing for a
Medicare Transition That Looks
Different for Everyone**

Kara Davis
Moore Insurance Solutions

Turning 65 is a milestone that looks different for everyone. For some, it means stepping into retirement and enrolling in Medicare as their primary coverage. For others, it happens while still working full-time with employer insurance. Either way, preparation is key to making a smooth transition.

Those who are retiring will typically move from employer coverage or individual plans into Medicare Parts A and B and may choose to add a Medicare Supplement or Medicare Advantage plan with prescription coverage. For individuals still working at 65, the decision can be more complex. Employer size, group benefits, and whether coverage is creditable all impact whether Medicare becomes primary or secondary. Understanding how these pieces work together helps avoid gaps or penalties.

Preparing in advance can make the transition much easier. It's helpful to review current health coverage, list prescriptions, and understand your doctors and preferred hospitals. You'll also want to check your Social Security enrollment timeline and decide whether you need Part B right away. Comparing plan options early ensures you are not rushed into decisions and can choose coverage that fits your health and budget needs.

As you approach 65, remember that Medicare is not one-size-fits-all. Whether you're still working or fully retired, guidance can make a meaningful difference.

Kara Davis - Licensed Insurance Broker
321-272-0218 ext. 102
Kdavis.agent@gmail.com



**Hiding in Plain Sight:
Decoding the Digital Divide**

Mindcare Medics

Mindcare Medics is a teen-led initiative by West Shore Jr/Sr High School centered on breaking the stigma against Alzheimer's and ageism



After trying a million different tutorials and workshops and feeling more confused than ever, you are done with the 6-inch rectangle that is supposed to "make your life easier." This is the perspective of frustrated older adults who struggle to keep up with ever-changing features of the digital world.

However, the solution to their dilemmas is hiding in plain sight: the youth who seem to be born maneuvering the digital world. Simply put, the key to building digital literacy among older adults is not to develop more comprehensive classes; it's welcoming fresh perspectives that reframe technology as an intuitive tool rather than an intimidating chore.

An intergenerational collaboration tackles the digital divide by building a mutual sense of respect between "immature" teenagers and misunderstood older adults. When brought together, both generations find themselves opening up to one another over their shared experiences and combining the thoroughness of older adults with the straightforward approach of students to build a highly efficient troubleshooting technique.

Overall, the point of intergenerational classes is not to become an expert in technology, but to unite fragmented communities where collective problem-solving builds a comprehensive solution to any societal divide!



Brevard Recovery Fest is a fun, family-friendly event. An inspirational day filled with hope and purpose. The festive and non-judgmental atmosphere helps to raise awareness of lifesaving information and resources in a family friendly environment.

This collaborative effort of over 100 community partners is dedicated to ending the stigma of addictions and mental health. Spearheaded by Executive Director, Laura McCarthy, MA, retired LMHC, MCAP., and a team of dedicated volunteers.

Brevard Recovery Fest was launched in 2022 to celebrate National Recovery Month and brings awareness, education and resources for treatment and Recovery for Substance Use Disorders and Mental Health.

The Brevard County Sheriff's office will host their teen driving simulator with drunk goggles and K-9 Unit for demonstration and Wings of Grace will have flight simulators onsite.

On site Mobile Units include free HIV/HEP C testing from Healthcare Unity Group (HUG), Curative Care, Project Response & Unconditional Love Inc, with MAT services from Circles of Care and STEPS, and Daily Bread & Mathews Hope will be showcasing their new mobiles units as well. Live entertainment will be by Taken Blues Duo, James Beumer, Derek McBride, and Space Coast Drum and Dance.

This year's Fest takes place from 10am to 2pm, Saturday, September 12th at the MELBOURNE AUDITORIUM located at 625 E. Hibiscus Blvd., Melbourne, FL 32901. Join us for this FREE event.



The Brevard County Housing Market

Mark Gallegos
Real Broker, LLC

Brevard County Housing Market is favorable for both Buyers and Sellers in 2026. With the Fourth of July behind us and afternoon thunderstorms returning, many residents are heading out on vacation, but Brevard County's real estate market isn't taking the summer off.

Locally, we've shifted into a more balanced market, with roughly 4.5 months of inventory for single-family homes and average marketing times between 60 and 67 days. Condo and townhouse shoppers have even more leverage, with 7-8 months of supply, the strongest negotiating position buyers have seen in years.

Beachside and master-planned areas like Viera remain resilient, while inland markets such as Palm Bay are experiencing modest softening, with more flexible pricing and negotiations.

Nationally, economists echo what we're seeing on the ground. According to Newsweek, rising mortgage rates have slowed both buyer and seller activity, but prices have remained stubbornly high. Many homeowners locked into 3-percent mortgages during 2020–2021 are reluctant to sell, while buyers face elevated prices and higher borrowing costs.

Looking ahead, gradual improvements in wage growth, expanding housing supply, and the eventual transfer of homes from aging baby boomers may ease pressure in certain markets. For now, strategy matters more than speed.

Know what your home is worth in today's shifting landscape, contact me at: 305-761-8500; ValueREMSG@gmail.com



Finding Your Marcus Welby.

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

Some of us remember Marcus Welby, M.D. The television doctor rarely ordered a battery of tests or stared at a computer screen. He listened. He knew his patients. The relationship came first.

Healthcare has changed dramatically since then. Physicians and dentists now practice in the world of insurance regulations, electronic records, quality metrics, documentation requirements, and reimbursement codes. Much of that change has improved care, but it has also created pressure to move faster and spend less time with each patient.

Fortunately, the best healthcare has never depended solely on technology. It depends on trust.

The finest clinicians still begin by listening. They take the time to understand your concerns, explain your options, and help you make decisions that fit your values, not just your insurance plan.

During the redesign of our magazine, an advertising company pointed out that we had pages describing procedures, technology, and beautiful results. Missing was the reason patients return: trust, integrity, thoughtful conversations, and long-term relationships. Those qualities matter whether you're choosing a physician, financial advisor, or attorney.

Technology will continue to improve. New treatments will continue to appear. But the most valuable part of healthcare hasn't changed.

Find professionals who know you, listen to you, and earn your confidence. The Marcus Welby's are still out there!

ADVOCATE & SENIOR PLACEMENT

Senior Care Authority **SILVER**
 1344 S. Apollo Blvd. Ste. 2C, Melbourne
SeniorCareAuthority.com/brevardfl
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[YouTube.com/TimewithTerri](https://www.youtube.com/TimewithTerri)

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Mark Gallegos **SILVER**

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chaplainken@faithwalkbytwo.org
 321-381-5988

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Dr. Kevin Kilday
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Helping Seniors Of Brevard



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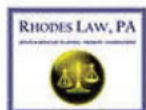
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Helping Seniors Info Series

AUGUST 2026

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

Scam Jam: "What AI Is":

Friday, August 7 | 10:00 AM – 2:00 PM

**Zon Beachside • 1894 S. Patrick Dr.,
Melbourne**

FREE Artificial Intelligence for Seniors Workshop (Lunch Included)

Artificial Intelligence (AI) is changing the way we live, work, communicate—and even how scammers target us. Join us for this informative workshop designed to help seniors and their families understand AI in plain English, discover practical ways it can improve everyday life, and learn how to recognize and avoid AI-powered scams.

Space is limited, and advance registration is required. To RSVP, call 321-473-7770.

Senior Resource Center Events:

**Helping Seniors Info: 321-473-7770 and/or
HelpingSeniorsOfBrevard.org.**

**Senior Resource Center - 1344 S Apollo Blvd -
2nd Floor - Melbourne FL 32901**

The Senior Resource Center of Brevard is your hub for trusted senior information, education, and community resources. Home to the Helping Seniors Information Helpline, broadcast and podcast studios, and an extensive information library, the Center offers programs, workshops, and connections to services that help seniors and their families thrive.

Friday - August 14th - 100pm-230pm

- Senior Planet - Senior Planet Tech Talk

Free help for older adults build technology skills - with our millennial expert Bri Prentice. Special guests: Raaha Sellamuthu & Tech Team (Mindcare Medics)

**Wednesday - August 19th - 1000am-
1100am - Coffee with a Cop**

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

**Wednesday - July 19th - 1100am-200pm -
Trash or Treasure**

Bring your jewelry, gold, watches, coins, antiques, military and fraternal memorabilia, and collectibles to discover their value! Reserve your appointment at (321) 473-7770.

**Thursday - August 27th - 10am-11am
- Knowledge College for Aging**

Learning to help you develop and navigate your own Aging Plan - Coffee/Snacks

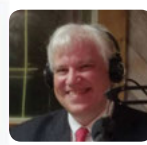
**Thursday - August 27th - 11am-12nn -
Helping Seniors Wellness**

"Walk to End Alzheimer's" - Minday Nadau (Alzheimer's Association)

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Aug 3	Mon	Considerations in Home Care	Checking Out Zon Beachside	Durable Power of Attorney	Best Home Care Ideas
Aug 4	Tue	Chefs for Seniors	Learning About Natural Health	Understanding Medicare Options	Buying, Selling & Investing Real Estate
Aug 5	Wed	Guardianship - The Basics	Concierge Home Care	Medicare Supplement or Advantage?	Rock Steady Boxing
Aug 6	Thu	Finding a Place for Mom or Dad	Great Employment for Seniors	Periodontal Disease	How To Cruise Successfully
Aug 7	Fri	Elder Law Services	Wellness: Footcare & Wellness	Wellness: Senior Health Mind & Body	Capital Update
Aug 10	Mon	Rock Steady Boxing	Importance of Comprehensive Eval	Probate - the Basics	Finding a Place for Mom or Dad
Aug 22	Tue	Transitional Care	Elder Law Services	The Business of Helping Seniors	Two Assisted Living Questions
Aug 12	Wed	Helping Seniors & MSC Cruises	Turning 65? All About Medicare	Helping Seniors Directory	Considerations in Home Care
Aug 13	Thu	Buying, Selling & Investing Real Estate	Best Home Care Ideas	Chefs for Seniors	Power of Attorney at Super Powers
Aug 14	Fri	Wellness: Faith College Natural Health	Your Aging Plan - Medicare/Medicaid	Concierge Home Care	Capital Update
Aug 17	Mon	Helping Seniors - 15 Years of Service	Don't Go Broke Paying Nursing Home	Cosmetic Dentistry	Faith College of Natural Health
Aug 18	Tue	When is Assisted Living Appropriate	Considerations in Home Care	Best Home Care Ideas	The Parts of Medicare
Aug 19	Wed	Concierge Home Care	Chefs for Seniors	Buying, Selling & Investing Real Estate	Rock Steady Boxing
Aug 20	Thu	Finding Good Help at Home	Probate - What it is & How it Works	Finding a Place for Mom or Dad	Psychiatric Care
Aug 21	Fri	Understanding Medicare Options	Wellness: Express Thoughts Clearly	Your Aging Plan: Your Legal Plan	Capital Update
Aug 24	Mon	Periodontal Disease	Finding a Place for Mom or Dad	Put Kids on the Bank Account?	Chefs for Seniors
Aug 25	Tue	Medicare Supplement or Advantage?	New to Florida? Elder Law to Know	In Home Care Giving	Update Your Estate Plan
Aug 26	Wed	Things to Know Elder Law	Transitional Care	Helping Seniors Travel Club	Turning 65? All About Medicare
Aug 27	Thu	Best Home Care Ideas	Buying, Selling & Investing Real Estate	Considerations in Home	Concierge Home Care
Aug 28	Fri	Two Assisted Living Questions	Faith College of Natural Health	Wellness: Rock Steady Boxing	Capital Update



Date	Program	Special Guest	Listen On	Podcast On
Aug 5	Helping Seniors on Elder Law	Bill Johnson, Esq. - William A Johnson	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Aug 12	Helping Seniors on Your Smile	Dr. Lee Sheldon - Solid Bite Dental	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Aug 19	Helping Seniors on "It Takes a Village"	Peter Indorff - Trash or Treasure	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Aug 26	Helping Seniors on Help at Home	Jennifer Barton - Seniors Help Seniors	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms

AARP/Helping Seniors Events:

**Friday - August 7th -
1100am-100pm - AARP
Chapter #1413 Meetup**
Charlie & Jakes - 490 E Eau Gallie Blvd - Indian Harbour Beach

**Friday - August 14th -
845am-945am - AARP Walk
with a Doc**
Merritt Square Mall - 777 E Merritt Island Cswy - Merritt Island FL

More Great Events:

**Tuesday - August 18th -
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!

**Sunday - August 9th -
1000am-200pm - Tide &
Tonic Car Show**
Tide & Tonic - 1940 Jimmy Buffet Mem Hwy - Indian Harbour Beach

**Thursday - August 13th -
500pm-800pm - Friendly's
Car Show**
Friendly's - 1101 E Eau Gallie Blvd - Indian Harbour Beach

**Saturday - August 15th -
800am-1200pm - Praise &
Pistons Car Show**
Calvary Chapel Melbourne - 2995 Minton Rd - West Melbourne FL



Brevard Is Good for Seniors!

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

It is often said that “it takes a village” to raise a child. At Helping Seniors of Brevard, we’ve adopted that same philosophy for helping older adults and their families. Building a strong network of trusted organizations and professionals is one of the best ways to ensure that seniors have the support they need to age safely, confidently, and with dignity.

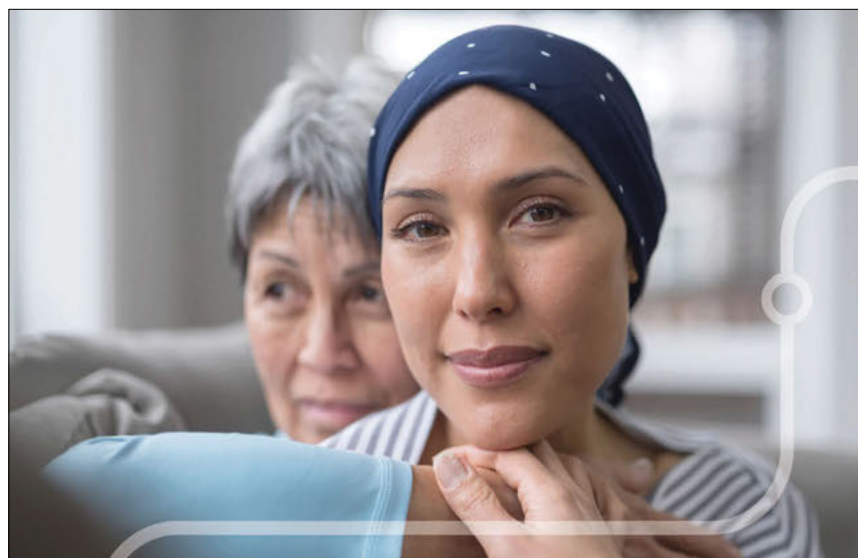
This article is being written just after our inaugural Caregivers Conference at the Helping Seniors Senior Resource Center in Melbourne. Thanks to Jennifer Barton of Seniors Helping Seniors for expertly moderating three outstanding panel discussions designed to remind caregivers that they are not alone, introduce them to valuable local resources, and show them how to access those resources here in Brevard County.

One message stood out throughout the day: Brevard is filled with people and organizations committed to improving the quality of life for seniors. During our closing survey, attendees were asked whether they had discovered resources they didn’t know existed before attending. Nearly every hand in the room went up.

Looking across our panelists, volunteers, and community partners, it became clear that Brevard is serious about helping seniors — one person, one family, and one challenge at a time.

When retired Navy Captain Joe Steckler founded Helping Seniors of Brevard, after previously establishing the Brevard Alzheimer’s Foundation, he often reminded us that seniors needed more services. That remains true today. But Joe also recognized another important reality: even the best programs cannot help if families don’t know they exist or how to access them.

Fortunately, we are seeing remarkable collaboration throughout our community. Organizations such as Helping Seniors of Brevard, Aging Matters in Brevard, the Brevard Alzheimer’s Foundation, One Senior Place, Health First’s Aging Institute and Family Caregiver Center, AARP Florida, the Alzheimer’s



YOUR PATH TO HEALING STARTS HERE.

Every cancer journey is unique. Your treatment should be too.

Our dedicated team provides the expertise and caring support to guide you back to the moments that matter most.

We’ll be with you every step of the way.



**CANCER CARE CENTERS
OF BREVARD**



Brevard Is Good for Seniors! cont’d on pg 39

Brevard Is Good for Seniors! continued from page 9

Association, and the Resource Center for Disability Solutions are working together to connect seniors with the information, services, and support they need.

They are joined by an outstanding network of home health agencies, professional caregivers, case managers, elder law attorneys, financial advisors, senior living specialists, healthcare providers, and many other professionals who share the common goal of helping older adults thrive.

Government agencies are strengthening this village as well. From the Brevard Commission on Aging to programs like Project Lifesaver through the Brevard County Sheriff's Office, public and private partners are working together to make Brevard a community where seniors can flourish.

As we watched the conversations unfold during the Caregivers Conference, something special became evident.

Panelists shared their expertise, attendees asked thoughtful questions, and caregivers even offered solutions and encouragement to one another. That spirit of collaboration is what builds a stronger community.



*Caregiver's Conference - Panel Discussion
July 16th 2026 - Senior Resource Center*

We still have work ahead, but together we are creating a Brevard where growing older comes with greater support, better information, and more hope. We invite you to become part of that village. Together, we can continue making Brevard one of the very best places for seniors to call home. §

Why Won't The Attorney Talk With Me? continued from page 13

beneficiary. If a conflict arises, the beneficiary must seek legal advice from another attorney.

5. Communication with a person who has an attorney: The Rules of Professional Conduct prohibit an attorney from communicating with a person who is represented by an attorney without the other attorney's consent. This rule applies even if the represented person initiates or consents to the communication. Furthermore, the attorney may not make a prohibited communication through a third person.

6. Undue Influence: The law recognizes that a beneficiary who has an opportunity to discuss an estate plan with the drafting attorney has an unfair advantage over other beneficiaries. If this beneficiary receives a substantially larger inheritance, other beneficiaries can have the will or trust

voided by the court. Also, if the client needs to have someone else's help to formulate an estate plan, it raises a question about the client's mental capacity. The possibility of undue influence will increase as capacity diminishes.

The Rules of Professional Conduct on the other hand, require an attorney under normal circumstances to promptly communicate with the client and explain a matter to the extent reasonably necessary to permit the client to make informed decisions. §

For further information you may be interested in Attorney Truman Scarborough's Booklet on Estate Planning in Florida. It is available without charge or obligation by calling (321) 267 - 4770. His office is located at 239 Harrison Street, Titusville, Florida.

Dog: What the Nose Knows! (How Dogs Can Help With Human Health) cont'd from page 19

a test can be developed that is far superior to the PSA test. The results would indicate the existence of a potential odor signature of prostate cancer that may correspond to one or, more likely, multiple volatiles. We understand already that dogs can smell prostate from urine and are investigating identifying the different markers between PSA and cancer.

Similarly, we hope to find that volatiles from dogs also present in breath samples collected from breast cancer patient. In 2016, over 246,000 new cases of breast cancer are estimated to be diagnosed in women in the U. S. and just under 45,000 die. Under current procedures for detecting breast cancer, many women have to wait until they are fifty years old before they are invited in for their first mammogram. As someone who has had breast cancer significantly younger than fifty, it should be painfully aware that would have been too long for a woman to wait before being scanned for cancer for the first time.

So, if scientists succeed in proving that dogs can detect breast cancer on breath samples, younger women and women

who had breast cancer and need regular checks to ensure the tumor has not returned, could simply breath into a tube and find out safely and quickly their state of health.

A recent study has tested the dog's ability to distinguish exhaled breath samples of 31 breast cancer patients from those of the 83 healthy controls. Dog handlers and experimental observers were blinded to the identity of breath samples, obtained from subjects not previously encountered by the dogs during the training period. Among breast cancer patients and control, sensitivity was 0.88 and specificity 0.98. However, there were some limitations in the design of this study. And number of subjects included and further work is needed.

The work will eventually help scientists create an 'electronic nose' that could screen urine and breath samples. When though dogs will never replace doctors, there is hope that in future clinicians send urine and breath samples to be screened by the dogs. §



SENIOR SCENE MONTHLY TRAVEL TIPS

Senior Travel Scams

A Must Read For All Seniors 50+ and The High Cost of Inexperience

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



Senior Travel / The Travel Center / Corporate Travel • Phone: 800-870-9345 • Cell: 818-430-1480 • Office: 321-978-5211
Email: travelcenterusa@gmail.com • Site: <http://thetravelcenterusa.info> • CST #2000881-10 FTS#: 14672

As one of the top travel advisors in the US, and with over 42 years in the Travel Industry I have seen many travel scams in my lifetime. But I have never seen so many SCAMS this year that hurt and affect our Seniors.

Here is what you need to do to make sure that the vacation that you want is actually the vacation that you get!

We know that many seniors are lonely and will answer the phone just to talk to someone. This is where they get caught in some of the horrifying Travel Scams.

The greatest scams targeting senior travelers:

I know that some of you are going to say, "this will never happen to us" or "I took the call and hung up." But some seniors actually get caught in these scams, more than you think. So let us not pretend that this does not happen, it does to all of us sooner or later!

1. Prize Trip & "You've Won" Frauds

The #1 scam by volume. Seniors receive a postcard, robocall, or email claiming they have won a free cruise or resort stay. To "claim" it, they must pay taxes, processing fees, or sit through a high-pressure timeshare presentation. The trip either never materializes or is a bait-and-switch nightmare. The FTC receives hundreds of thousands of these complaints annually. Congratulations — you've won a free Bahamas cruise! Simply pay \$399 in "port taxes" to claim your prize. The trip is anything but free and often fails to materialize at all.

RED FLAGS: You never entered a contest; required to pay fees to claim a "free" prize; mandatory timeshare presentation attached.

2. Impersonation & Spoofed Calls

Scammers pose as airline agents, hotel staff, cruise lines, or even TSA/Customs officials. Using caller ID spoofing, they make the call appear legitimate, then request credit card numbers or Social Security numbers to "resolve" a fabricated booking problem. Seniors lose an average of \$1,500 per incident. Your caller ID shows the airline's name. The voice is professional and calm. There is a problem with your reservation, they say — could you verify your credit card? This is a spoofed call. Real airlines never ask for payment info this way.

RED FLAGS: Unsolicited call demanding payment or personal info; caller discourages you from hanging up; urgency around "fixing" a reservation. Find the official phone number-call directly.

3. Timeshare Exit & Resale Scams

One of the fastest-growing travel frauds. Victims — often existing timeshare owners — are contacted by fake resale companies claiming a buyer is ready. Upfront "legal" or "closing" fees are collected, sometimes totaling thousands of dollars, and the supposed buyer never exists.

RED FLAGS: Unsolicited calls claiming a buyer is waiting; requests for upfront payment before any sale; high-pressure urgency.

4. Fake Vacation Package Deals

Heavily discounted "luxury" packages are advertised online, via email, or in mailers. Victims pay deposits for resorts that do not exist, hotels with no reservation on file, or trips that are wildly misrepresented. These scams spike heavily around holiday seasons and tax refund time.

RED FLAGS: Extreme time pressure to pay; vague or unverifiable resort names; prices far below market rate.

5. Fake Booking Websites

Lookalike websites mimicking Expedia, Booking.com, or major hotel chains collect payment for reservations that were never made. The sites often rank high in search results through paid ads. Victims only discover the fraud upon arrival at their destination.

RED FLAGS: URL has slight misspellings or unusual domains; prices dramatically lower than all other sites; payment by wire transfer required. Also look at their email and see if the company name is included in the email!

6. Phony Travel Agencies

They have professional websites, friendly voices on the phone, and even fake reviews. But when you arrive at your destination, there is no reservation — and the agency has vanished along with your money.

RED FLAGS: No physical address; insists on wire transfer or gift cards; no real booking confirmation number. NOTE: Because

Senior Travel Scams continued on page 45

Senior Travel Scams

continued from pg 20

of am a senior and my phone number is listed, I get scam calls from "Travel with Sally" or "Captain Smith Cruise Agency" etc. These are not real travel agents; they get your name from senior listings and then try and pretend they are travel agencies and sell you a trip that is not even available. As an example, you cannot get a hotel room at the Las Vegas Bellagio Hotel for \$99.00. I know seniors that have bought this program and traveled all the way to Las Vegas to be denied.

Here is what you need to ask your travel advisor to be sure that you are working with a professional agent:

1. What is your IATAN, CLIA OR TRUE#? (These organizations monitor all travel agencies/agents worldwide)
2. How much is your E/O insurance? (all professional travel advisors have E/O insurance of \$1 million)
3. What is your Florida or State license #? (all professional travel agencies must have this number from the State of Florida or California)
4. What is your Headquarters phone number so I can ask if are part of this organization.

NOTE: If the advisors hesitate to answer these questions, do not do business with this agent or agency.

Your 5 Golden Rules for Safe Travel Booking

1. Always call Senior Travel, The Travel Center for any questions that you may have regarding a booking, a phone call, or email that you received. (we get 4-5 calls per week on phony travel programs)
2. Wire transfers and gift cards offer zero fraud protection. Do not purchase unless you vet or know these companies directly!
3. Hang Up & Call Back If You Get Confused. Call Senior Travel and let us investigate or google the company and get their legitimate phone number!
4. Pause Before You Pay. Legitimate offers don't expire in ten minutes. You have 24 hours after booking an air ticket, 48-72 hour after booking a cruise, and the same for land packages.
5. Search Before You Sign. Google the company name plus the word "scam."

6. Never book online. Companies like Expedia, Booking.com, etc. make mistakes. Other companies could be frauds. Always Call Senior Travel for advice or to book your next travel program.

Senior Travel, The Travel Center are certified with Expedia, Booking.com, Priceline, Viator, and all the other online travel companies. We can get the very same rates as you can, but we can go one step further, we guarantee your travel bookings, these other vendors cannot guarantee your travel bookings. (have you ever got on a cruise and looked at the line in front of the service desk, 100's of people. 95% of them booked online!)

7. Many of the products that you may purchase are not refundable with your credit card. 56% of all SCAM transactions are non-refundable no matter how much you try and negotiate with your credit card company or how bad the scam was.

Resources & Reporting

AARP Fraud Helpline 1-877-908-3360

FTC Reporting ReportFraud.ftc.gov

Verify Travel Agents www.asta.org

Best Senior Tip:

Always book with Senior Travel. You all know Chris & Betty, the top travel advisors in Brevard County. Give them an opportunity to earn your business! Ⓢ

★ HELPING SENIORS FOUNDATION PRESENTS ★
7th ANNUAL HELPING SENIORS CRUISE!
Sail with Friends Aboard the Magnificent
MSC GRANDIOSA



JANUARY 9 – JANUARY 16, 2027
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Join your Helping Seniors friends aboard
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Bring the whole family and make January 2027
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Mexico sailing. We look forward to welcoming
you on board!



THE BEST PART?

Donations go back to Helping Seniors
in Brevard County.

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The easiest vacation you'll ever take.



Make memories, not plans—
we'll handle the details.



Travel is better when shared with friends.



Seven nights of laughter,
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Per Person



OCEAN VIEW CABIN

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Per Person



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YOUR CRUISE FARE INCLUDES:

- ✓ Port Charges & Taxes
- ✓ Prepaid Gratuities
- ✓ All Meals & Dining Venues Included
- ✓ Beverage Package
- ✓ Wi-Fi Package
- ✓ Special Group Events
- ✓ Travel Insurance (for guests under age 80)
- ✓ Exclusive Helping Seniors Activities

*We Are Proudly
Special Needs Certified*



Our team understands the unique needs of senior
travelers and is committed to making your vacation
comfortable, enjoyable, and stress-free.

★ **SPECIAL GROUP RATES** ★



**MOST
POPULAR!**

BALCONY CABIN

\$1,402

Per Person



MSC YACHT CLUB

\$3,586

Per Person

Rates are based on double occupancy and subject to availability.



EXPERIENCED. TRUSTED. DEDICATED TO SENIORS. ♥ *Because You Deserve the Best!*