

News from Helping Seniors Non-Profit

SEPTEMBER 2026



Your 2026 Aging Plan! Getting Our Ducks in a Row!

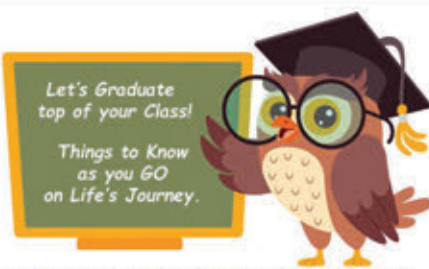


TRANSPORTATION & ORGANIZATION



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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



Cathy Bates
(Legacy Transitions)



10am Your Aging Plan:
**Senior Living
Options**

Helping Seniors Wellness Series



Peter Rentz
(Fyzical Balance & Therapy)



11am Wellness Series:
**"Falls"
Awareness**

Thursday Sept 24th - 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!



Time for New Wheels?

Kerry Fink
Executive Director - Helping Seniors

Life is a journey, and we are always on the move! At Helping Seniors, we encourage folks to develop an Aging Plan—what we call **"Getting Your Ducks in a Row"**—so ideas are in place to navigate likely scenarios. One area deserving special consideration is **Transportation**, which we pair with **Organization** as one of the seven pillars of a good Aging Plan.

Sometimes, it is time for **"New Wheels"**—perhaps because it is wise to "hang up the keys" and let someone else do the driving for safety and comfort. Ride-sharing services like Uber and Lyft, combined with good transportation options in Brevard County, can provide solutions—especially with advance planning. This edition of **Helping Seniors News** explores some of those ideas.

Another kind of **"New Wheels"** is very near and dear to us—the **Helping Seniors Car Raffle**, now in its 10th year! On Sunday, October 25, 2026, someone (might as well be you!) will win their choice among **seven brand-new cars** from our friend AJ Hiers and the Boniface Hiers auto dealerships.

It all happens at the **American Muscle Car Museum**, thanks to our friend Mark Pieloch, during our **"Sunday at the Museum"** event—with amazing cars inside, a car show outside, and trunks filled with candy for the kids!

Get details and tickets at **321-473-7770** or **HelpingSeniorsCarRaffle.com**.

Let's get rolling!

Win! Win! Win!

**The Helping Seniors of Brevard
10th Annual Car Raffle Fundraiser!**
1pm-4pm Sunday October 25th 2026

Pick Your Winning Car!

HelpingSeniorsCarRaffle.com

For the Roadster You ...
2026 Mazda Miata

For the Explorer You ...
2026 Jeep Compass Sport

For the Hauler You ...
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For the Sporty You ...
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For the Stylish You ...
2026 Mitsubishi Outlander

For the Elegant You ...
2026 Mazda3 Sedan

For the Upscale You ...
2026 Kia Sportage

Scan for Tickets!

CALL (321) 473-7770 FOR TICKETS

HelpingSeniorsCarRaffle.com



Your Aging Plan - Plan Now to Reduce Future Stress

Nancy Deardorff
Operations Director - Helping Seniors

An effective Aging Plan includes preparing for the death of a spouse or a partner ahead of time, preventing confusion and delays later.

Plan time to sit and talk with your spouse or partner about your plan for when one of you passes away. Not a pleasant conversation, but a necessary one.

Take time to review who takes care of household bills such as rent or mortgage payments, utility bills, homeowners and property insurance, car payments, credit card payments, cell phone, internet bills, etc. The list goes on. Are these accounts paid online? If so, does your partner know account numbers and how to access these accounts so bills may be paid on time.

If you are not the regular bill payer, ask your spouse or partner to show you the payment schedule, passwords, account numbers, and whether payments are made online, by mail, or automatically from a bank account.

Vehicle ownership should be checked as well. In Florida, a surviving spouse may need a certified death certificate, proof of identity, and possibly a marriage certificate to transfer or update a vehicle title or registration. Homeowners insurance, utilities, cable, and other services may also need to be changed into the surviving partner's name.

An important thing to keep in mind upon the death of a loved one, is the death certificate. Many organizations may require an original certified copy such as, banks, life insurance companies, retirement plans, pension administrators, government agencies, vehicle title offices, and probate or estate representatives. Some may accept a copy, but others may require an original certified copy and they will keep it, so it is wise to order several certified copies at the beginning.

Another crucially important part of your aging plan is transportation. If you depend someone else for transportation, and that is no longer an option, how will you get to where you need to be such as medical appointments, grocery or even social events. This is important to plan, even if you yourself drive. You should have a plan if you reach the point where you no longer can drive yourself.

Preparing now is not giving up hope; it is giving yourself support, security, and peace of mind.



Helping Seniors is here for you.

For Resources and/or if you would like to donate visit HelpingSeniorsofBrevard.org or call us at (321) 473-7770.



**Organizing Your Home
for the Life You're Living Now!**

Christina Knowles
Make Space Now

Our homes tell the story of our lives. Over the years, we accumulate belongings while raising families, building careers, enjoying hobbies, and creating memories. But as our lives change, our homes need to change with us.

Decluttering and organizing aren't simply about getting rid of things or having less. It starts with getting clear on one important question: How do I want to live now?

We often hold onto things connected to earlier chapters; careers, hobbies, family life, and routines that may no longer fit who we are today. Those things can hold wonderful memories, but we don't have to keep everything to honor the life we've lived.

Letting go doesn't erase the past. It allows us to consciously choose what deserves a place in our future.

As we age, an organized home can also support safety and independence. Clear pathways, having everyday items within easy reach and simple organizing systems can reduce unnecessary bending, climbing, lifting and daily frustration.

If you don't know where to begin, start with clarity. What matters to you now? What would make your home easier, safer, and more enjoyable?

Your home should support your life, not overwhelm it. "Make Space Now" can help you create a clear plan and move forward.

Christina Knowles, Owner
Make Space Now, LLC.

321-312-7959 - MakeSpaceNow.com



**Don't Miss Out on Transportation
Benefits: Prepare for
Medicare Annual Enrollment**

Vicki Moore
Moore Insurance Solutions

Finding transportation to and from medical appointments is a growing struggle for many older adults. Transportation is the number two reason seniors call into the Helping Seniors Information line. Missing doctor checkups, therapy, or pharmacy visits can lead to serious health complications. Original Medicare generally does not cover routine, non-emergency medical transportation. Fortunately, specific types of Medicare plans bridge this critical gap by offering non-emergency medical transportation as a supplemental benefit.

Medicare Advantage (Part C) plans frequently include routine rides to medical appointments, lab visits, and local pharmacies at no extra cost. For individuals who qualify for both Medicare and Medicaid, Dual-Eligible Special Needs Plans often offer even richer benefits.

The Annual Enrollment Period (Oct. 15 – Dec. 7) is the ideal time to review and compare plans, as well as learn about important 2027 Medicare changes.

Seniors in Brevard County can easily navigate these options by contacting Vicki Moore, a trusted licensed agent, of Moore Insurance Solutions, located inside the Helping Seniors Resource Center at 1344 S Apollo Blvd, Suite 2C in Melbourne, FL.

Moore Insurance Solutions is scheduling personalized appointments now and is hosting informative Medicare Review Events on Oct. 2 and Oct. 6 at the Resource Center. To reserve your spot or book an appointment, call 321-272-0218 or email vicki@mooreinso.com today.



Helping Seniors Of Brevard



**Keeping Seniors Connected
Through Transportation**

Aging Matters - Brevard

For many older adults, having reliable transportation can mean the difference between feeling independent and feeling isolated. As we age, driving may become more difficult, and giving up the ability to drive should not mean giving up the ability to live a full and active life.

At Aging Matters, our Transportation Program helps seniors get where they need to go safely and reliably. Whether it's a medical appointment, grocery shopping, the pharmacy, or another essential destination, transportation helps older adults maintain access to the resources and services they need.

Our dedicated volunteer drivers play an important role in making this possible. They provide not only a ride, but also a friendly face, a helping hand, and a connection to the community.

Your support helps Aging Matters continue providing transportation services that give seniors greater freedom, dignity, and peace of mind, helping them remain safely at home and connected to the community they call home.

When seniors can remain active, engaged, and independent, our entire community benefits.

Learn More About Senior TranServe
or
Vets Driving Vets:



agingmattersbrevard.org

Aging Matters: 321-639-8770

CHAMPIONING Space Coast Seniors

Since 1965



**Joe's Club - SafeRide
Program for Seniors**

**Brevard
Alzheimer's Foundation**

Our SafeRide proudly helps seniors throughout Brevard County stay connected, independent, and on the go. Whether medical appointment, pharmacy visit, or a grocery trip, SafeRide offers transportation to essential destinations that matter most.

What makes SafeRide special is that we wait during appointments and provide the ride home afterward, giving clients added convenience and reassurance.

SafeRide is available Monday through Friday from 10:00 a.m. to 2:00 p.m. with vehicles that accommodate wheelchairs and walkers, along with standard vehicles. SafeRide is designed to meet a variety of transportation needs. To keep every ride dependable, our transportation vehicles are inspected daily to support safety, reliability, and peace of mind.

SafeRide is offered for just \$10 each way or \$20 round trip, with additional donations gratefully accepted to help keep this valuable service moving.

Appointments fill quickly, so we encourage families and clients to schedule as early as possible. A minimum of two weeks' notice is requested.

Joe's Club also welcomes vehicle donations to help sustain SafeRide and continue providing meaningful transportation support for seniors across Brevard County.

Ready to schedule a SafeRide appointment or learn more? Call Karlee at 321-253-4430, ext. 116.

Brevard Alzheimer's Foundation
4676 N. Wickham Rd - Melbourne, FL 32935



Helping Seniors Of Brevard



10th Annual Helping Seniors Car Raffle

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

It is ON! The 10th Annual Helping Seniors Car Raffle fundraiser to support the work of the Florida non-profit is GO for Sunday afternoon, 1p-4p, October 25th 2026 at the world-famous American Muscle Car Museum in Melbourne, Florida.

In addition to a fun and family-friendly Sunday Afternoon at the Museum (need not be present to win), our Grand Drawing winner takes home their choice of 1 of 7 new 2026 cars from the Boniface-Hiers family of dealers.

It's Winner's Choice and, this year, our Winner gets to choose from 2026 models including the Mazda Miata Convertible, Jeep Compass Sport, Chevrolet Colorado Truck, Dodge Hornet, Mitsubishi Outlander, Mazda 3 Sedan, and Kia Sportage.



This event is the major fundraiser for the 100% local-to-Brevard Helping Seniors charity now into 15 years of service to Space Coast Seniors and families and we are grateful to Mark Pieloch and the wonderful American Muscle Car Museum team for having us back, once again, for the fun and festivities of this winning Celebration!

It's a family-friendly Sunday Afternoon Fall Festival event designed for all ages – inside and outside the Museum and with a special treat in store for the Kids!

Each ticket donation (1 for \$25 or 5 tickets for \$100) offers three great benefits:

(1) Each ticket is an entry in the Drawing Barrel for a chance to win one of seven amazing new cars!

(2) Each ticket is your "Admit One" to the Grand Drawing Sunday afternoon, October 25th, 2026 at the American Muscle Car Museum. You don't have to be present to win, but why miss the fun?

(3) Each ticket is a donation to the Helping Seniors of Brevard County, Inc., 501(c)(3) charity and goes to support the many programs that help our area Seniors.

Tickets are \$25 for one ticket or \$100 for five. Get tickets at all Boniface-Hiers auto dealerships, by calling **321-473-7770**, at our Resource Center and/or through one of our many sponsor partners, and/or online at **HelpingSeniorsofBrevard.org**.

**YOUR TICKET DOES MORE THAN ENTER YOU TO WIN!
IT'S YOUR TICKET TO A GREAT SUNDAY AFTERNOON!**



SUNDAY AT THE MUSEUM

October 25 • 1-4 PM

American Muscle Car Museum • 3500 Sarno Road • Melbourne

Your Car Raffle ticket includes admission to the Grand Drawing Event!



Inside

Explore one of North America's remarkable automobile collections.



Outside

Enjoy a great car show featuring Classics, Muscle Cars & Exotics.



For the Kids

Trunks with Treats and Fall Festival fun!



Why Now Is the Perfect Time to Downsize

Carlett Deliquadri, Broker
Flamazing Real Estate, Inc.

For many older adults, the family home holds a lifetime of cherished memories. While those memories are priceless, maintaining a larger home can become physically, financially, and emotionally overwhelming. Downsizing before it becomes a necessity allows you to make decisions on your own terms rather than in a health crisis or unexpected life event.

The key is to start early. Don't wait until you're forced to move. Taking small steps over time makes the process far less stressful.

Think about your future lifestyle. Do you want less maintenance, a home with fewer stairs, or to be closer to family? Having a plan helps you make informed decisions that support your long-term independence.

As the Broker/Owner of Flamazing Real Estate, a nurse, and a Senior Real Estate Specialist (SRES), I understand that downsizing is much more than a real estate transaction, it's a major life transition. I work with a trusted network of professional organizers, estate sale companies, movers, contractors, senior living advisors, and other experts to help make the process as smooth and stress-free as possible.

Downsizing isn't about giving up your home. It's about creating a lifestyle that offers more freedom and greater peace of mind. The best time to plan your next chapter is before you have to.

Carlett Deliquadri, Broker
Flamazing Real Estate, Inc.

321-223-5665 FlamazingRealEstate@gmail.com



Steps to Stay Steady: Why Balance is Your Key to Confidence and Freedom

Peter Renz, DPT
FYZICAL Therapy & Balance Centers

When we think of health, we often focus on strength or heart health, but good balance keeps us moving smoothly, confidently, and independently.

Breaking the "Caution Cycle" - Feeling wobbly often sneaks up quietly. You might start avoiding uneven ground, skipping dimly lit restaurants, or hesitating to play with grandkids. Moving less to "play it safe" weakens muscles and stiffens joints, making you wobblier. Noticing these hesitations early is key to reclaiming your confidence.

Retraining Your Balance System - Balance relies on teamwork between your eyes, inner ear, and sensory signals from your feet. When those signals slow down, walking takes extra mental effort. Fortunately, balance acts like a muscle and can be retrained. Physical therapy sharpens this system through targeted head-tracking, surface stability, and weight-shifting drills.

Action Steps to Take Today

- * Review Medications
- * Keep Sight & Hearing Sharp
- * Wear Supportive Shoes
- * Get a Balance Check: A physical therapist can spot small stability issues before they cause a fall.

September is National Falls Prevention Awareness Month, the perfect time to prioritize staying steady so you can keep saying "YES!" to the life you love.

Peter Renz, DPT, owns FYZICAL Therapy & Balance Centers Brevard Beaches (Indialantic and Melbourne Beach, FL), specializing in balance disorders, inner ear rehab, concussions, and fall prevention. Join us at our Wellness Series event on Sept 24!



The Brevard County Housing Market

Mark Gallegos
Real Broker, LLC

Palm Bay enters August 2026 with a housing market that offers stability, choice, and a comfortable pace, ideal for seniors planning their next move.

Current data shows approximately 2,900 active listings, a median listing price near \$350,000, and homes averaging 65 days on the market. This slower, more predictable rhythm stands in contrast to the fast-moving pandemic years and gives older adults the time needed to make thoughtful decisions.

Sellers continue to perform well, with homes selling for about 98% of their list price. At the same time, the 1.61% average sale-to-list price dip shows buyers still have room to negotiate, an advantage for seniors seeking affordability, downsizing opportunities, or low-maintenance living.

Palm Bay's long-term appeal remains strong. Demand from Space Coast professionals, first-time buyers, and retirees keeps the market steady, and modest appreciation is expected.

Homes priced \$300,000-\$375,000 should see the most activity, while properties \$450,000+ may benefit from strategic pricing or cosmetic updates. Well-priced homes typically sell within 45-60 days.

For senior sellers, presentation matters. Overpriced listings may linger, but well-prepared homes continue to attract solid offers.

Overall, August 2026 positions Palm Bay as a stable, buyer-leaning market with strong fundamentals, ideal for seniors.

Real Broker, LLC
305-761-8500



Don't Blame Age for Loose Teeth.

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

"Of course my teeth are getting loose-I'm getting older." - I've heard that countless times over the years, but it simply isn't true.

Healthy teeth don't become loose because of age. They become loose because the body is reacting to bacteria and hardened deposits called calculus, or tartar, that collect on the roots beneath the gums. Your body's immune system recognizes those deposits as a problem and begins destroying the bone that supports the teeth.

Here's the challenge. Research has shown that once periodontal pockets become deeper than about four millimeters, it becomes very difficult to completely remove calculus using traditional methods alone. That doesn't mean your hygienist isn't doing an excellent job. It means the problem is often hidden where it can't be seen.

For most of my career, I've had the privilege of working with outstanding hygienists and some of the nation's leading periodontal researchers. Together, we've learned that seeing the root makes all the difference. Using a dental endoscope-a miniature camera that fits below the gumline-we can often locate deposits that would otherwise remain hidden.

When the deposits are finally removed, something remarkable happens. The inflammation subsides, the body can heal, and many teeth that patients thought were destined to be lost become firmer and healthier. Age isn't the enemy. Hidden disease is.

ADVOCATE & SENIOR PLACEMENT

Senior Care Authority **SILVER**

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

ATTORNEY/ELDER CARE

Law Office of Van Fossen & Stolz, P.A. **SILVER**

211 E. New Haven Ave., Melbourne
AmyBVanFossen.com
 321-345-5945; (fax) 321-345-5417

Law Office of Cheryl A. Ward, P.L. **SILVER**

1370 Sarno Rd Ste G, Melbourne
CAWLawOffice.com
 321-372-8177

Ruth Rhodes, Esq. Rhodes Law, P.A. **GOLD**

Member: Joe's Senior Resource Center
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RhodesLawPA.com
 321-610-4542

Truman Scarborough Law Office

239 Harrison St., Titusville
TrumanScarborough.com - 321-267-4770

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 SynergyHomeCare.com
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FYZICAL Therapy & Balance Center

3830 S Hwy A1A Ste C-5, Melbourne Beach
Balance, Fall Prevention, Vertigo
321-327-7889 | PeterRenz@Fyzical.com

PODCAST

Time with Terri Podcast **GOLD**

Brevard's very own podcast about Senior Care.
Terri Petzar – TimewithTerriShow@gmail.com
[YouTube.com/TimewithTerri](https://www.youtube.com/TimewithTerri)

REAL ESTATE

Mark Gallegos **SILVER**

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Real Broker, LLC

REAL ESTATE / RIGHTSIZING

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Joe's Senior Resource Center of Brevard

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Jan 9th-16th 2027 - 7-Night Cruise Round Trip Port Canaveral



Call (321) 473-7770 for Info or visit HelpingSeniorsTravelClub.com



Helping Seniors Of Brevard



Helping Seniors Senior Resource Center Partners



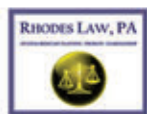
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Helping Seniors Silver Sponsors

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AmyBVanFossen.com

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Melbourne.AquaHC.com

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Brookdale.com

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CAWLawOffice.com

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Mark Gallegos (Real Broker, LLC)
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SeniorCareBrevard.com

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THRIVE USA Home Care - (321) 407-2727
Julie@THRIVEUSAHomeCare.com

Vitas Healthcare
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Need Help?
321-473-7770

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



Helping Seniors Info Series

SEPTEMBER 2026

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

Community Chair Yoga Tuesdays:

10:30 AM – 12:00 PM - Tuesday - 09/01; 09/08;
09/15; 09/22; & 09/30

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

Breathe. Balance. Begin today. Accessible
Yoga for All - Connect to the breath. Find your
flow, your way, in the body you have TODAY.
Presented by Moore Insurance.

Free Classes. Space is limited. 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 - September 11th - 200pm-400pm
- Senior Planet - Senior Planet Tech Talk

Free help for older adults to build technology
skills - Workshop 2pm with our millennial expert
Bri Prentice & Smartphone Lab 3pm with: Raaha
Sellamuthu & Mindcare Medics.

**Wednesday - September 16th - 1000am-
1100am - Coffee with a Cop**

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

Thursday - September 24th - 10am-11am
- Knowledge College for Aging

Understanding Senior Living Options with
Cathy Bates (Legacy Transitions)

Thursday - September 24th - 11am-12nn
- Helping Seniors Wellness

"Falls" Awareness with Peter & Michelle
Renz (Fyzical Therapy & Balance Center)

AARP/Helping Seniors Events:

Friday - September 4th - 1100am-100pm
- AARP Chapter #1413 Meetup

Gleason Park Center - 1233
Yacht Club Blvd - Indian
Harbour Beach FL

**Friday - September 11th -
845am-945am - AARP Walk
with a Doc**

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

Monday - September 21st
- 1100am-100pm - AARP
Chapter #2622 Lunch

BCASCA Center - 2174 Harris
Avenue - Palm Bay

More Great Events:

Saturday - September 12th
- 1000am-200pm - Brevard
Recovery Fest

Melbourne Auditorium -
625 E Hibiscus Blvd -
Melbourne FL

Free Family-Friendly event to
help end stigma of addictions
& mental health disorders.

Saturday - September 12th
- 100pm-400pm - Health &
Safety Fair at Rise Viera

Rise Viera - 8353 Auterra
Dr - Viera - Free Community
Information Fair

Tuesday - September 15th
- 1100am-1230pm - Golden
Providers B2B Lunch

Glenbrooke Senior Living
- 815 Briar Creek Blvd NE
- Palm Bay FL. Great Busi-
ness-to-Business Learning &
Networking for those who
serve Seniors

Friday - September 18th
- 1100am-100pm - AARP
Dominoes Tournament

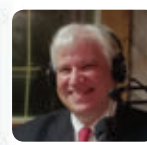
One Senior Place - 8085 Spy-
glass Hill Road - Melbourne
- Free & Fun!

Helping Seniors
continued on pg 49

CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Sep 1	Tue	Concierge Care	Chefs for Seniors	Turning 65? All About Medicare	Buying, Selling, Investing Real Estate
Sep 2	Wed	Medicare Supplement or Advantage?	What an Elder Law Attorney Can Do	Rock Steady Boxing	Best Home Care Ideas
Sep 3	Thu	Finding a Good Place for Mom (or Dad)	Senior Info in Senior Scene	Transitional Care	Wellness: Expressing Thoughts
Sep 4	Fri	Great Employment for Seniors	How Medical Office Team Helps	Considerations in Home Care	Capital Update
Sep 7	Mon	Helping Seniors & MSC Cruises	Updating Your Estate Plan	Helping Seniors Services Directory	Wellness: Footcare & Wellness
Sep 8	Tue	Transitional Care	Two Assisted Living Questions	Concierge Care	Senior Info in Senior Scene
Sep 9	Wed	Understanding Medicare Options	Buying, Selling, Investing Real Estate	Too Many Teeth Being Extracted	Wellness: Rock Steady Boxing
Sep 10	Thu	Considerations in Home Care	Best Home Care Ideas	New to Florida? Elder Law to Know.	Wellness: Health Cooking
Sep 11	Fri	The Business of Helping Seniors	Durable Power of Attorney	Finding a Good Place for Mom (or Dad)	Capital Update
Sep 14	Mon	Rock Steady Boxing	Importance of Comprehensive Eval	Probate - What it is/How it Works	Wellness: Senior Health Mind & Body
Sep 15	Tue	Helping Seniors - 15 Years of Service	Finding a Good Place for Mom (or Dad)	Helping Seniors Travel Club	Considerations in Home Care
Sep 16	Wed	Two Assisted Living Questions	Concierge Care	Chefs for Seniors	Your Aging Plan: Your Legal Plan
Sep 17	Thu	Your Aging Plan - What It Is	Finding Good Help at Home	Buying, Selling, Investing Real Estate	Turning 65? All About Medicare
Sep 18	Fri	Senior Info in Senior Scene	The Parts of Medicare	Best Home Care Ideas	Capital Update
Sep 21	Mon	Best Home Care Ideas	Considerations in Home Care	Concierge Care	In Home Care Giving
Sep 22	Tue	Power of Attorney & Super Powers	Rock Steady Boxing	Cosmetic Dentistry	Finding a Good Place for Mom (or Dad)
Sep 23	Wed	Safe & Secure at Home	How to Cruise Successfully	Senior Info in Senior Scene	Your Aging Plan: Medicare/Medicaid
Sep 24	Thu	Helping Seniors - 15 Years of Service	VA Aid & Attendance	Transitional Care	Concierge Care
Sep 25	Fri	Buying, Selling, Investing Real Estate	Don't Go Broke Paying Nursing Home	Understanding Medicare Options	Capital Update
Sep 28	Mon	Periodontal Disease	Finding a Place for Mom or Dad	Put Kids on the Bank Account?	Chefs for Seniors
Sep 29	Tue	Medicare Supplement or Advantage?	New to Florida? Elder Law to Know	In Home Care Giving	Update Your Estate Plan
Sep 30	Wed	Things to Know Elder Law	Transitional Care	Helping Seniors Travel Club	Turning 65? All About Medicare



Date	Program	Special Guest	Listen On	Podcast On
Sep 2	Helping Seniors on Elder Law	Bill Johnson, Esq. - William A Johnson	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Sep 9	Helping Seniors on Your Smile	Dr. Lee Sheldon - Solid Bite Dental	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Sep 16	Helping Seniors on "It Takes a Village"	Helping Seniors Team	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Sep 23	Helping Seniors on Help at Home	Jennifer Barton - Seniors Help Seniors	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms
Sep 30	Helping Seniors on "It Takes a Village"	Helping Seniors Team	90.3 WEJF-FM (online WEJF.net)	All Major Podcast Platforms



About Helping Seniors ...

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

Fifteen years ago, Joe Steckler—the man who simply couldn't stay retired—began the work that became Helping Seniors. Joe first retired from the U.S. Navy as a Captain after an exemplary career of service to our country. He later "retired" again after founding the Brevard Alzheimer's Association and developing the Joe's Clubs respite care program. Yet Joe saw another unmet need: seniors and their families needed a trusted place to turn for help navigating the challenges that often accompany aging.

That vision became Helping Seniors of Brevard, a 100% local nonprofit with a simple but powerful mission: To Inform, Educate, and Connect Seniors and their families with the resources they need for a safer, more confident aging journey.

For 15 years, Helping Seniors has answered that call—more than 4,500 times each year through its free Senior Information Helpline at 321-473-7770.

People contact Helping Seniors about virtually every aspect of aging—from legal, financial, and healthcare concerns to housing, transportation, caregiving, and help at home. Whatever the challenge, the goal is the same: helping seniors and families find practical solutions and reach the "next safe harbor" on their individual aging journeys.

Helping Seniors also welcomes visitors to its 5,600-square-foot Senior Resource Center, located on the second floor of the Apollo Professional Tower at 1344 S. Apollo Blvd. in Melbourne. There, the organization offers educational programs, community resources, and practical tools to help people create their own personal aging plan—something Helping Seniors affectionately calls "Getting Your Ducks in a Row."

Free educational programs are offered regularly at the Center and throughout Brevard County. They include Java with Joe – Coffee with a Cop and Senior Education programs on the third Wednesday; Knowledge College for



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About Helping Seniors ... cont'd on pg 45

About Helping Seniors...cont'd from pg 9

Aging and the Wellness Series on the fourth Thursday; and Senior Tech Talk on the second Friday. Each is designed to help seniors stay informed, make better decisions, and get ahead of the aging curve.

Helping Seniors also presents community-wide SCAM JAM events in partnership with AARP Florida, bringing together law enforcement, banking professionals, elder law attorneys, and fraud experts to help seniors recognize scams and protect themselves.

Another signature event is the free Helping Seniors Caregiver Conference, offering family caregivers practical information, local resources, and expert guidance. The next conference is Thursday, November 19, from 10:00 a.m. to 2:00 p.m. at the Senior Resource Center. Lunch is provided; advance RSVPs are requested.

Helping Seniors extends its educational mission through Senior Scene® Magazine, daily programming on Space Coast Government TV, YouTube and Facebook, and its weekly Wednesday noon radio program on 90.3 WEJF-FM.

Whether you need information, resources, volunteer opportunities, or simply a trusted place to begin, Helping Seniors is here to help.

Call 321-473-7770, email info@HelpingSeniorsofBrevard.org, or visit HelpingSeniorsofBrevard.org. And be sure to learn about the annual Helping Seniors Car Raffle at HelpingSeniorsCarRaffle.com—every ticket helps support free programs and services for Brevard County seniors and their families. ⓘ

Creating Income In Retirement *continued from page 17*

insurance products. Insurance companies and financial institutions have worked together to modernize lifetime income. They developed a way to reinstate the 5% to 6% withdrawal rate of the 1980s and 1990s. This can help ensure that retirees will always have income for as long as they live. We use programs in our office from some of the best financial institutions in the United States.

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If you are recently retired or are nearing retirement, you may be in a perfect position to take advantage of new income plans that you can't outlive. If this interests you, You can call our office at (321) 956-7072. We offer a free consultation for all Senior Scene readers where we will review your financial footprint and analyze whether you're a candidate. Although your path to a healthy retirement may be different, it does not have to be intimidating.

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