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# SENIOR SCENE<sup>®</sup>

JANUARY 2025

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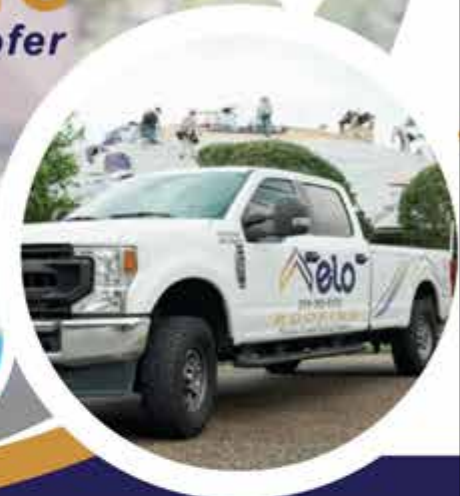
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# Letter from the Publisher



**H**appy New Year to all of our Senior Scene readers, looking forward to a fantastic 2025. While just “normal” sounds good, let’s strive for fantastic. Hope you all had a safe and joyous Holiday season. We have so much to be thankful for. It’s easy to forget how lucky we are, when we have our family and friends around us and live in such a beautiful area. Maybe you took the time and effort to share with someone less fortunate this Holiday season. And it’s still not too late!

As we move into 2025, watch our pages for fund raising events sponsored by Helping Seniors of Brevard, such as fantastic cruises and the ever popular car raffle. All proceeds go to assisting those seniors in need in our county. There is just not enough government attention or funds.

I want to thank all of the staff, contractors and volunteers that have helped to make 2024 such a wonderful year for Senior Scene Magazine here in Brevard County. We especially thank all of our readers and supporters for welcoming us into your community. Finally, we want to thank all those local artists and authors that have contributed so much for our readers’ enjoyment. And let’s not forget our loyal advertisers, who make all this possible. Please support them any opportunity you get.

So let’s make those resolutions and enjoy the New Year (or maybe just one or the other).

See you next month.

*John*



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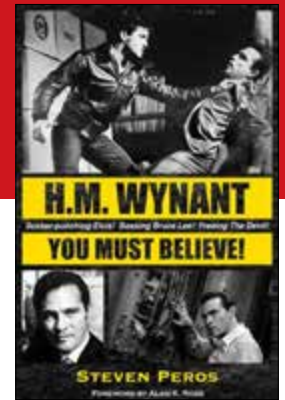
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# New Book Outlines Career of 97-Year-Old Character Actor H.M. Wynant *By Nick Thomas*



American television audiences developed a fondness for old British sitcoms in the 1980s when PBS began airing reruns of several popular shows. Loaded with oh-so-British double-meaning dialogue, a standout favorite was “Are You Being Served?”, a BBC production that originally ran’s distinctive raspy voice.

As one of the last prolific character actors who launched their film and television careers in the 1950s – and subsequently spanning eight decades with hundreds of roles – it’s no surprise that H.M. Wynant didn’t have instant recall when interviewed by author Steven Peros for his new book, “H.M. Wynant – You Must Believe!”



“I was kind of amazed – he wanted to do a book about me?” said Wynant from his home in Los Angeles. “But Steven did his research and dropped clues about my previous roles and all of a sudden a lot of the past came

back which was kind of wonderful. I would film a television episode over a few days, then literally forget about it – just erase it – and move on to the next project. So there are some shows I just don’t have any memory about.”

Nevertheless, the book is full of entertaining anecdotes shared with the author.

“It’s basically an authorized biography with HM contributing quotes as well as photos from his personal collection,” explained Peros from Los Angeles, who’s also a playwright, screenwriter, and director (see [www.stevenperos.com](http://www.stevenperos.com)). “I’ve known HM for 30 years since I cast him in a play. He appeared in so many iconic TV shows just in the 1960s.”

A sampling of Wynant’s credits for that decade includes Batman, Perry Mason, Get Smart, Mission: Impossible, The Man from U.N.C.L.E., Ironside, and westerns such as Wagon Train, Cheyenne, Tales of Wells Fargo, The Wild Wild West, and The Virginian.

*Character Actor H.M. Wynant... continued on pg 47*

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# Cocoa Public Library

The first library was an old one-room house on Brevard Avenue next to where the Black Tulip Restaurant is now located and was owned by the Library Association. (See photo) The library was first named "AVILAH" a coined word formed from the initials of the Departments: A. Association, V. Village, I. Improvements, L. Library, A. Art, H. History. Three years later the name was changed to Cocoa Public Library.

The library was purchased from Mrs. Mix for \$40, then later sold to Mr. August Lemmert, a local optometrist, who moved it to Delannoy Avenue, just south of the Brevard County State Bank, where it continued to be occupied as a library until a new two-story, stone block building, was erected in 1909.

In Notes by Allie H LaRoche - The Cocoa of Her Time, 1998 Memory Book Page 7, she told that the old one-room library was moved by mules on rollers from Brevard Avenue to Delannoy Avenue and placed on the north side of the Hughlett Drug Company. Through the hard work and fund raising, especially Mrs. W.G. Paterson and Mrs. Jessie Trafford, a new two-story library with an electric lighted arch (this stained glass arch is on display at the Central Brevard Library) was realized. Mrs. LaRoche stated that when the little one-room house was being moved to Delannoy Avenue, the floor

fell out and books scattered over the street. Some bystanders laughed and Mrs. Paterson said, "Never mind we'll have a library yet," as they picked up the books.



A booklet named Cocoa, Florida, was found in a time capsule that had been placed in the north cornerstone of the old Cocoa Public Library on Delannoy Avenue. On July 3, 1986, John Heimberger, owner of Natural Wood Signs by John Heimberger, 407 Delannoy Avenue, was watching the old Cocoa Public Library being dismantled. He was looking for the time capsule that he had been told of by Mr. Russell Hamilton, who in turn had learned the information from Mr. William Kidd, CPA, who had worked in the building. The building at that time was Mr. Robert White's accounting firm. When Mr. White retired

*Cocoa Public Library continued on pg 49*

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## COVER STORY

# Nature-lovers Flock to the 26th Space Coast Birding and Wildlife Festival

**A** birding and wildlife festival is a way to bring nature lovers together for exhibits, workshops, and field trips led by nationally-known birding and photography leaders. The Space Coast Birding and Wildlife Festival, one of the oldest and largest birding festivals in the country, is in its 26th year. It will be January 22nd through 26th at the Radisson Resort at the Port, 8701 Astronaut Blvd., Cape Canaveral.

More than 50 exhibits for birding, wildlife, and nature enthusiasts create an exciting Expo Center, open each afternoon, and registrants will visit as soon after their field trips. The public can visit at no charge from noon to 6pm Wednesday, Thursday, Friday and 10 a.m. to 6 p.m. on Saturday. An outstanding array of optic equipment can be tested and purchased. Destination tour companies, wildlife and birding organizations, nature-based businesses, authors, photographers, and painters will also be showcased.

The festival introduces participants to the "wild" side of Florida with over 70 field trips that go as far as Three Lakes Wildlife Management Area in Osceola County, to Daytona Beach Shores to see an evening gull congregation, and to birding hotspots in Brevard and surrounding counties. Photo trips are included. Trip leaders are among the top wildlife professionals in the nation.

The American Flamingo is this year's special bird, as a group of flamingos have settled at Merritt Island National Wildlife Refuge after being flung here by Hurricane Idalia in September 2023. For the Thursday night keynote, Dr. Jerry Lorenz of Audubon Florida will share status of flamingos in Florida, and kayak trips may allow participants to see these iconic Florida birds. The Wednesday keynote is by a bird cartoonist Rosemary Mosco, the Friday keynote

by renown Ohio birder and author Kenn Kaufmann, and the Saturday keynote by one of the country's top gull experts, Amar Ayyash. Keynotes are at 6pm, after the close of the Expo Hall. Interesting talks and workshops will be held in the afternoons.

*Nature Lovers. Flock... cont'd on pg 49*

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# A New Year's Resolution

By Joe Steckler, President Emeritus, Helping Seniors of Brevard County

The best exercise you could get is walking. This is a great New Year's resolution to make for yourself, with many health benefits such as improved sleep, increased energy, stress relief, improved mood, increased mental alertness, weight loss and even improved cardiovascular health.

To make it easier to keep this resolution, set a goal and start small. For instance, select a place where you live and mark off a walking course of half a mile in length. Start small. Perhaps you walk a quarter of a mile at the beginning, then work your way up. Before you know it, you'll be walking a mile, or even more. Many will say, "I don't have time", or "I just don't feel like it now." You may think these

are valid reasons for not doing the walk you had planned, but they simply are excuses for putting it off to another time, a time you will never find. Don't take your ability to walk for granted. As we age, we lose muscle mass and strength, and as they say, if you don't use it, you lose it, so regular exercise like




walking is a low impact and safe way to keep your muscles strong.

If you like alone time, walking is a great way to spend time with yourself and let go of the cares of the day. If you are a social person, then walk with a friend or several friends and turn your walk into a fun way to connect with others.

I urge those who are overweight or lack muscle tone to take corrective action. It can and should be done. Believe me, for I have been in similar shoes. When I was 12, I was more comfortable at Jacksonville Beach when holding the oblong surfboard in front of me.

Weight control is one of the biggest challenges that most of us will contend with as we age. It affects us whether we want to admit it or not. I constantly must limit my desert intake – and I could eat ice cream for breakfast. (I remember one time at the Naval Academy we were served ice cream with pancakes for breakfast.) Years ago, after my stroke, weight control and building muscle strength was key in my rehabilitation.

Walking, along with a healthy diet is one way to help you reduce your weight, build muscle strength and increase and maintain your mobility. Are you up for the challenge? 

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# What Needs To Be Considered Before Making Lifetime Gifts?

By Attorney Truman Scarborough

A full description of estate planning would include the accumulation, preservation, and gifting of property. While most of our lives are devoted to the acquisition and preservation of assets, in time the focus moves to gifting. Gifting is not limited to the transfer of assets at our demise. It may occur throughout our lives with gifts to family, church, and charitable organizations. Major lifetime gifts to adult children can include helping them with educational expenses or the purchase of a home. There are benefits to life time gifts, including observing how children are able to handle money; working with them to see that funds are used wisely; and witnessing the happiness our gifts bring. By gifting we can find satisfaction and fulfillment in our lives.

While a recipient does not have to pay income taxes on these gifts, there are other issues that should be considered when making a lifetime gifts. In this article we will be looking at three of these:

**STEPPED-UP BASIS FOR CAPITAL GAINS TAX:** Gifting of appreciated real estate or securities can result in the person who receives the property paying higher capital gains taxes. When the property is sold, the appreciation in value is reported as capital gain. The gain is calculated by subtracting the "basis" from the sales price. The purchase price plus closing costs and

costs of improvements is the basis in the property. With a gift, the child takes your basis in the property. However, if the child receives property at your demise, he/she obtains a "stepped-up basis", which is the value of the property at time of your demise.

For example, if you purchased property for \$100,000, that is now worth \$200,000 and gave it to a child during your life, he/she would take your basis of \$100,000. If he/she then sold the property for \$200,000 there would be a \$100,000 in taxable capital gains. But if it went to the child at your death, he/she would receive the date of death value of \$200,000 as the basis. If your child then sold it for \$200,000 there would be no capital gains and no tax.

**LOOK-BACK PERIOD FOR MEDICAID:** Long term nursing home expenses are covered by Medicaid. Unlike Medicare, Medicaid is only available to those persons who meet an income and asset test. Gifts within a five year "look-back period" can disqualify a person for Medicaid benefits.

**GIFT TAX RETURN:** Gift taxes are of concern to very few people. As of 2025 an individual can pass \$13,990,000 free of both gift and estate taxes. To the extent the exemption is used with lifetime gifts, it reduces the amount available at your

*What Needs To Be Considered... cont'd on pg 40*

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# 10 Cruise Cabin Tips You Don't Know About Your Room



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**N**o matter how many cruises you've been on, there are probably some cruise cabin tips that you don't know about. For instance, did you know that some cruise ships sailing today only have round European two-prong electrical outlets in their cabins?

The takeaway is this: If your electric devices use standard U.S. 110-volt plugs, you should have at least one adapter with you on every single cruise. Otherwise, you may be without your electronics for your entire trip.

We've scoured the Cruise Critic message boards and canvassed our staff for all the other things you may not know about your cruise ship room. Here are the top 10.

### 1. The Walls and Doors of Your Cruise Cabin Will Hold Magnets (But Not the Showers)

You might already know that your cruise cabin walls are made of steel (which means they're great for holding magnets), but that doesn't necessarily help you use this tried-and-true organizing hack.

Look for magnetic hooks or pegs designed to hang

barbecue utensils because they'll hold enough weight for jackets or backpacks. Put one for each cabin occupant near the door and some in the bathroom for towels and swimwear. We also like magnetic whiteboards for leaving messages for cabinmates.

Cruise ship cabin door decorations can be hung up using magnets instead of tape. You can also keep all your excursion tickets, coupons, daily schedules and invitations conveniently organized. We highly recommend standard office supply magnetic clips for that.


As for showers, they are usually tile, marble or fiberglass, so magnets won't work there. Take along suction cup hooks, toothbrush holders or shelves to make your cruise cabin shower more functional.

### 2. Cruise Ship Bathrooms Lack Ventilation

Few staterooms on cruise ships have bathrooms with ventilation fans -- a fact that can make you question your cabin

*10 Cruise Cabin Tips... continued on page 45*

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# The FBI Text Messaging Warning

By James Bowman, Data Rescue Computer Services

The recent discovery that state-sponsored Chinese hackers had infiltrated the U.S. telecommunications networks led to the FBI warning.

This realization along with the recent adoption of RCS (Rich Communication Services) by Apple's

iMessage app, which allows iPhone and Android users to better communicate created a problem: messages between users on different platforms are not encrypted.

## Encrypted Messaging

Encryption keeps prying eyes from being able to see what you are texting and as long as you are texting from one iPhone to another or one Android device to another, it's still secure.

The problem comes in when one user has an iPhone and the other has an Android device or if there is a group chat with both kinds of users.

The benefit of having both platforms supporting RCS is that pictures and videos could be texted in full resolution between platforms; the downside is that it has opened this significant security hole.

RCS encryption requires both users to be using the same app, such as Google Messages and must be supported by the various network carriers.

This new complexity of requirements makes it pretty difficult for the average user to know when a message is secure and when it's not, which is what prompted the alert.

## What's the Risk?

You may wonder why Chinese hackers would be interested in your text messages and unless you're a government worker or contractor, they probably aren't.

The problem is that their techniques cast a wide net over our telecom networks, so your unsecure messages could be collected and used to exploit you down the road.

It's also important to stay secure because potential compromises from other groups that are financially motivated are possible.

## Info to Avoid Sending

Until the industry gets this sorted out, it's not a good idea to use standard text messaging for sensitive information.

Avoid sending things like bank account numbers, credit card details, passwords, PINs, Social Security numbers, medical records, employee or client data, or travel documents unless you know that both parties are using the same platform or you switch to a fully encrypted messaging platform.

## Encrypted Messaging Options

To ensure your transmissions are encrypted end-to-end, you'll need to use the same application as your recipients.

*The FBI Text Messaging Warning continued on page 43*

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# What's the Deal with Life Insurance?

By Max ValaVanis, CFP®

**A**lthough it might sound strange, you can compare life insurance to cars. You can have expensive cars, muscle cars, and simple ol' reliable cars. Life insurance also has many options. However, when you boil it down, different models can serve the same purpose. For vehicles, it takes you from point 'A' to point 'B'. For life insurance, the goal is to give loved ones a benefit if you pass away. Where this comparison differs is that most people appear to own vehicles, but the American public can still be apprehensive about purchasing life insurance. According to LIMRA, roughly 90% of consumers agree that everyone needs a version of life insurance; however, as of 2020, only 54% of American adults own a policy.

One possible reason for this inexplicable discrepancy could be misinformation. LIMRA ran a study comparing the amount people expected to pay to obtain a life insurance policy. The results were staggering... The average American guessed the cost to be twice as much as the actual price. This disconnect pushes people further from getting the insurance they or their family may desperately need. The core act of obtaining life insurance is largely a selfless one. The idea of spending money to provide a benefit the insured will never see is a strange mindset some people may never be able to wrap their minds around. Moreover, the best time to purchase a life insurance policy is when you are healthy! This is when the costs are the lowest, and you may be able to lock in great coverage for a remarkably low price. Unfortunately, when people are healthy the last thing they think of is what may happen to their family's finances if they pass away.

As a Certified Financial Planner™, I have witnessed firsthand families experiencing the financial difficulties that follow the death of a breadwinner or spouse. Whether it is replacing income or paying off a mortgage, life insurance tends to be a silver lining when a family member passes away. These scenarios are not exclusive to the working phase of life. When a retiree passes, their loved ones may be substantially impacted. Notably, purchasing a suitable life insurance policy can mark the difference between a financial emergency and a financially comfortable lifestyle.

When approaching this need, one of the most important steps is finding a knowledgeable advisor willing to design a plan that fits your budget and needs. Just like cars, too often someone may go home with a sports coupe when they need an SUV. Regarding life insurance, the sheer number of options available may be daunting at first. As a Certified Financial Planner™, it is my fiduciary obligation to provide a curated plan that fits your specific needs. If you have any questions about life insurance or your options, we welcome



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## Social Security's FAQ Page Can Answer Your Important Questions

There are many online resources about Social Security, but it is important that you visit our official website – SSA.gov – for the most accurate and up-to-date answers. You can find lots of information about our programs and services on our Frequently Asked Questions page at [faq.ssa.gov](http://faq.ssa.gov). We feature the most asked questions at the top of the page to include:



- How can I get help from Social Security?
- How much will the COLA amount be for 2025 and when will I receive it?
- What should I do if I receive a call from someone claiming to be a Social Security employee?
- How do I schedule, reschedule, or cancel an appointment?
- What happens if I work and get Social Security retirement benefits?

You can also browse by topic, including:

- Disability.
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- Retirement.
- Medicare.

Many of our FAQs are available in Spanish, as well, at [www.ssa.gov/espanol](http://www.ssa.gov/espanol).



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# Erectile Dysfunction and Heart Conditions

Arvind M. Dhople, Ph.D., Professor Emeritus, Florida Tech

**E**rectile dysfunction – the inability to get and keep an erection firm enough for sex – can be an early warning sign of current or future heart problems. Likewise, if you have heart disease, getting the right treatment might help with erectile dysfunction. Erectile dysfunction affects more than 30 million men in the country between 40 and 75 years of age. By now, most people are familiar with the factors that can increase the risk of having a heart attack; gaining too much weight, having high blood pressure or high cholesterol levels, smoking and not exercising enough.

In a recent study, researchers say they have documented another risk factor that could help identify men at a greatest risk of heart problems: Among a group of 1,900 men aged 60 to 80, those with erectile dysfunction were twice as likely as men without the condition to have a heart attack, stroke, or die of a heart problem.

Around 20% of men over age 20 experience erectile dysfunction in the U.S., and the rates are higher among older men. The causes of the condition can vary and include stress-related psychological factors as well as physical and biological factors involving blood flow and nerves. Previous studies have linked similar risk factors responsible for contributing to heart disease to erectile dysfunction as well,

including obesity, high blood pressure, atherosclerosis, high cholesterol, lack of physical activity and smoking.

But the researchers have had difficulty figuring out whether erectile dysfunction is a symptom of heart-related circulation problems, or whether the condition is itself a possible contributor to heart disease. In the latest study the researchers did the most rigorous analysis yet to account for the potentially confounding factors. They ultimately found that erectile dysfunction is indeed a risk factor for heart disease. They adjusted for the effects of obesity, smoking, high blood pressure and high cholesterol levels, among other factors, which can contribute to both erectile dysfunction and heart disease. Even after accounting for these factors, they found that dysfunction and heart disease. Even after accounting for these factors, they found that erectile dysfunction contributed independently to a higher risk of heart problem.

So, they can say with certainty now that erectile dysfunction has an independent risk predictor value among the routine risk factors like smoking, cholesterol and blood pressure. The diagnosis of erectile dysfunction adds to the risk profile on top of these factors.

*Erectile Dysfunction and Heart Conditions cont'd on page 42*



## UPCOMING TRIPS

**90th Annual Florida Strawberry Festival, Thursday, February 27th, \$137**, max of 54 seats available this year. Tommy James and The Shondell's plus Jimmy Sturr and his orchestra. Includes strawberry shortcake, gate admission and reserved seats for Tommy James concert. Deadline to sign up is December 31st or when 54 seats are sold out.

**Sail with Jean on the New Explora I - March 15th-24th, 2025** - this is an all-suite balcony designed ship. All suites include an in-suite bottle of champagne and bottle of spirit of guests' choice upon arrival; unlimited beverages, fine wines and premium spirits, specialty coffees, teas and soft drinks including your in-suite mini-bar; access to all 18 food and beverage venues; all on-board gratuities, complimentary Wi-Fi and so much more! Come sail with me and learn about the new Explora small ships.

**Spotlight on Northern Italy - September 12-20, 2025** - join Jean as we go to explore Northern Italy. We will stay in Treviso and do day trips each day to different areas including Venice, Verona and the Dolomites! Ask about the Slovenia pre-extension.



5736424

**Voyager of the Seas Transatlantic sailing from Port Canaveral to Barcelona - May 3-16, 2025** limited space still available, rates starting at \$750pp!

**Scottish Highlands and Islands - May 10-23, 2025** - join Jean as we are headed to Scotland for an immersive 2 week trip from top to bottom! Deposit is \$250 per person plus travel protection.

**Sky Princess Total Solar Eclipse Voyage - August 8th - 22nd, 2026** - my rates starting at \$2889pp for interior and \$4296pp for balconies, based on double occupancy. Rates include plus beverage package, wifi - 1 device per person, pre paid gratuities, unlimited juice bar, premium desserts (2 per day) and 2 fitness classes, plus onboard credit.

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# Seniors in Love

By Traci Graf, RN

Senior romance is a topic many of us probably don't think about but, US stats show that we currently have more single women over 60 years of age than ever before in history. A survey in 2021 by the US census estimated there were 55,892,014 people aged 65 and over in the US, 16.8% of the entire population. While there are several challenges to seniors maintaining a healthy and active sex life many do not let it slow them down when it comes to romance.

Many singles over 50 are turning to online dating to find a mate. According to a study by Pew Research 48% have gone to online dating sites to find a serious relationship, 26% looking for friendship, and 14% looking for casual dating or hook ups. The most popular sites for people over 50 are Match.com, Silver Singles, eharmony and Our Time. Online dating can be more complicated for older adults too because they are more likely to be involved in a scam or fake profile. Seniors may not have the same sense of safety awareness as the younger population putting themselves at risk.

Sexuality is a way we experience and express ourselves sexually. It can involve actions, desires, feelings, and physical touch. Intimacy is a feeling of closeness and connection in a relationship that may or may not be physical. Aging brings opportunities for older adults to redefine what these terms mean to them. Some strive for a sexual and intimate relationship, and some are content with one or the other. Many older couples have a more satisfying sex life compared to when they were younger. They may have fewer distractions, more free time and privacy and they have no worries about pregnancy. They also may be more comfortable expressing what they need which can create a deeper connection.

Unfortunately, the increase in sexual behavior has also created an increased number of STD's among the older population. Sadly, this does include HIV and AIDS. Seniors are not as aware of sexual protective devices like condoms or dental dams and are less likely to discuss their sexual

behavior with their doctors who many times are completely unaware of their promiscuity. The most recent 2021 CDC data shows that Florida leads the nation in new HIV cases and has the third highest rate of infection.

If you are a senior citizen getting involved in romance be safe, be smart, practice safe sex, never go on a date without telling a friend where you are going and..... make sure to have fun! ☺



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# Knee Embolization Was Recommended For My Chronic Knee Pain. Can You Tell Me More About It?



**ask** ONE SENIOR PLACE  
Lisa Conway

**K**nee embolization is a medical procedure used to block or reduce blood flow to specific areas of the knee, usually for the treatment of certain conditions like knee osteoarthritis, tumors, degenerative disease or vascular malformations. The procedure involves the insertion of a catheter into the blood vessels supplying the affected portion of the knee, that deliver “embolic” agents (materials like particles, coils, or gel) to block these specific vessels. The catheter is inserted through a small puncture in your skin and follows the path of the blood vessel to reach the treatment area. The relatively new procedure is gaining in popularity among patients as a minimally invasive alternative to knee replacement surgery.

According to Dr. Derek Mittleider of Vascular & Embolization Specialists, the procedure is FDA approved and covered by Medicare and most insurances. He states, “knee embolization stops the inflammation that causes pain. The procedure can be done on an outpatient basis and is painless. The patient will typically feel the effects within a week and the pain is typically relieved for a year or more.”

## Benefits of Knee Embolization:

- **Pain Relief:** By reducing blood flow to areas of inflammation or damaged tissue, knee embolization can help alleviate pain, especially in cases of osteoarthritis or similar degenerative joint conditions.
- **Reduced Inflammation:** Embolization can decrease swelling and inflammation, which in turn can provide long-term relief from chronic knee pain.

- **Minimally Invasive:** Unlike traditional surgery, embolization is minimally invasive and typically requires no incisions. This leads to shorter recovery times and reduced risk of complications.
- **Preservation of Knee Function:** By addressing the root cause of pain and inflammation without the need for a major surgery, patients may experience improved joint function and mobility.
- **Alternative to Surgery:** For patients who are not candidates for surgery or prefer to avoid it, knee embolization offers a less invasive option for managing knee conditions. The effects of the treatment will often last a year or longer.



Knee embolization is usually considered when conservative treatments (like medication or physical therapy) have proven ineffective. It's primarily for people 40-70 with moderate to severe knee pain who need more than basic treatments, but less than a whole new knee.

Have you got chronic knee pain? Learn more about knee embolization in Viera on Tuesday, January 14 during our monthly Ask the Doctor seminar. Our guest will be Dr.

Derek Mittleider of Vascular & Embolization Specialists. RSVP online at [www.OneSeniorPlace.com](http://www.OneSeniorPlace.com) or call 321-751-6771 in Viera. ☎

*Lisa Conway is a Registered Nurse, Certified Dementia Practitioner and a Certified Care Manager for Senior Partner Care Services, Viera. Ms. Conway hosts a monthly seminar, 'Senior Health Friday with Nurse Lisa.' One Senior Place is a marketplace for resources and provider of information, advice, care and on-site services for seniors and their families. Submit your questions to [AskOSP@OneSeniorPlace.com](mailto:AskOSP@OneSeniorPlace.com). For immediate help, call 321-751-6771 or visit One Senior Place, The Experts in Aging.*

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# Helping Seniors Of Brevard

News from Helping Seniors Non-Profit

JANUARY 2025

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Let's Get on that  
Aging Plan!**



**Helping You  
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in a Row!**



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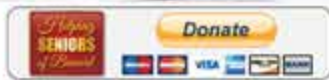


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## The Secret of Success for 2025.

Nancy Deardorff  
Director of Development- Helping Seniors

Happy New Year to all our readers, for many a time of resolutions. Unfortunately, most people do not stick to their resolutions.

A resolution you should make and stick to is to “Get Your Ducks in a Row” by staying informed and educated and developing your personal aging plan. If you already have an aging plan, it’s great time to review and update your plan because as we age, things change. Albert Einstein once said, “you can’t explore a new world with an old map.”

How do you know what you don’t know? The answer is...you don’t. You do not have to have all the information; you just need to know where to find it. Albert Einstein is also quoted as saying “Know where to find the information and how to use it. That’s the secret of success.”

Helping Seniors of Brevard is here to connect you to information and resources important to seniors such as legal, medical and health, financial, Medicare plans & insurance, household, senior living options, case management, real estate, safety, and so much more.

In this era of many scams and schemes targeting seniors, it is important that you have a reliable and trustworthy source of information and resources.

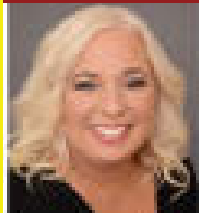
Our large network of trusted, senior-focused providers and businesses are here to help you navigate through a variety of issues, important to seniors.

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# Helping Seniors Of Brevard



## Welcome to Your New Year: An Action Plan 2025

Ruth C. Rhodes, Esq.,  
Board Certified Elder Law Attorney

Stepping into a new year is an opportunity to reflect on your goals and ensure you have an action plan in place in the event of incapacity or death.

One of the most important, yet often overlooked, aspects of financial and personal security is estate planning.

Planning for the possibility of incapacity or death ensures that your wishes are honored and that your loved ones and pets are cared for, no matter what the future holds.

Estate planning involves more than drafting a will. The combination of durable power of attorney, trust, healthcare surrogate, and/or living will, may be used to take care of you and your assets and avoiding guardianship if you lose capacity. It is also about planning for your family and pets and avoiding probate.

Guardianship and Probate are expensive court proceedings that often cause family and financial stress that may be avoided with proper planning.

Estate planning also includes a plan for the care of your beloved pets in the event of incapacity or death. Whether you are permanently unable to care for your pets due to death or incapacity or temporarily due to hospitalization or rehab, without a plan, your pets may be at risk of going into a shelter and/or being euthanized.

It's New Year, and it's time to create or update your old or out-of-state estate plan to take care of you, your family, and your pets. It would be my honor to help you with creating a comprehensive plan. Please call me at (321) 610-4542 to schedule a free consultation.



## Welcome to Your New Year: Formulating an Aging Plan for Your Future

Danica Scuderi-Carluccio  
Advocates for the Aging, Inc.

Creating a care plan for your future is a vital step toward ensuring well-being and stability. Enlisting the assistance of a case manager can streamline this process, providing expert guidance tailored to your unique needs and goals.

Case managers are professionals skilled in assessing an individual's circumstances, identifying resources, and coordinating care. Their support can make navigating complex decisions more manageable and effective.

The process begins with a comprehensive assessment. A case manager works collaboratively to evaluate your medical history, financial situation, social network, and personal aspirations. This holistic approach ensures that the care plan addresses all aspects of your life, including physical, emotional, and financial needs. Their expertise helps prioritize immediate concerns while planning for long-term objectives.

Case managers also provide access to valuable resources. Whether coordinating with healthcare providers, identifying community support programs, or assisting with insurance and legal documentation, they ensure that all necessary components of the care plan are in place. For instance, they can assist in exploring advanced directive choices, secure long-term care options, or connect you to mental health services.

Moreover, a case manager's role does not end with the initial plan. They offer ongoing support, adjusting the care plan as life circumstances change. This adaptability ensures that the plan remains relevant and effective over time.

By working with a case manager, individuals can create a personalized, comprehensive care plan that fosters security, independence, and peace of mind for the future.



# Helping Seniors Of Brevard



Welcome to Your New Year:  
Creating Your Aging Plan for 2025

Jital Patel, OTR/L, DRS  
Coastal Occupational Therapy



Step into The New Year!

Liz Taylor RN  
T.O.E. - Touch of Excellence Senior Foot Care

As we welcome a new year, it's a perfect opportunity to take charge of aging on your terms. An aging plan is a proactive approach to staying safe, independent, and engaged in the activities that bring you joy. Whether it's ensuring your home is functional, maintaining your ability to drive safely, or simply planning for future needs, your aging plan can empower you to live life fully in 2025 and beyond.

Start by assessing your current lifestyle. Are there changes that could improve safety or mobility at home? Small updates like adding grab bars, improving lighting, or rearranging furniture can prevent falls and make daily living more comfortable. Next, consider your transportation needs and driving habits. Staying mobile is key to independence, and regular assessments can help ensure you remain safe on the road.

This is where Mobile Occupational Therapy and Driving Rehabilitation can help. Our tailored services are designed to address seniors' unique needs. From in-home occupational therapy that improves strength, coordination, and independence to driving rehabilitation programs, we provide practical, personalized solutions.

Using state-of-the-art technology, our driving rehabilitation services assess and enhance driving skills, ensuring you feel confident and secure behind the wheel.

Creating an aging plan doesn't mean anticipating limitations; it means preparing for possibilities. Take control of your new year by investing in your safety, independence, and well-being. Let us support you in making 2025 your best year yet!

Healthy feet are happy feet. Did you know the average person walks approximately 75,000 miles by the time they are 80 years old? Prioritizing health includes focusing on our feet, which are essential for mobility and independence. Healthy feet are key for an active lifestyle and help reduce the risk of falling. Here are three strategies to support your aging plan and foot health this year.

### Regular Checkups

See a podiatrist, doctor, or foot care nurse for routine foot evaluations. Regular foot care can prevent complications such as infections, or ulcers, especially for high-risk individuals. Martha, a 92-year-old cancer survivor, is followed closely by her foot care nurse and podiatrist to ensure her feet, with poor circulation, remain in good health.

### Wear Supportive Footwear

Choosing the right shoes is crucial. Shoes that provide proper arch support and cushioning can prevent corns and callouses. Louis, an 80-year-old walker, has reduced foot pain after switching to orthopedic shoes, enabling him to continue his daily activity. As you age, reassess your footwear needs and invest in shoes or inserts designed for seniors.

### Maintain Good Foot Hygiene

Good hygiene prevents infections and keeps feet comfortable. Wash daily, dry thoroughly, and apply moisturizer. Marian, a 78-year-old grandmother, found her feet less prone to irritation after starting a daily care routine. Consult a foot care nurse or podiatrist for persistent issues.

By following these strategies and an aging plan tailored to your needs, you can keep your feet healthy and enjoy your favorite activities in the new year. Contact information for Liz Taylor RN: Phone: 321-341-7925 - Email: [Liz@Touch-of-Excellence.com](mailto:Liz@Touch-of-Excellence.com)



# Helping Seniors Of Brevard



## Starting 2025 Proactively!

**Carlos Cuesta**  
Synergy Home Care



## Podcasts Explained: Your Ticket to Endless Entertainment

**Jen Hardy**  
CEO, YouTuber, Podcaster,  
and Best Selling Author

Starting 2025 to ensure safety for seniors in the comfort of their home is a proactive step toward enhancing their well-being. Here are some key areas to focus on for senior safety:

### 1. Personalized Care Plans

**Customized Services:** Synergy HomeCare creates tailored care plans based on individual health needs, preferences, and safety concerns. This ensures that seniors receive the right level of support, whether they need assistance with daily activities or help managing chronic conditions.

**Health Monitoring:** Regular assessments help monitor vital health signs, medication management, and overall wellness to avoid any health crises.

### 2. Fall Prevention

**Home Safety Modifications:** The company can guide on necessary home modifications to prevent falls, such as installing grab bars, improving lighting, and ensuring clutter-free living spaces.

**Assistance with Mobility:** Caregivers assist seniors with mobility, helping them move safely around the home to avoid falls.

### 3. Companionship and Social Engagement

**Reducing Isolation:** Companionship care fosters social interaction, reducing the risks of loneliness and depression. Caregivers can engage seniors in activities that enhance cognitive function and emotional well-being.

**Mental Health Support:** Regular companionship helps improve seniors' emotional stability, ensuring they feel secure in their environment.

### 4. 24/7 Availability

**Dependable Care:** Synergy HomeCare offers round-the-clock care, ensuring that seniors are never without assistance. This is critical for seniors who may have unpredictable medical needs.

Reach Synergy Home Care at 321.340-3828

No matter how you're feeling or where you are, even if you're homebound—podcasts let you explore the world and learn about anything you can imagine!

Podcasts talk about everything from news to true crime to comedy. Some podcasts even bring back the charm of old-fashioned radio shows. Whether you're curious about learning something new, or just want some entertainment to brighten your day, there's a podcast for you. And they're easy to access on your phone, tablet, or computer.

My podcast, *Fabulous Over 50*, celebrates this incredible stage of life, embracing all we've achieved while finding humor and joy in the challenges that come with aging. For a different kind of perspective, my YouTube channel, *The Jen Hardy Show* features "Voices of Justice," which offers a behind-the-scenes look at the United States Judicial System. I've had the privilege of interviewing judges, legislators, lawyers, (even ex-convicts.) allowing listeners to get to know the people behind the system.

That's the beauty of podcasting. There are as many kinds of podcasts as there are human interests, and you're sure to find something you like. Podcasts offer a fun, easy way to expand your world—one episode at a time.

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# Helping Seniors Of Brevard



## Pet Care for Seniors in Need.

**Christine Evans**  
Companion Animal Care  
of Brevard County, FL

Companion Animal Care of Brevard County, (CAC), is dedicated to ensuring that no senior must worry about the well-being of their beloved pets during times of medical emergencies, hospitalization, or end-of-life situations. Our mission is to provide compassionate support by offering fostering and re-homing services, as well as necessary veterinary care for animals in need.

In 2024, thanks to the dedication of our volunteers and the generosity of our supporters, CAC successfully found new homes for twenty-four animals and provided fostering services for many more. This vital work ensures that pets receive the love and care they deserve, even when their owners are unable to provide it. We are committed to continuing this work in 2025 and expanding our reach to help even more seniors and their pets.

In addition to our fostering and re-homing efforts, CAC actively addresses food insecurity for pets. Through donations, we purchase pallets of pet food, repackage, and distribute to local food pantries, ensuring that families and individuals facing financial challenges can provide for their furry companions.

Our success is driven by the unwavering commitment of our volunteers and the support of our community. Every contribution, whether in time, resources, or monetary donations, makes a tangible difference in the lives of both people and pets.

As we look ahead to 2025, we invite you to join us in our mission. Together, we can ensure that every pet has a safe, loving home and that no senior must face the uncertainty of their pet's future alone.

Learn more at [CompanionAnimalCareBCFL.org](http://CompanionAnimalCareBCFL.org)



## Understanding Medicare in the Long-Term Care Planning Conversation.

**Laura Peery**  
Medicare Plan Advisor / National Long-Term  
Care Plan Specialist - Endorsed by Dave Ramsey

**Health insurance and Medicare typically won't pay for extended long-term care services.**

## Understanding Medicare in the Long-Term Care Planning Conversation.

There are a lot of "spokes in the wheel" of long-term care planning. Many people wrongly assume that Medicare will pay for long-term care.

It is important to understand what is covered and what is not, and it depends not only on the type of care but the type of Medicare policy you are enrolled in.

Turning 65 and enrolling in Medicare, it is critical that you consult with an experienced Medicare - Care Plan Advisor that will share with you the consequences of your choices when you first turn 65.

There is a big "push" to enroll in the \$0 premium Medicare Advantage Plans but be mindful of the true cost buried in the "zero premium."

Understand the lifetime penalties and consequences that may be imposed without properly understanding the implications of your choices.

As a National, seasoned Medicare Plan Advisor and Long-Term Care Plan Specialist, I guide my clients to make the best choices that suit their medical needs and goals, their budget, and their Aging Plan and lifestyle, which may include travel.

Do not compromise your quality of care, your freedom to choose your doctors without referrals, and the ability to have medical treatment without the insurance company requiring pre-approval in exchange for an over-the-counter benefit that gives you free band-aides.



# Helping Seniors Of Brevard



Travel The World  
and Support Helping Seniors

Chris Morse  
Helping Seniors Travel Club

The Helping Seniors of Brevard Travel Club is one of the top CLUBS in the area. Here are some of the great benefits that you receive from the CLUB:

(1) The best pricing available, match or beat any internet rate and if you book direct, we can match that price and give you extra amenities that the tour vendor cannot (cruise or land)

(2) Senior Travel is Special Needs Certified. Our goal is to help seniors who thought they could never travel again to cruise with us and have a great time.

(3) Residential Residences: We ask you to give us the opportunity to show your residences how we can save them money on fabulous cruises or tours. We even invite the cruise lines to come out and make presentations.

(4) Special Senior Clubs: We invite your club to join us on one of our special cruises or plan a special cruise just for your group. We have a BOCCE group, a Heritage Isle group, a Buena Vida group, Trail Blazers, all have saved money by booking their trips with us.

(5) Solo Guests: There are over 76,000 solo seniors in Brevard County. This group is looking for specials and a way to get out and meet new people on their trips. That is exactly what Senior Travel does- we plan our groups with seniors and their families living in Brevard County. So, when a solo traveler goes on one of our Helping Senior Programs, they will meet other solo seniors. This encourages seniors to travel & get to know more people in their community. Note: We always get the very best pricing for our Solo Travelers. We also have a match program where we try to find another solo traveler looking for a roommate. This program has worked out perfectly!

(6) Travel on your favorite cruise line or tour operator: We will honor your traveling status with all travel vendors. We will also give you the best price and additional amenities only available through our agency. You can travel on your favorite cruise line, get your frequent traveler's amenities, and get additional amenities from Senior Travel!

(7) Award Winning Customer Service: Senior Travel has won awards as one of the top customer service travel agencies in the Brevard County/Florida area. Together Chris and Betty have over 75 years of experience, and their special agents are well trained to take care of you, the customer, not the tour vendors. We pride ourselves in reaching out to our clients, making sure that they have the best price even after booking their travel program. Safety is our first priority with our seniors we make sure they travel safely with our special travel insurance program.

(8) You can book directly with your favorite tour company (cruise or land programs). Then call us to take over the reservation. We will keep the same price; add amenities you cannot get by booking direct and make sure your travel program goes as exactly as you want.

(9) The BEST part of booking through the HSOB Travel Club is that every booking made, the travel vendor donates back to Helping Senior a portion of their profits. A great way to donate back to your favorite charity without having to spend any money out of pocket. A VERY SPECIAL TRAVEL PROGRAM!

Call Chris or Betty at 818-430-1480 or 818-618-1222 (Merritt Island) with any questions, or programs you want to book, or to join us on one of our special cruise packages throughout the year.

WHO WOULD HAVE THOUGHT THAT BY TRAVELING THE WORLD YOU ARE ALSO HELPING YOUR COMMUNITY AND THOSE LESS FORTUNATE!

SUPPORT HELPING SENIORS & YOUR COMMUNITY BY BOOKING WITH SENIOR TRAVEL!



# Helping Seniors Of Brevard



## A New Year in Real Estate.

Mark Gallegos  
Real Estate Professional



## Why Should You Take Dental X-rays?

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

At the end of 2024, Brevard County's real estate prices continue to trend upward but at a slower rate. Yet, demand for homes remains strong and more Seniors are selling. The Brevard County real estate market has begun to settle into a more balanced pace. While the Space Coast still holds its allure, the market's frenetic energy has cooled, offering both opportunities and challenges for buyers and sellers.

The median age of first-time buyers rose to 38 (up from 35 in 2023). The median age of all buyers jumped to 56 (from 49 in 2023). The median age of all sellers was 63 (up from 60 in 2023). As of October 2024, median home prices in Brevard County have climbed to \$348,000, a modest 2.1% increase year-over-year. Buyers should not underestimate the competition, especially for coveted properties in prime locations. With inventory levels on the rise, buyers have more options. Nevertheless, homes are still selling relatively quickly, with an average of 71 days on the market.

Key factors influencing this positive outlook include  
Strong population growth: Florida continues to attract residents from other states, driving demand for housing;  
Limited inventory: The supply of homes for sale remains relatively low, supporting price appreciation;  
Economic stability: Florida's economy is diverse and resilient, which contributes to a stable housing market.

Brevard County's enduring appeal remains. Its pristine beaches, thriving aerospace industry, and laid-back lifestyle continue to draw residents and investors alike. Buyers have a unique opportunity for those seeking a piece of paradise.

MARK GALLEGOS, ValueREmsg@gmail.com;  
text/phone 305-761-8500

Patients sometimes question the need for dental X-rays. Why are they important? Dental X-rays allow us to detect problems in areas we cannot see during a routine exam, helping us treat issues early and prevent severe damage.

One key benefit of X-rays is identifying dental decay, or caries, in hard-to-see areas, such as between teeth. Detecting caries early allows us to treat it with a simple filling, avoiding deeper decay that could infect the tooth's nerve or extend into the jawbone, causing pain, swelling, and other health issues.

X-rays also help diagnose periodontal disease by showing bone loss around teeth and hardened bacterial deposits, known as calculus. Visible calculus on an X-ray often indicates advanced disease requiring immediate treatment to prevent further damage.

Advanced three-dimensional X-rays, like CT scans, are invaluable for planning procedures such as dental implants and orthodontic treatments. They help us assess bone density and alignment with precision.

Safety is a common concern. Dental X-rays involve minimal radiation, measured in micro-sieverts. A single X-ray is equivalent to about a day of natural background radiation, while a full-mouth series or CT scan equals several days to weeks. Digital X-rays further reduce radiation exposure by enhancing images with minimal radiation.

At our practice, we use a combination of full-mouth X-rays and CT scans for comprehensive examinations. These tools enable us to detect and address issues efficiently, reducing the need for extensive treatments.

We are happy to share your X-rays with you during your visit, so you can understand your dental health more clearly.

## ADVOCATE & SENIOR PLACEMENT

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# Helping Seniors Of Brevard



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FCNHedu.com

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Email - Gabriella@FamilyHomeCareCF.com

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# Mom & Me by Audrey & Kimberley

## DEAR MOM AND ME,

When my father died my mother sold her house and she asked me if we could live together? We rented a lovely garden apartment together.

I am thirty-seven years old, good job but have not dated for the last five years. Out of the blue an old college friend called. He had never married, he also had a good job - so we started dating.

Six months later we began making marriage plans. One day mother said, "You are not going to leave me alone, are you?" To further complicate the situation my fiancé was transferred across the country. My mother made my life so miserable, I broke off my engagement.

Three months later my mother met a man at the local senior center and within two months announced she was moving to Florida with him.

Now I am alone - she has left me. I would like your comments.

– An Abandoned Child

## DEAR A. C.,

Don't be surprised if your mother wants to remain where she is. Many people prefer to stay in familiar surroundings; she may enjoy the changing seasons and the compatibility of longtime friends. And she may want to have her own space for as long as she can.

However; if your mother's health is becoming a problem she may be eager to join you. Whatever she decides to do, if she decides to move you will be responsible for helping her to meet people of her own age for social interaction. Make inquiries about physicians in your new area to see if there is an opening and a practice willing to enroll a new older patient.

– Audrey

## DEAR A. C.,

It sounds like you and your mother have a good relationship. A good relationship with a parent is wonderful and needs to be protected. Good relationships remain good over time if both individuals are allowed their own private time. Sometimes this is difficult with a mother - daughter relationship, particularly if both live in the same home.

Also, as difficult as it may be, our parents have their own identities, full of friendships, interest and activities. It is difficult to ask a parent to leave if they are in good health.

However, if you do ask your mother and she chooses to move south and live with you try to make arrangements for her to develop her own network of friends and activities.

Please be aware that moving is a significant life change and may take time for adjustment.

– Kimberley



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# PAW'S CORNER

By Sam Mazzotta

## Introducing A New Pet To Your Cat

**DEAR PAW'S CORNER:** I recently adopted a year-old puppy. "Max" is a friendly, well-socialized dog, and during the trial stay a month ago, my 10-year-old cat, "Nora," seemed to tolerate him. Well, on the second day that Max was home, he started barking excitedly. Nora sprang up and attacked him, cornering Max on the sofa. She batted him around the snout several times. Now, Max slinks out of the room anytime that Nora appears. How can I make peace between them?


– Gerry G., Manchester, NH

**DEAR Gerry:** I'm sorry to hear that! Introducing a new pet into an established household can be stressful for both pets and sometimes unpredictable. And any negative interactions that occur -- from hissing and barking to an all-out boxing match -- can make future harmony nearly impossible to achieve. One or both pets may begin to exhibit behavioral issues like aggression, soiling in the house, chewing and scratching, and more.

For the foreseeable future, you'll need to manage and monitor all interactions between Max and Nora. As soon

as they begin to react negatively, they need to be separated.

Reintroduce the two gradually. I recommend taking Max for a nice, long walk before each meeting so that some of his puppy energy is worked off beforehand. Work intensively with Max on basic commands like sit, stay, lie down and come here. When Max is in the room with Nora, have him sit or lie down close to you -- they don't have to meet face to face. Limit interaction time to five minutes or less at first, then gradually increase the time.

How do you keep peace between pets in your house? Tell me about it at [ask@pawscorner.com](mailto:ask@pawscorner.com). 

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# King Crossword

## ACROSS

- 1 "Waterloo" group  
 5 Financial pro  
 8 Sci-fi vehicles  
 12 Starring role  
 13 — Royal Highness  
 14 Worn-down pencils  
 15 Nose and mouth covering  
 17 Move like a butterfly  
 18 Short sock  
 19 Curved fasteners  
 21 Shoe width  
 22 Tropical tree  
 23 Santa's helper  
 26 Highland hat  
 28 Prettify  
 31 Painter Joan  
 33 Coffee vessel  
 35 A few  
 36 Glasses, slangily  
 38 Bro's kin  
 40 Compass dir.  
 41 And others (Lat.)
- 43 Goal  
 45 Filmed anew  
 47 Lubricate  
 51 Mountain ht.  
 52 Gathering organized via social media  
 54 Jai —  
 55 Sailor  
 56 Skater Lipinski  
 57 Chorus syllables  
 58 Govt. lender  
 59 ABA member
- 20 Sheepish remark  
 23 German river  
 24 Sass  
 25 Comp for a foodie  
 27 " — Miniver"  
 29 LBJ's successor  
 30 Formerly known as  
 32 Spencer of "Hidden Figures"  
 34 — Falls  
 37 Blue  
 39 Round Table titles  
 42 Certain jobs  
 44 Maestro Zubin —  
 45 Genuine  
 46 Big name in scat  
 48 Latin 101 word  
 49 Type  
 50 Online auction site  
 53 Science room

## DOWN

- 1 — Romeo  
 2 Legume  
 3 Support  
 4 "Skyfall" singer  
 5 French vineyard estate  
 6 Math ratios  
 7 Invite to one's loft  
 8 Develops  
 9 Spectacular lunar phase  
 10 Last write-up  
 11 Bygone fliers  
 16 Bump into

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15				16					17			
18							19	20				
			21				22					
23	24	25		26		27		28			29	30
31			32		33		34		35			
36				37		38		39		40		
			41			42		43		44		
45	46						47			48	49	50
51					52	53						
54					55				56			
57					58				59			

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# Helping Seniors Info Series

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

### Headline Events:

### Knowledge College for Aging - Long-Term Care

Speaker: Cathy Rowlands (Total Long-Term Care Consultant Services)

Date: Thursday, January 23rd, 10:00am - 11:00am

Call for Information – (321) 473-7770

Join us for our “Get Your Ducks in a Row” Knowledge College for Aging certificate program. It is a FREE monthly series, 10

am-11 am on the 4th Thursday of the month at Joe’s Senior Resource Center! It is designed to help you learn the 7 key Chapters in your own aging plan. Kerry Fink, Helping Seniors Executive Director, moderates the series with the help of subject matter experts.

This month: Cathy Rowlands, Long-Term Care Expert, explains things to consider for your Aging Plan in terms of Long-Term Care. With a lifetime of experience in Elder Care, Cathy is a great resource to learn from to help you organize best ideas. Join us for Coffee/Snacks and great information!

## Helping Seniors Wellness - Express Thoughts Clearly & Confidently

Date: Thursday, January 23rd, 11:00am - 12:00pm

Call for Information & RSVP – (321) 473-7770

Join us for a great discussion with Shavonne Marsical, of Proclaim Communication and Rehabilitation Services as she provides expertise that empowers individuals to express thoughts clearly and confidently, whether refining business pitches or overcoming speech challenges. In addition to offering a full range of

Speech Therapy services, she very much enjoys helping others develop professional communication skills - valuable in improving employment opportunities as well as simply communicating more effectively with doctors and caregivers. Join us for Coffee/Snacks and great information!

## More Helping Seniors Key Events

### Space Coast Podcasters -

Tuesday - January 14th

Join us for a “New Year’s Party” to kick-off the 2025 Podcast Year

6:00pm-8:00pm - Space-CoastPodcasters.com

Joe’s Senior Resource Center - 1344 S Apollo Blvd - Ste 2C - Melbourne FL 32901

### Golden Providers

- Tuesday - January 21st

Camera Confidence: Unleash Your On-Screen Star - Guest Speaker - Jen Hardy

11:00am-12:30pm - Golden Providers Business-to-Business Meeting

(for those who Serve Seniors with Excellence - GoldenProviders.org)

Glenbrooke Senior Living - 815 Briar Creek Blvd NE - Palm Bay FL.

# CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Jan 1	Wed	Chaplaincy - What it Means	Fabulous Over 50 Podcast	Legal/Financial - New Year	Helping Seniors & MSC Cruises
Jan 2	Thu	Rock Steady Boxing	Help Finding Good Senior Living	Wellness: Healthy Cooking	Consideration in Home Care
Jan 3	Fri	Buy/Sell/Invest Real Estate	How Canadian Meds Helps Save	Occupational Therapy: What it is	Capital Update
Jan 6	Mon	Legal/Financial - New Year	Turning 65? All About Medicare	Your Aging Plan: Organizing Papers	Myths about Hospice
Jan 7	Tue	Best Home Care Ideas	Considerations in Assisted Living	Finding Good Place for Mom or Dad	Updating Your Estate Plan
Jan 8	Wed	Medicare Supplement or Advantage	Periodontal Disease	New to Florida? Elder Law	Your Aging Plan: LTC Insurance
Jan 9	Thu	Safe & Secure at Home	Chefs for Seniors	Wellness: Skin Health	Senior Travel Safe & Fun
Jan 10	Fri	Life Enrichment	Great Employment for Seniors	What is Holistic Health	Capital Update
Jan 13	Mon	VA Aid & Attendance Benefits	Helping Seniors Services Directory	Cosmetic Dentistry	How Canadian Meds Helps Save
Jan 14	Tue	Considerations in Home Care	Value of Professional Printing	Buy/Sell/Invest Real Estate	Wellness: Case & Care Manage
Jan 15	Wed	Wellness: Healthy Cooking	Why Comprehensive Evaluation	Help Finding Good Senior Living	Durable Power of Attorney
Jan 16	Thu	Helping Seniors & MSC Cruises	Technology & Home Care	Rock Steady Boxing	Fabulous Over 50 Podcast
Jan 17	Fri	Finding Good Place for Mom or Dad	What Elder Law Can Do	Chaplaincy - What it Means	Capital Update
Jan 20	Mon	When to Call Adult Abuse Hotline	Making Plans for Retirement	Medicare Supplement or Advantage	Best Home Care Ideas
Jan 21	Tue	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2	Things to Know - Elder Law	Wellness: Heart Smart
Jan 22	Wed	Long Term Care Insurance	Your Aging Plan: Organizing Papers	The Parts of Medicare	Probate - How & Why to Avoid
Jan 23	Thu	Myths About Hospice	How Medical Office Team Helps	Guardianship	Checking Out Zon Beachside
Jan 24	Fri	Power of Attorney/Super Powers	5 Steps to Staying Safely at Home	When is Assisted Living Appropriate	Capital Update
Jan 27	Mon	Helping Seniors - 12 Years Later	Probate - What it is/How it works	Value of Second Opinion	Reverse Mortgages: Now the Time!
Jan 28	Tue	How Canadian Meds Helps Save	Fabulous Over 50 Podcast	Your Aging Plan: Building Blocks	Wellness: Health Cooking
Jan 29	Wed	Two Assisted Living Questions	Chaplaincy - What it Means	Considerations in Home Care	Finding Good Place for Mom or Dad
Jan 30	Thu	Wellness: Technology & Wellness	Buy/Sell/Invest Real Estate	Helping Seniors Travel Club	Turning 65? All About Medicare
Jan 31	Fri	Help Finding Good Senior Living	Rock Steady Boxing	Helping Seniors & MSC Cruises	Capital Update



Date	Day	Program	Special Guest		
Jan 1	Wed	Helping Seniors on Elder Law	Bill Johnson Esq.	William A Johnson, P.A.	Elder Law & Related
Jan 8	Wed	Helping Seniors on Your Smile	Dr. Lee N. Sheldon	Sheldon & Furtado, PLLC	Dental Health & Related
Jan 15	Wed	Helping Seniors on Real Estate	Kerry Fink	Helping Seniors	Buy/Sell/Invest in Real Estate
Jan 22	Wed	Helping Seniors on Help at Home	Jennifer Barton	Seniors Helping Seniors	Getting Great Help at Home
Jan 29	Wed	Helping Seniors on Senior Living	Kerry Fink	Helping Seniors	All About Options in Senior Living

# Something New For One Or Two

Recipes especially created for 1 or 2 diners

*I hope every one is starting out the New Year with good health and good intentions. Here are several recipes that not only taste good but really are good for you.*

## BEEF AND BROCCOLI STIR FRY

1/2 lb. top round steak about 3/4 of an inch thick  
1 T. canola oil  
3 T. lite soy sauce  
1/2 c. Kikkoman teriyaki baste & glaze  
1 T. seasoned Rice vinegar  
1 t. garlic powder  
1/2 t. red pepper flakes  
1 1/2 cups broccoli florets cut into bite sized pieces  
2 cups cooked "fried rice"

Partially freeze beef and then slice into very thin strips. In a skillet heat oil and cook beef strips until browned, remove and drain. Add a little more oil and quickly stir fry the broccoli until tender crisp. Place beef back in with the broccoli. Mix the soy sauce, baste & glaze, vinegar, garlic powder and pepper flakes, add to the beef and broccoli mixture and heat till the mixture boils. Serve over the fried rice. Serves 2.

## FRESH FRUIT COMPOTE

1 large navel orange, peeled & sectioned  
1 small banana, sliced  
6 or 8 large strawberries sliced  
1/2 cup seedless red grapes  
1 kiwi, peeled and sliced  
2 T. Triple Sec or other orange liqueur  
Place fruit in a pretty serving bowl and pour the Triple Sec over it. chill for several hours before serving. Good and good for you.



## FROZEN YOGURT FANCY

2 rounded scoops of "fat free" frozen vanilla yogurt rolled in chopped toasted almonds and refrozen until desert time.



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# Gold Star Family Christmas Tree: A Community Unites to Never Forget

**V**eteran groups wanted to share with you the 2024 trimming of the Brevard Gold Star Family Christmas Tree on 01 Dec. The tree has been in action in Brevard for 12 years. At first it was decorated by Gold Star Families and displayed at the Merritt Square Mall during the holidays. In 2020 we began to display it in the Military Museum at the Veterans Memorial Center. While less people may see it during the month long display, at the Mall, more will focus on its meaning without holiday shopping distractions. Gold Star (GS) Families are those who have lost loved ones either in military combat or as a result of military service defending our great country.

Thanks to Rolling Thunder FL-1 for donating the GS tree 9 years ago; VFW 10131 in Cape Canaveral for new ornaments two years ago; Am Legion AUX Unit 344 for providing a beautiful hand made GS ornament; and MOPH Chapter 453 for funding the new GS tree needed this year after lighting and other issues with the first one. The tree now has 28 Gold Stars to remember our fallen area military members.

Each personalized Gold wooden star has a name, service branch and photo. Those service members made the ultimate sacrifice for our country. They range from WWII through Vietnam and many during the War on Terror. The tree and other programs make sure they will be remembered, though they never again will be home for the holidays with their



families. The ancient Greeks coined a phrase: "A soldier never dies, unless he is forgotten".

Our thanks goes to VMC as host. The tree will be on display through 05 January 2025. In December of 2025 we hope the Community Outdoor Christmas/Holiday tree in the expanding VMC Park will also be dedicated and have a Gold Star family mission as well, thus covering memories of our Fallen indoors and outdoors. ☺

## What Needs To Be Considered...

*continued from page 13*

demise. In addition there is a \$19,000 per individual recipient "annual gift tax exclusion" that does not count against the \$13,990,000.

Although no taxes are due until total gifts exceed \$13,990,000, a 709 gift tax return is required in any year when more than \$19,000 is given to a single individual. However, it has been reported that IRS believes that many taxpayers who should fail to file the 709 gift tax return.

In this article we have discussed outright gifts. There are additional issues to be considered when adding children's names to property. This will be the subject of the next Senior Scene article.

A full description of estate planning would include the accumulation, preservation, and gifting of property. While most of our lives are devoted to the acquisition and preservation of assets, in time the focus moves to gifting. Gifting is not limited to the transfer of assets at our demise. It may occur throughout our lives with gifts to family, church, and charitable organizations. Major lifetime gifts to adult children can include helping them with educational expenses

*What Needs To Be Considered... cont'd on pg 46*

## Weekly SUDOKU

3			1		7	2		6
5		6	4	2			1	
1					6	4	5	
	2	7			8	6	3	4
	3	5					7	1
8						5		
7		8	2	6	5	1		
								5
			3		4	7		8

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

### DIFFICULTY THIS WEEK: ♦♦

♦ Moderate    ♦♦ Challenging  
♦♦♦ HOO BOY!

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## The OIG Always Comes Through

Things are going to be different in 2025. If there's one thing I hope, it's that the Veterans Affairs Office of Inspector General isn't hit with any budget or staffing reductions. As time goes on we need them more than ever to dig out, investigate and expose all the problems in the VA.

The PACT Act of 2022, for example, required screenings for toxic exposures -- as well as training for the VA medical staff to do those screenings. Within a short time, screenings had been done on 4 million veterans out of the 9 million who were enrolled in VA health care. That's approximately 45% of the total. Training for staff, however, didn't come close. When additional training was required, only 21.4% of staff completed it, which means that a lot of veterans were screened by staff who hadn't done all of their training.

Then there is the matter of communication that the VA OIG exposed: A "package manager" computer program at the VA bundles up the documents for a veteran's claims and then sends them off to a printer. The VA OIG discovered that,

because nobody was paying attention to the problem, over 2 million packages weren't printed ... because nobody hit the "send" button. The veterans, therefore, did not receive the communications from the VA, which might have been asking for more evidence for a claim to be processed or notification about a claim decision and information about options for responding to that decision.

Equally valuable are the frauds that the OIG nails. A recent scam involved a pharmaceutical company that offered a particular test kit, claiming that the kit could diagnose a certain condition. Then they were able to push the very expensive therapy drug they produced for that condition. Kickbacks were involved, of course. The company ended up paying \$47 million for their scam.

Keep your fingers crossed. In a perfect world, the VA OIG will maintain an adequate budget and staffing. Doubling it would be better. 💰

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## Erectile Dysfunction and Heart Conditions

continued from pg 20

The researchers say that the results should serve as a warning to both men and the doctors who treat them. That means that urologists who normally treat men for the condition should be open to referring these patients to heart experts, who can assess them for possible signs of early heart disease.

They stress that treating erectile dysfunction is not a treatment for heart disease. Medication like Viagra can only treat problems with priapism, but do not address underlying heart-related issues, which is why men with erection problems should be encouraged to see a heart specialist.

But identifying men who might be at higher risk of heart problems, even if they aren't experiencing any symptoms, could save lives. If men whose hearts are at higher risk



are identified early, thanks to erectile dysfunction, then that could potentially lead to lower rates of heart disease and heart-related deaths. (S)

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## King Crossword Answers

Solution Time: 21 minutes

A	B	B	A		C	P	A		U	F	O	S
L	E	A	D		H	I	S		N	U	B	S
F	A	C	E	M	A	S	K		F	L	I	T
A	N	K	L	E	T			U	B	O	L	T
				E	E	E		P	A	L	M	
E	L	F			T	A	M		A	D	O	R
M	I	R	O		U	R	N		S	O	M	E
S	P	E	C	S		S	I	S		N	N	E
				E	T	A	L		A	I	M	
R	E	M	A	D	E			G	R	E	A	S
E	L	E	V			F	L	A	S	H	M	O
A	L	A	I			T	A	R		T	A	R
L	A	L	A			S	B	A		A	T	T

## Sudoku Answers

3	4	9	1	5	7	2	8	6
5	8	6	4	2	9	3	1	7
1	7	2	8	3	6	4	5	9
9	2	7	5	1	8	6	3	4
6	3	5	9	4	2	8	7	1
8	1	4	6	7	3	5	9	2
7	9	8	2	6	5	1	4	3
4	6	3	7	8	1	9	2	5
2	5	1	3	9	4	7	6	8

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# Down with the Walls, In with the New Year

Rev. Jeff Wood, First Presbyterian

It's January 2025! Some time is more full of time than others. That's true, I believe, for starts, like January. We jettison the past and we reach for the future. In the pivot from past to future, in Rome, every twenty-five years, there is the Ritual of Passing through the Holy Doors and it dates to the year 1500 A.D. It is a ritual full of time.

In the four major basilicas of Rome, the pope approaches holy doors that interestingly enough are bricked in. The walled off doorways represent that within us and between us that cuts off, closes in, and separates from. You know how this goes – the errant word that has a touch of meanness in it (“You, jerk.”), the selfish act (your gluttony before your partner’s need), the unintended neglect, the insensitive (or perhaps, contemptuous) look ... and a relationship starts to have a wall. It may be our thinking that separates us even from ourselves – like chronic insecurity or jealousy. Or it may be our hostilities, the kind that turns into war, that keep us walled off and separated from each other.

In the Ritual of the Doors the pope takes a golden hammer and strikes the brick. Then the wall of bricks is shattered and the debris moved away while the pope moves through the doors. The hammer represents God’s grace, how he can break through our walls, dismantle our mistakes, heal our hurts, and reclaim those walled off places in human life.

As we reach forward, remember God has made a way through by his grace. ☺

Rev. Jeff Wood, First Presbyterian Sebastian, 1405 Louisiana Ave, 32958 (772-589-5656) [welovefirst.org](http://welovefirst.org) and [facebook.com/welovefirstsebastian](https://www.facebook.com/welovefirstsebastian). Worship 10 am.

## The FBI Text Messaging... cont'd from pg 16

WhatsApp (<https://whatsapp.com>) is the most popular secure messaging app that your friends, family and associates likely already have and it works with your existing phone number.

It's a handy app, especially if you travel, as it also allows you to make free Wi-Fi calls and is used extensively in other countries. It can send large photo and video files, is easy to use, and works on both platforms.

If you want enhanced privacy, Signal (<https://signal.org>) is an open-source app that's owned by a non-profit with no profit-driven motives, but remember, both parties must have the app installed and set up.

Another option for Facebook users is to use the associated Messenger app, as it also provides end-to-end encryption for both one-on-one and group messaging. ☺

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# Our Challenge for 2025

By Matilda Charles

**“Y**our mission, should you choose to accept it ...” Remember that quote, from the “Mission: Impossible” TV show? The show (1966-1973) tasked members of the team with stopping enemy forces, a job that seemed to be impossible but really wasn’t. That’s our challenge for the New Year, to stop the “enemy forces” who are the scammers that want to steal our money, our identification and our peace of mind.

Some ideas for staying safe:

- Ask your senior center to host a seminar about scams aimed at seniors.
- Don’t click on links in email or text messages.
- Don’t answer the phone if you don’t know who it is. If a caller says they’re from your bank, hang up and call the bank to see if they really did call you.
- Don’t give out any information over the phone, no matter who it is. The IRS, Medicare or Social Security aren’t going to call you to ask for your account numbers or threaten to have you arrested.

- If a caller asks, “Can you hear me?” never say “yes.” That one word will be recorded and give them permission to authorize charges on your credit card, or to make a payment. Just hang up.
- If a company claims you’re having a virus problem with your computer and wants access to fix it, just hang up.
- Never announce on social media that you’re going away on vacation. It alerts thieves that your house will be empty.
- Go online and search for scams against seniors. Become familiar with all the tricks thieves use to get you to let down your guard. Learn about the red flags for the grandparent scam, the lottery scam, the counterfeit check scam, the undelivered package scam ... there are just so many of them, and they rob seniors of billions of dollars each year.

Make your goal for 2025 to not fall for any scams. It’s not impossible. ☹

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## 10 Cruise Cabin Tips...

continued from pg 14

choice, if not your roommate choice. But a little forethought and a scented freshener hanging from your shower curtain can make all the difference.

Whether you bring aromatherapy oils, a fragrance sprayer or a hanging car freshener, it doesn't matter -- they'll all do the trick. Just don't bring anything you need to light with a flame, such as a scented candle or incense, because those will likely be confiscated on embarkation day.

Plug-in scent devices may sound like a good idea until you realize how few electrical outlets are in most cruise cabins. If you are thinking of bringing an aromatherapy oil diffuser onboard, be sure to check your specific cruise line's prohibited list.

### 3. There's (Usually) Plenty of Storage Space Under Beds in Your Cabin

Not all rooms on a ship are identical, but most offer some space under the bed. We suggest using that extra space to your advantage by placing some lesser used items there for storage. Try placing these items inside your suitcase and putting said suitcase beneath the bed to add tremendously to the available closet or drawer space.

Good examples of what to leave under the bed include snorkel equipment, hiking boots or poles, one of your two allotted bottles of wine you brought onboard, and the coat you wore on departure day, but won't need in the Caribbean.

You may notice that your cabin steward stores extra linens under there, but don't let that deter you. Just make sure the room attendant can still access what they need to make up your bed and use the rest of the space for your luggage.

Some cabins have pullman beds, which are beds that can be either folded out from the wall or down from the ceiling. Having a pullman bed on a cruise ship is a special treat because it will supply you with even more storage, living space, and overall convenience than typical beds.

### 4. Beds and (Sometimes) the Nightstands in Cruise Ship Rooms Can Be Reconfigured

Most cruise ship cabins are equipped with two twin beds that can be configured as one or two beds. Your choice is generally made at the time of booking, but if you arrive in your cabin and discover twins when you expect a queen, don't worry. Your cabin steward will be happy to rearrange it for you.

That would be the perfect time to ask for any different placement within the room you might want as well. You may

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be surprised to discover that the cabin steward has suggestions for alternate arrangements. They know all the tricks.

### 5. But the Rest of the Cruise Ship Cabin Furniture Stays Put

Unless you have a suite don't plan on lots of adaptable floor space in your cruise cabin. That's because beds are the only large items in a cabin that can be easily moved.

The center table, for example, may be small, but it's usually heavily weighted so it doesn't fall over during rough seas. The same is true for most cruise ship cabin furniture -- it's likely to be built-in, bolted down or weighted to inhibit movement (and to keep people from taking inside furniture out onto the balcony or elsewhere). Laugh all you want. It's happened more than you can imagine.

### 6. Leaving Your Cruise Ship Balcony Door Open Can Create a Wind Tunnel

Here's a science experiment to try on your next cruise (or not!). What happens when you open both your balcony and

10 Cruise Cabin Tips... continued on page 49

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*What Needs To Be Considered Before Making Lifetime Gifts?* continued from page 40

or the purchase of a home. There are benefits to life time gifts, including observing how children are able to handle money; working with them to see that funds are used wisely; and witnessing the happiness our gifts bring. By gifting we can find satisfaction and fulfillment in our lives.

While a recipient does not have to pay income taxes on these gifts, there are other issues that should be considered when making a lifetime gifts. In this article we will be looking at three of these:

**STEPPED-UP BASIS FOR CAPITAL GAINS TAX:** Gifting of appreciated real estate or securities can result in the person who receives the property paying higher capital gains taxes. When the property is sold, the appreciation in value is reported as capital gain. The gain is calculated by subtracting the "basis" from the sales price. The purchase price plus closing costs and costs of improvements is the basis in the property. With a gift, the child takes your basis in the property. However, if the child receives property at your demise, he/she obtains a "stepped-up basis", which is the value of the property at time of your demise.

For example, if you purchased property for \$100,000, that is now worth

*What Needs To Be Considered Before...  
 cont'd on page 47*

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"I did everything that was available then, and think I did some of my best work during that period," said Wynant. "It was my favorite decade."

For many series, Wynant appeared in multiple episodes usually portraying different characters including ten episodes of Perry Mason where he was cast as a "prosecutor, defendant, murder victim, witness, and murderer."

"He's the only actor in the history of that long-running show to play such a variety of characters in different episodes," said Peros.

It's a testament to Wynant's talent and commitment to his craft that he could quickly adapt to new characters as a supporting actor. While he also worked in movies with classic film legends including Katharine Hepburn, Laurence Olivier, Clark Gable, and Rod Steiger, Wynant was satisfied to be largely cast in supporting roles.

"I never wanted to be the big star, but did consider myself a good actor and just as important to the story as anyone," he said.

He took the lead role in one of the most beloved series of the era, The Twilight Zone. The 1960 episode, "The Howling Man," is often listed among fan favorites.

Wynant's character is coerced into releasing a man imprisoned in a monastery who turns out to be the devil. Speaking anxiously to the camera during the opening scene, his character warns them "You must believe," a phrase lifted for Peros's book title. Wynant laughed heartily when asked why the episode is still rated so favorably with Twilight Zone fans.

"Honestly, I really don't know," he admitted. "But it was beautifully written, beautifully directed and, of course, beautifully cast! They were all good episodes – it was a tremendous show."

Born in Detroit in 1927 as Hyman Weiner, and later going by Haim, he was a poor student and hung out in a pool room as an underage teen.

"When the cops raided the place, I would be hidden in the toilet," recalled Wynant. "One day I picked up a Shakespeare book and for some reason developed an affinity for it."

Wanting to act, dance, and play music – he played the trumpet in the symphony orchestra in Detroit – at age 19, a one-way train ticket took Wynant to New York. Focusing on acting, numerous theatrical and early East Coast live television roles followed, before heading west in 1956 to Hollywood. After a name change to H.M. Wynant and his first appearance in film ("Run of the Arrow") the following year, Wynant never looked back.

With television exploding in popularity in the 50s, Wynant was quick to recognize its value for an actor although major movie stars initially scoffed at the new mass media format.

"I didn't look down on television at all," he said. "I accepted it, loved it, and it's been good to me. I accomplished everything I wanted and have no regrets. But after eight decades, I do miss acting a lot." §

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for many newspapers and magazines. See [www.getnickt.org](http://www.getnickt.org).

## What Needs To Be Considered Before Making Lifetime Gifts? continued from page 46

\$200,000 and gave it to a child during your life, he/she would take your basis of \$100,000. If he/she then sold the property for \$200,000 there would be a \$100,000 in taxable capital gains. But if it went to the child at your death, he/she would receive the date of death value of \$200,000 as the basis. If your child then sold it for \$200,000 there would be no capital gains and no tax.

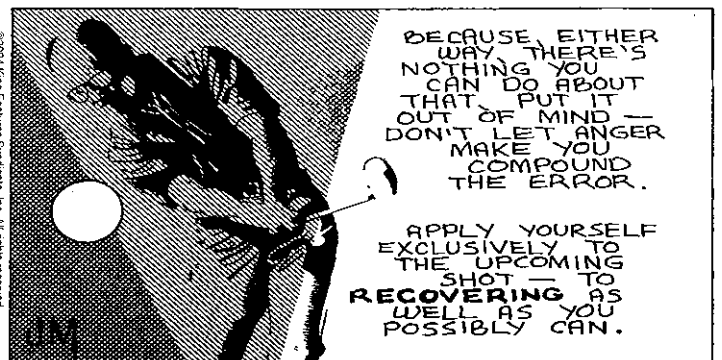
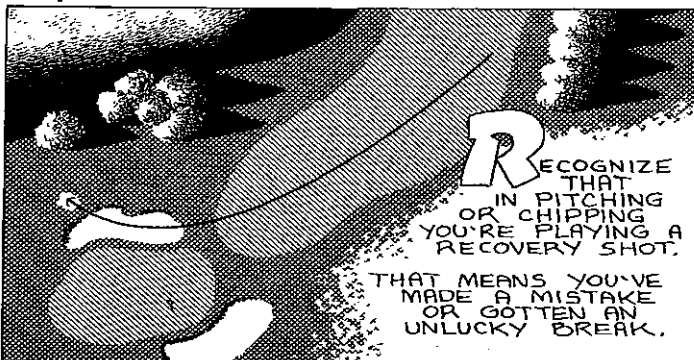
**LOOK-BACK PERIOD FOR MEDICAID:** Long term nursing home expenses are covered by Medicaid. Unlike Medicare,

Medicaid is only available to those persons who meet an income and asset test. Gifts within a five year "look-back period" can disqualify a person for Medicaid benefits.

**GIFT TAX RETURN:** Gift taxes are of concern to very few people. As of 2025 an individual can pass \$13,990,000 free of both gift and estate taxes. To the extent the exemption is used

What Needs To Be Considered Before... cont'd on pg 49

### Play Better Golf with JACK NICKLAUS



# Savannah Holly's Berries Beautify Winter Landscape

By Eddie Smith, MSU Extension Service

Find it challenging to keep the landscape vibrant and colorful during winter, but incorporating plants with vibrant berries can add a pop of color to the winter scenery. The Savannah holly, which is a hybrid of the native American holly, is one of the best options to bring that berry color to gardens.

This evergreen plant has a loose and open growth habit, making it suitable for specimen planting. The Savannah holly is a moderate-growing shrub that can even develop into a small tree, reaching up to 35 feet tall.

This holly's foliage is typically a dull, light green. Leaves have soft spines along the leaf margins, distinguishing them from hollies with dark glossy green leaves like the Nellie R. Stevens holly tree. The trunk and branches of the Savannah holly are a smooth texture and range in color from light to medium gray.

The real highlight of the Savannah holly occurs between November and March when tight clusters of fluorescent red berries form towards the branch ends. These berries can brighten up any winter landscape and catch the eye of people passing by.

Holly flowers are attractive to bees and other pollinators, and the berries are a great food source for birds and other wildlife.

People should not eat the berries and should seek medical attention if ingested.

Savannah holly thrives in well-drained soil and prefers full to partial sunlight, making the selection of an appropriate planting location crucial. Regular watering, especially during dry periods, is essential in the early stages of establishment. Once mature, it is relatively drought tolerant but benefits from consistent moisture.

Pruning is best done in late winter or early spring and helps shape the plant, which encourages optimal growth.



*Savannah Holly's Berries... continued on page 49*

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## What Needs To Be Considered Before Making Lifetime Gifts? *continued from page 47*

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with lifetime gifts, it reduces the amount available at your demise. In addition there is a \$19,000 per individual recipient "annual gift tax exclusion" that does not count against the \$13,990,000.

Although no taxes are due until total gifts exceed \$13,990,000, a 709 gift tax return is required in any year when more than \$19,000 is given to a single individual. However, it has been reported that IRS believes that many taxpayers who should fail to file the 709 gift tax return.

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## Savannah Holly's Berries... *cont'd from pg 48*

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It's worth noting that Savannah holly is dioecious, meaning individual plants are either male or female. Both male and female trees produce small white flowers, but the flowers are not readily noticeable. It is recommended that you plant a female specimen near a male holly for pollination.

When male and female Savannah hollies are grown together, the evergreens will flourish, displaying glossy foliage and vibrant berries. It is a resilient and visually appealing complement to the landscape. ☺

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## Nature-Lovers Flock to the 26th Space Coast Birding and Wildlife Festival

*continued from pg 11*

Those who know little about birds can learn how watching them can be fascinating and enhances wellness. The festival also educates on the importance of preserving fragile environments and wildlife. Founder Laurilee Thompson, of the famed Titusville seafood restaurant Dixie Crossroads, retired from involvement with the festival specifically to focus on conservation issues. Progress has been made on water quality in the Indian River Lagoon. The seagrasses have come back, bringing with them a diverse food chain. Join the learning and fun at our festival.

The registration link is online at [scbwa.net](http://scbwa.net). ☺

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## 10 Cruise Cabin Tips You Don't Know About Your Room *continued from page 45*

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cabin doors at the same time? Ever seen the movie "Twister"? A cow isn't going to come swirling into your cabin, but a wind tunnel will whip its way between the two doors, leaving quite a mess in its wake.

Storing daily programs and receipts in travel pouches or folders will help keep you organized and prevent the scattered paper disaster that happens if/when you forget about the doors.

### 7. The Tap Water on Your Cruise Ship Is Safe to Drink

The tap water on cruise ships is completely safe to drink since it has gone through rigorous filtration and testing, all of which are overseen by U.S. and European health agencies.

While some cruisers claim that the tap water in the ship's

In this article we have discussed outright gifts. There are additional issues to be considered when adding children's names to property. This will be the subject of the next Senior Scene article. ☺

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. Truman Scarborough's office is located at 239 Harrison Street, in Titusville.

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## Cocoa Public Library *continued from pg 10*

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and closed his business the property was sold to the Barnett Bank who was preparing the property for additional parking space.

When the contractor tore down the north corner of the old library, John saw a hollow concrete post, which he knew must be the right corner and the search for the container began. The time capsule was found in the rubble about to be loaded on a dump truck for hauling away.

A copy of this booklet and all other time capsule contents have been sealed within a new time capsule and placed in the wall of the interior of the remodeled E.P. Porcher House. The new time capsule, to be opened in the year 2,087, up-dated, re-sealed, and replaced for another one hundred years.

This booklet, Cocoa Florida, was revised and updated by the Cocoa Commission on the Bicentennial of the United States Constitution, as a tribute to the .Ratification of the United States Constitution. George -"Speedy" Harrell, Book Committee Chairman. Frances Mangum, Chairperson, Cocoa Commission on the Bicentennial of the U.S. Constitution. ☺



restaurants and bars tastes different from what comes out of the cabin bathroom, it is all, in fact, the same water. Carrying your own refillable water bottle saves money and cuts down on single-use plastics. Bottled water on most cruise ships costs \$4.00 and it is not as good as the ship's water!

### 8. Some Cruise Ship Rooms Offer Special Features Without Higher Fares

Some of the most desirable cruise rooms are actually not in the highest categories. For instance, you may find standard balcony cabins known as hump balcony rooms, which are only found on ships that bulge out in the middle. Why are hump cabins great? Expect larger balconies and more interior space.

10 Cruise Cabin Tips... *continued on page 54*

# JANUARY COMMUNITY CALENDAR

Provided courtesy of Brevard Cultural Alliance. For the latest event updates,  
visit the BCA website at [www.ArtsBrevard.org](http://www.ArtsBrevard.org).

**FESTIVALS | SOCIAL DANCING | CLASSES | EVENTS**

*Due to potential cancellations, we strongly encourage you to check with presenting organizations regarding the status of their event*

## JANUARY EVENTS

**Jan 1 - 31: Twin River Tour**, Indian River Queen, Cocoa Village Marina, [indianriverqueen.com](http://indianriverqueen.com), 321-305-4753

**Jan 2 - March 23: Flora and Fauna at the Refuge**, Palm Bay City Hall, Palm Bay, [brevardwatercolorssociety.org](http://brevardwatercolorssociety.org)

**Jan 3: First Friday**, Eau Gallie Arts District, [egadlife.com](http://egadlife.com)

**Jan 3: Friday Fest**, City of Cape Canaveral, [CityofCapeCanaveral.org](http://CityofCapeCanaveral.org), 321-868-1220

**Jan 3 - Feb 2: Banned art and Abandoned Landscapes**, Studios of Cocoa Beach, Downtown Cocoa Beach, [studiosofcocoabeach.org](http://studiosofcocoabeach.org), 321-613-3480

**Jan 3 - 19: One Flew Over the Cuckoo's Nest**, Surfside Playhouse, Cocoa Beach, [SurfsidePlayhouse.com](http://SurfsidePlayhouse.com), 321-783-3127

**Jan 4, 11, 18, 25: Green Gables Open House**, Green Gables at Historic Riverview Village, Melbourne, [greengables.org](http://greengables.org), 321-306-8635

**Jan 4, 11, 18, 25: Farmer's Market**, Riverview Park, Downtown Melbourne, [downtownmelbourne.com](http://downtownmelbourne.com), 321-759-3713

**Jan 5 & 6: Auditions - Seussical the Musical**, Surfside Playhouse, Cocoa Beach, [SurfsidePlayhouse.com](http://SurfsidePlayhouse.com), 321-783-3127

**Jan 5 & 6: Auditions - Something Rotten**, Titusville Playhouse, Titusville, [titusvilleplayhouse.com](http://titusvilleplayhouse.com), 321-268-1125

**Jan 7: Speaker Series**, Field Manor, Merritt Island, [fieldmanor.org](http://fieldmanor.org), 321-848-0365

**Jan 7, 14, 21, 28: Masters Series Painting Classes**, Studios of Cocoa Beach, Downtown Cocoa Beach, [studiosofcocoabeach.org](http://studiosofcocoabeach.org), 321-613-3480

**Jan 9: A Triumphant Gospel Quartet Evening**, Melbourne Auditorium, Melbourne, [billbaileyconcerts.com](http://billbaileyconcerts.com), 941-756-6942

**Jan 9: Paint like Bob Ross**, Derek Gores Gallery, Melbourne, [derekgores.com](http://derekgores.com), 321-468-3251

**Jan 10 - Feb 23: Jersey Boys**, Titusville Playhouse, Titusville, [titusvilleplayhouse.com](http://titusvilleplayhouse.com), 321-268-1125

**Jan 11: Back to the 80's**, Satellite High School, Satellite Beach, [spacecoastsymphony.org](http://spacecoastsymphony.org), 855-252-7276

**Jan 11: Menopause the Musical 2**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**Jan 11: Health First Fight Child Hunger 5K**, Viera High School, Viera, [thechildrenehungerproject.org](http://thechildrenehungerproject.org), 321-610-1900

**Jan 12: James Hall Quartet**, Veterans Memorial Center, Merritt Island, [spacecoastjazzsociety.org](http://spacecoastjazzsociety.org)

**Jan 13 & 14: Auditions - Waitress; 39 Steps; Alta Boyz**, Titusville Playhouse, Titusville, [titusvilleplayhouse.com](http://titusvilleplayhouse.com), 321-268-1125

**Jan 15: Afternoon Tea**, Field Manor, Merritt Island, [fieldmanor.org](http://fieldmanor.org), 321-848-0365

**Jan 15 & 16: Adventures in Time**, Melbourne Auditorium, Melbourne, [mmband.org](http://mmband.org), 321-724-0555

**Jan 17: Lucy Fitz Gibbon & Ryan McCullough**, St. Mark's United Methodist Church, Indialantic, [melbournechambermusicociety.org](http://melbournechambermusicociety.org), 321-213-5100

**Jan 17: Michael Lington, Chris Standing, & Oli Silk**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**Jan 17: Space Race 2025**, Kennedy Space Center Visitor Complex, Merritt Island, [kennedyspacecenter.com](http://kennedyspacecenter.com), 855-433-4210

**Jan 17 - Feb 9: My Fair Lady**, Henegar Center, Downtown Melbourne, [henegarcenter.com](http://henegarcenter.com), 321-723-8698

**Jan 17 - Feb 23: Becky's New Car**, Melbourne Civic Theatre, Melbourne, [mymct.org](http://mymct.org), 321-723-6935

**Jan 18: Mozart and Mother Goose**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**Jan 18 - Feb 23: Brevard Renaissance Fair**, Melbourne, [brevardrenaissancefair.com](http://brevardrenaissancefair.com)

**Jan 19: Sunday Brunch**, Indian River Queen, Cocoa Village Marina, [indianriverqueen.com](http://indianriverqueen.com), 321-305-4753

**Jan 22 - 26: Space Coast Birding and Wildlife Festival**, Radisson Resort at the Port, Cape Canaveral, [scbwa.net](http://scbwa.net)

**Jan 23 - 26: The Edwards Twins**, Surfside Playhouse, Cocoa Beach, [surfsideplayhouse.com](http://surfsideplayhouse.com), 321-783-3127

**Jan 24: Beginner Acrylic Painting Class**, Studios of Cocoa Beach, Downtown Cocoa Beach, [studiosofcocoabeach.org](http://studiosofcocoabeach.org), 321-613-3480

**Jan 24: Dinner Cruise with Sugar Aunts**, Indian River Queen, Cocoa Village Marina, [indianriverqueen.com](http://indianriverqueen.com), 321-305-4753

**Jan 24: Psychic Medium Jeffrey Wands**, 6:30 PM, held at Fraternal Order of Police Lodge, 1049 Julia Dr., Melbourne, all proceeds benefit Green Gables at Historic Riverside Village, for tickets <https://www.zeffy.com/ticketing/jeffrey-wands-psy-chic-medium>

**Jan 26: Chicago**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**Jan 26: Old Fashion Lunch Cruises**, Indian River Queen, Cocoa Village Marina, [indianriverqueen.com](http://indianriverqueen.com), 321-305-4753

**Jan 28 & 29: Annie**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**Jan 29 & 30: Tales from the Mouse**, Melbourne Auditorium, Melbourne, [mcorchestra.org](http://mcorchestra.org), 321-724-0555

**Jan 31: Glen Miller Orchestra**, King Center, Melbourne, [kingcenter.com](http://kingcenter.com), 321-242-2219

**Jan 31 - Feb 16: Hello Dolly**, Cocoa Village Playhouse, Historic Cocoa Village, [cocoavillageplayhouse.com](http://cocoavillageplayhouse.com), 321-636-5050

**Jan 31 - Feb 23: Escape to Margaritaville**, Titusville Playhouse, Titusville, [titusvilleplayhouse.com](http://titusvilleplayhouse.com), 321-268-1125

**Jan 31 - June 20: Immersion in Watercolor**, Studios of Cocoa Beach, Downtown Cocoa Beach, [studiosofcocoabeach.org](http://studiosofcocoabeach.org), 321-613-3480

**Feb 1 - Cocoa Beach Women's Club 2025 Fashion**, 10 AM - 3 PM, Cocoa Beach Country Club, 5000 Tom Warriner Blvd, Cocoa Beach

## ONGOING EVENTS

**American Police Hall of Fame**, Titusville, [APHF.org](http://APHF.org), 321-264-0911

**American Space Museum & Walk of Fame**, Titusville, [SpaceWalkofFame.org](http://SpaceWalkofFame.org), 321-264-0434

**Breakers Art Gallery**, Satellite Beach, [BreakersArtGallery.com](http://BreakersArtGallery.com), 321-779-6059

**Brevard Museum and Sciences Center**, Cocoa, [Brevard-Museum.com](http://Brevard-Museum.com), 321-632-1830

**Brevard Zoo**, Melbourne, [BrevardZoo.org](http://BrevardZoo.org), 321-254-WILD

**Carolyn Seiler & Friends Gallery**, Cocoa Village, [CarolynSeiler.com](http://CarolynSeiler.com), 321-637-0444

**DrumLuv Dance Center**, Palm Bay, [DrumLuvDance.com](http://DrumLuvDance.com)

**Eau Gallery**, Eau Gallie Arts District, [EauGallery.com](http://EauGallery.com), 321-253-5553

**Eau Gallie Arts District Main Street**, [EGADLife.com](http://EGADLife.com), 321-622-4223

**Field Manor**, Merritt Island, [FieldManor.org](http://FieldManor.org), 321-848-0365,

**Fifth Avenue Art Gallery**, Eau Gallie Arts District, [FifthAvenueArtGallery.com](http://FifthAvenueArtGallery.com), 321-259-8261

**Florida Historical Society**, Cocoa Village, [MyFloridaHistory.org](http://MyFloridaHistory.org), 321-690-1971

**Florida Surf Museum**, inside Ron Jon's Watersports, Cocoa Beach, [FloridaSurfMuseum.org](http://FloridaSurfMuseum.org)

**Gleason Performing Arts Center**, Florida Institute of Technology, Melbourne, [FIT.edu/Gleason](http://FIT.edu/Gleason)

**Green Gables**, Melbourne, [GreenGables.org](http://GreenGables.org), 321-306-8635

**Harry T. & Harriette V. Moore Cultural Complex**, Mims, [HarryHarrietteMoore.org](http://HarryHarrietteMoore.org), 321-264-6595

**Lawndale Historic Museum**, Rockledge, [FriendsOfLawndale.org](http://FriendsOfLawndale.org), 321-632-5650

**Museum of Dinosaurs and Ancient Cultures**, Cocoa Beach, [MuseumofDinosaurs.org](http://MuseumofDinosaurs.org), 321-783-7300

**North Brevard Art League**, Titusville, [NorthBrevardArtLeague.com](http://NorthBrevardArtLeague.com)

**Pritchard House**, Titusville, [nbdd.com/godo/PritchardHouse](http://nbdd.com/godo/PritchardHouse), 321-607-0203

**Rossetter House Museum & Gardens**, Eau Gallie Arts District, [RossetterHouseMuseum.org](http://RossetterHouseMuseum.org), 321-254-9855

**Seaside Gallery & Gifts**, Indialantic, [TrishStorey.com](http://TrishStorey.com), 321-213-2427

**Simpkins Center**, Eastern Florida State College, Cocoa, [easternflorida.edu](http://easternflorida.edu), 321-433-5200

**Strawbridge Art League Gallery**, Le Galerie, Downtown Melbourne, [StrawbridgeArtLeague.org](http://StrawbridgeArtLeague.org), 321-952-3070

**Studios of Cocoa Beach**, Downtown Cocoa Beach, [StudiosofCocoaBeach.org](http://StudiosofCocoaBeach.org), 321-613-3480

**The Artist Connection Gallery**, Cocoa, [theartistagency@yahoo.com](mailto:theartistagency@yahoo.com), [facebook.com/theartistconnection](http://facebook.com/theartistconnection)

**The Downtown Art Gallery**, Downtown Titusville, [TheDowntownGallery.net](http://TheDowntownGallery.net), 321-268-0122

**Upside Gallery**, Downtown Melbourne, [upsidegallerymelbourne@gmail.com](mailto:upsidegallerymelbourne@gmail.com), 321-414-5100

**Valiant Air Command Warbird Museum**, Space Coast Regional Airport, Titusville, [WarbirdAirMuseum.com](http://WarbirdAirMuseum.com), 321-268-1941

## CLUBS & ORGANIZATIONS

**Jan 3rd: The Single, Separated, Widowed and Divorced (SSWD)** group will meet for lunch at Carrabba's Italian Grill, 60 Palmetto Ave., Merritt Island on Friday, Jan. 3 at 12 p.m. All are welcome to join the group. For additional details, please call (502) 299-8949.

**Jan 16th: The Single, Separated, Widowed and Divorced (SSWD)** group will hold a potluck lunch at the Angel Room, Church of Our Saviour, 5301 N. Atlantic Ave., Cocoa Beach on Thursday, Jan. 16th. at 12 p.m. Please bring a dish to share. All are welcome to attend. For additional details, please call (502) 299-8949.

**55+ Club** the 3rd Wednesday of each month at 10am at the David R Schechter Center. Call Jill 321-773-2080

**The Genealogical Society of South Brevard** meets on the 2nd Wednesday of the month (except July and August) at the Melbourne Public Library, 540 E. Fee Avenue. Doors open at 9:30 a.m. and meeting starts at 10:00 with speakers addressing various aspects of family history. Information: [contact@gssb.net](mailto:contact@gssb.net).

**The Brevard Antiques and Collectibles Club**. The first Friday of the month at the Suntime / Viera Library, 902 Jordan Blass Dr., at 10:00 AM. The third Tuesday at the Melbourne Beach Library, 324 Ocean Ave. at 1:30 PM. We have a different topic at each meeting. The group is open to anyone having an interest in learning about antiques and collectibles. We are collectors - not dealers therefore we do not give appraisals.

**The Space Coast Weavers & Fiber Artists** meets monthly at 10:00 a.m. on the 4th Saturday at the Merritt Island Public Library,

1950 North Courtenay Parkway. Meetings are free and open to the public.

**The Italian American Club's** hosts an area wide men's and women's bocce league and is looking to add a few more teams to the winter league bocce league beginning in January. The league is free and open to the general public. Teams of six (four players and two substitutes) are needed to join the league. Six teams are presently in league play and games are rotated at three locations. Games are played on Tuesday mornings at 9:00 am at three different locations, Italian American Club, Bridgewater and Heritage Isles. If you have a facility or complex with two or more bocce courts, you can be considered as a host site also. For further information or to enter a team call 321-242-8044 or visit IAC321.com.

**Scottish Country Dancing**, Monday evenings from 6:30 to

9:30pm in the Clubhouse at The Springs of Suntree (8300 Holiday Springs Road in Suntree/Melbourne). FREE (there is no charge for the lessons or the dance evenings). Call Catie at 321-427-3587 for more information.

**English Country Dancing**, Tuesday evenings from 6:00 to 9:00pm in the Social Hall of the Unitarian Universalist Church (2185 Meadowlane Avenue in West Melbourne). It's free the first time and \$5.00 a week after that. Call Catie at 321-427-3587 for more information.

**"New York State Club on the Space Coast"** meets the third Tuesday of every month for lunch, and presentations, except December. No meeting in July. Find us on Facebook. All New York State friends, and guests welcome. Marie Russo-Dempsey, organizer, (321) 693-1856.



**Veterans Memorial Center (VMC)**  
on Merritt Island behind Merritt Square Mall.  
Contact VMC or Donn Weaver  
(321-453-1776)

## CALENDAR OF EVENTS

Contact VMC for any additions or other information.  
<https://veteransmemorialcenter.org/other-veterans-events/>

**11 Jan – Second Annual Stop the Traffic 5K Fundraiser**, VMC PARK 0700-1200. Organized by Edgewood HS students and parents to raise money to bring awareness and action to help stop human trafficking, a growing problem even in America. More details in Early January.

**10-11 Jan – Palm Bay JROTC Air Rifle Commanders Cup Match**, PM Friday; 0800-1200 Saturday at Palm Bay Jr/Sr HS.

**26 Jan – Salute to Service Opening Ceremony at the Challenge Cup National Softball Tournament**, Space Coast Stadium in Viera 1200-1300. Features honoring veterans and first responders as a week long tournament of fast pitch softball teams from across the country begins. Sponsored by USSSA,

FAVOB, BCSSO and many more. Vendor tents welcome.

**01 Feb – County wide JROTC Air Rifle Run and Shoot Competition at VMC Memorial Park**. 0700-1200. Hosted by Satellite HS JROTC.

**02 Feb – Annual Ceremony to Commemorate the Immortal Four Chaplains of WWII**. VMC Plaza 1400-1500. Marine Corps League and VMC Sponsors and Presenters.

**15 Feb – Annual Commemoration of the WWII Bataan Death March** at VMC Park 0700-1100. Air Force and Space Force JROTC units only come together for a long ruck March to remember this tragic chapter in American military history and reflect on the sacrifice of our prisoners of war.

## REVIEW BREVARDFL.GOV/PUBLICLIBRARIES WEBSITE FOR LIBRARY EVENT UPDATES. CONTACT EACH OF THESE LOCATIONS TO GET CURRENT EVENT AND ORGANIZATION INFORMATION.

### Cape Canaveral Public Library 201 POLK AVE, CAPE CANAVERAL 321-868-1101

**Friends of the Cape Canaveral Library Annual Book Sale**

January 16 - 18, Thursday through Saturday, during Library operating hours.

**Music Monday**

Monday, January 6 & 13, from 6:00 - 7:00 PM

**Discover Brevard: Birding with Dr. Kate Wells**

Monday, January 13, from 2:30-3:30 PM

**Discover Brevard: Cape Canaveral Lighthouse**

Monday, January 27, from 2:30-3:30 PM

**Neurographic Art with Deb**

Monday, January 6, from 2:00 - 4:00 PM

**Painting with Anne Sands**

Tuesday, January 7 and 21, from 1:30 - 3:30 PM

**FIT Over 50 with Polly**

Tuesdays, starting January 7, from 9:00 - 9:55 AM

**Purly Girls Knitting Club**

Tuesdays 10am to 1pm

**Community Support Day**

Wednesdays from 9am-3pm

Hosting three great organizations to provide free help for our community: Second Harvest, for SNAP food assistance, 9am - 3pm; United Way for Health Insurance Marketplace, 10am - 3pm; Brevard

County Libraries' Community Support Advocate will help you with housing, job/career, social security benefits, senior resources and other types of assistance. Available every other Wednesday.

**Intro to Stamping and Card Making**

First Thursdays, 1-2pm Just \$1 and includes your supplies.

**Card Making with Donna Herring**

First Thursday, 2-4pm \$5/class and an additional \$5/class for materials, pre-register at herring.donna@gmail.com

**Zumba Gold**

Fridays 9:30-10:30am Cost is \$5 per class. No Zumba class on February 9 and 23.

**Chair Yoga with Pam**

Mondays, from 12:15 - 1:15 PM (Starts in Nov) Suitable for all bodies including seniors, veterans, and you! \$5/class.

**Book Club**

Fourth Friday, 10:45-11:45am

**Music Lovers Unite**

Third Saturday, 12:30pm-1:30pm

**Tech Help**

Fridays from 12pm-1pm Not Dec 6, 7, 27. Bring your own device and get one-on-one tech help from your librarian.

### Catherine Schweinsberg Rood Central Library & Reference 308 FORREST AVE, COCOA 321-633-1792

### Cocoa Beach Public Library 550 N. BREVARD AVE, COCOA BEACH 321-868-1104

### Eau Gallie Public Library 1521 PINEAPPLE AVE., MELBOURNE 321-255-4304

**Cards with Ree**

1st Thursday from 12:30PM - 2:30PM Cost is \$5 for instructions and \$5 for supplies.

**Community Support Advocate**

2nd and 4th Tuesdays. Do you need assistance with Job/Career assistance, social security related benefits, senior resources, etc. Please contact the

reference department to schedule an appointment or contact Dr. Lisa Montgomery at lmontgomery@brev.org

**Tuesday Book Club**

2nd Tuesday from 2PM - 3PM Join us each month to share your thoughts on selected books. This month we will be reading The Last Train to Paradise by Les Standiford.

**Senior Art Therapy Class, Watercolor Painting**

3rd Wednesday, 1PM-2PM Cost \$10 - \$5 instruction and \$5 for materials.

**Friends of the Library Book Sale**

April 26 and 27 from 9AM - 4PM

**Tech One-on-one with a Librarian**

Tuesdays from 9:30am-11:30am

**Eau Gallie Ukulele Society**

First and Third Saturday Morning from 10:30AM - Noon

**Master Gardener Plant Clinics**

Second and Third Friday from 2PM - 4PM

**SHINE**

Third Wednesdays from 9 AM - 12 PM

### Franklin DeGroot Memorial Library 6475 MINTON RD SW, PALM BAY 321-952-6317

**DeGroot library is open 7 days a week and 2 nights, offering a range of services** such as free resume and assistance faxing, free scanning,

distributing and collecting Brevard County mortgage/rent assistance forms via the CARES Act, Census training and voter registration.

**SNAP food stamp assistance program** on Friday's from 9-2pm in the small conference room.

**Master Gardener's Free Clinic** held on the patio Friday's from 9-11am.

### Merritt Island Public Library 1195 N COURTENAY PKWY, MERRITT ISLAND 321-455-1369

**REVIEW BREVARDFL.GOV/PUBLICLIBRARIES WEBSITE FOR LIBRARY EVENT UPDATES.  
CONTACT EACH OF THESE LOCATIONS TO GET CURRENT EVENT AND ORGANIZATION INFORMATION.**

**Mims/Scottsmoor Public Library 3615 LIONEL RD, MIMS 321-264-5080**

<b>Computer Basics Class</b> Tuesdays, 10:00-11:00AM or 11:00AM-12:00PM	Tuesdays, 1:00PM – 2:00PM <b>Line Dancing Class with "Dance Lady"</b> Mondays, 12:00PM – 2:00PM Fee: \$5 per class.	<b>Crafternoon</b> First Wed, 2:00PM-3:00PM. Materials are provided. <b>Book Club</b> First Thursday, 1:30PM	<b>Painting Class</b> , 1st Thursday, 6:00PM Fee is \$10 and covers all supplies. Registration is required as space is limited. <b>Cook the Book Club</b> , 3rd Thurs, 6:00 PM
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**Palm Bay Library 1520 PORT MALABAR BLVD NE, PALM BAY 321-952-4519**

**Satellite Beach Library 751 JAMAICA BLVD, SATELLITE BEACH 321-779-4004**

**South Mainland Library 7921 RON BEATTY BLVD, SEBASTIAN 772-664-4066**

<b>Free Medicare Seminar</b> – Thursday, January 23rd at 6:00 PM <b>Cooking in an Instant</b> – Monday, Jan. 13th 1:00-3:00 PM <b>Total Memory Workout Classes</b> – Tuesdays in January from 1:00 – 2:00 PM	<b>Adult Crafts</b> – This month only – both the 2nd and 3rd Thursdays at 1:00 PM <b>Adult Art Classes</b> – 1st and 3rd Mondays at 1:00 PM <b>Master Gardeners</b> – 1st and 3rd Tuesdays between 2:00-4:00 PM	<b>Genealogy Research</b> – every Wed at 11:00AM <b>Beginning Computer Skills</b> – Wednesday, Dec. 4th at 1:00 PM <b>Movies at the Library</b> – 1st Thursday of each month at 1:00 PM <b>Mystery Book Club</b> – 2nd Tuesday of each	month at 2:00 PM <b>Adult Crafts</b> – 2nd Thursday of each month at 1:00 PM <b>Third Thursday @ Three Book Club</b> – 3rd Thursday of each month at 3:00 PM <b>Chair Yoga with Koah</b> – Fridays at 10:30AM
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**Suntree-Vierra Public Library 902 JORDAN BLASS DR, MELBOURNE 321-255-4404**

<b>Medicare 101 with Lynda</b> January 14, 4-6 pm <b>Financial Success Workshop with Nicole</b> January 14, 6-7 pm <b>Sit-n-Stitch Group</b> January 15, 1-3 pm <b>Platinum Coast Amateur Society</b> January 18, 9am-12pm <b>Suntree Book Club</b> 4th Tuesday	<b>Sit-n-Stitch</b> 1-3pm, meets 1st & 3rd Weds. <b>TGIF Seaside Piecemakers</b> 9am-1pm, meets second & fourth Fridays. <b>Brevard Investment Education Group</b> 10:30am-1pm. Meets second Mondays. <b>International Plastic Modelers</b> 6-7:45pm. Meets second Tuesdays. <b>Wednesday Art Group</b> , 1:30-4pm. Meets	second Wednesday <b>Books are ALWAYS Better Book Club</b> 3rd Monday, 6:30-8pm <b>Neighbors "Coffee and Conversation"</b> First Mondays, 9:30am-11:30am <b>Tai Chi Class with Brad</b> 2nd Saturdays, 9:30-10:30am <b>Brevard Authors Critique Group</b>	1st & 3rd Thursday, 10am-1pm <b>Neighbors Book Club</b> 3rd Thursdays, 2-4:30pm <b>Brevard Antiques and Collectables</b> 1st Fridays, 10:00am-12:00pm. <b>Ikebana</b> -2nd Tuesdays, 1-3pm The art of Japanese flower arrangements <b>Space Coast Poets</b> 3rd Tues 5:30-7:30pm
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**Eau Gallie Civic Center 1551 HIGHLAND AVE, MELBOURNE 321-608-7400**

**Joseph N. Davis Community Center 2547 GRANT ST, MELBOURNE 321-608-7460**

**Lipscomb Community Center 3316 MONROE ST, MELBOURNE 321-608-7450**

**Wickham Park Community Center 2815 LEISURE WAY, MELBOURNE 321-608-7490**

**Woody Simpson Community Center 1590 SCHOOLHOUSE ST, MERRITT ISLAND 321-455-1379**

# JANUARY 2025 SENIOR CALENDAR

**CONTACT EACH OF THESE LOCATIONS TO GET CURRENT EVENT AND ORGANIZATION INFORMATION.**

**55+ Club of Satellite Beach 1089 S PATRICK DR, SATELLITE BEACH 321-773-6458 55plusclubofsb.com**

<b>Bingo each Monday at SB Civic Center, doors open 9:30am</b> , game begins 11am. Card fees apply.	<b>Line Dancing Tuesdays and Thursdays</b> at Schechter Community Center, 1pm-2pm. Fee paid at the door.	<b>Game Night each Wednesday</b> at Schechter Community Center, 6-9pm. Free!	<b>Walking Group each Tuesday 8am-9am and Wednesday/Thursday 8am-9:30am</b> at Schechter Community Center Gym. Free!
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**Martin Andersen Senior Center 1025 S FLORIDA AVE, ROCKLEDGE, FL 32955 321-631-7549 martinanderseniorcenter.com**

<b>November 2 is our Open House here at the Center.</b> Keep the date open and plan on coming please! Lots of vendors, preview of our activities, great music, food and fun. Our theme is Oktoberfest and there will be a lot of celebrating! <b>MONDAY</b> <b>Andersen Quilters</b> 9:00-12:00 <b>Bone Builders</b> 9:00-10:00 <b>Busy Fingers Crafts</b> 9:00-11:00 <b>Intermediate Tap</b> 10:30-12:00 <b>Party Bridge</b> 12:15-4:00 <b>Belly Dance</b> 12:30-1:30	<b>Spanish Class</b> 1:00-2:00 <b>TUESDAY</b> <b>Art &amp; Painting</b> 9:00-12:00 <b>Morning Stretch &amp; Exercise</b> 9:00-10:30 <b>*SHINE Counselor</b> 9:45-11:45 <b>Grief Counseling</b> 2nd& 4th Tues 10:00-12:00 <b>Basic Line Dancing</b> 10:30-11:30 <b>Line Dancing</b> 12:00-1:30 <b>Gentle Yoga</b> 2:00-3:00 <b>Tai Chi</b> 2:00-3:00 <b>WEDNESDAY</b> <b>Bone Builders</b> 9:00-10:00	<b>TOPS</b> 9:30-11:00 <b>Writing Workshop</b> 9:30-11:30 <b>Video Exercise</b> 11:30-12:30 <b>Spanish Conversational Class</b> 12:30-2:30 <b>New Horizons Concert Band</b> 9am -11am <b>New Horizons Jazz Band</b> 12pm-2pm <b>THURSDAY</b> <b>Water Colors (Begin/Inter)</b> 9:00-12:00 <b>Gentle Yoga</b> 10:30-11:30 <b>Morning Stretch &amp; Exercise</b> 9:00-10:30 <b>*SHINE Counselor</b> 9:45-11:45 <b>Intermediate Tap</b> 10:30-12:00 <b>Sewing Circle (4th Thurs)</b> 10:30-1:00	<b>Karaoke</b> 11:00-3:00 <b>Chair Stretch &amp; Balance</b> (2nd&4th) 2:00-2:50 <b>FRIDAY</b> <b>Art &amp; Painting</b> 9:00-12:00 <b>Bone Builders</b> 9:00-10:00 <b>Party Bridge</b> 12:15-4:00 <b>Video Exercise</b> 11:30-12:30 <b>Spanish Class-Beginner Plus</b> 1:00-2:00 <b>Ballroom Dancing Class</b> 2:00-3:00 <b>SATURDAY</b> <b>Dance</b> 2nd& 4th Sat 7:00-10:00pm
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# JANUARY 2025 SENIOR CALENDAR (continued)

Freedom 7 Senior Community Center 5000 TOM WARRINER BLVD, COCOA BEACH 321-783-9505

**Monday:**  
**11:00 am: Mahjong:** Drop in and play!  
Bring your board if you have one! \$2 pp

**Monday & Wednesday:**  
**9:30 am: Zumba Gold:** Super fun class designed for the over 50 crowd with a licensed instructor. Cost \$5 for F7 Members/\$7 for Non-Members. 1st Class is FREE so come try it out... you won't be disappointed!

**Tuesday:**  
**10:00 am: Crafty Ladies (seasonal)**  
**11:00 am: Euchre**

**Tuesday & Thursday:**  
**9:30 am-10:30 am Strength and Balance!** Get Fit, Improve Balance, and Build Muscle. All levels of fitness welcome. Chair assist is A-okay. Drop In! \$2

**10:40 am: Happy Feet**

**Wednesday:**  
**9:30 am: Zumba Gold**  
**10:45 am: Chair Yoga** (No class on Wednesday, May 11th) Breathe, relax, meditate and REPEAT!... without even leaving your seat. Target common areas of weakness and tension with our nationally and multi-certified instructor. \$2 member, \$4 non-member

**11:00 am: Pinochle**  
**11:45 am: Posing to the Oldies (seasonal)**

**Thursday:**  
**10:40 Mat Yoga!** We provide cushy mats and beginner levels. \$1-2  
**1:00 pm: Bingo**

North Brevard Senior Center 909 LANE AVENUE, TITUSVILLE, FL 32780 321-268-2333 nbsc.com

**MONDAY**  
**No. Brevard Line Dance** 10AM-12:30 PM \$3/\$4 Yvette (321) 225-4872  
**Gentle Yoga** 11:30am-12:30pm \$5/\$6 Cindy 321-576-2782  
**Golden Hearts Senior Fitness-** Monday 1PM-2PM \$5/\$6 Robin 321-514-5945  
**Mexican Train Dominoes** 1PM-3PM \$2/\$3, Joanne (321)267-5923  
**Hand & Foot** 12:30-3:30pm \$2/\$3 Donna (407) 808-5237  
**Poker** 10AM-2PM \$2/\$3 321-591-5156  
**Bunco** 2nd Monday of the month 9am-noon Carol 332-268-8087  
**Zumba** 6:00PM-7:00PM \$7/\$8 Robin (321)514-5945  
**Strength and Stretch** 9am-10am Susan 540-220-4831

**TUESDAY**  
**Pinochle** 10AM-2PM \$2/\$3 Rachel (321) 537-5322  
**Muscle Memory Strength Balance** 10:00AM-11AM Natine (321)609-0999  
**Tap & Jazz** 11AM-12PM \$2/\$3 Marsha (321)264-2776  
**Connie's Card Making** (2nd Tues) 11:30AM-12:30PM \$4/\$5, Connie (410) 598-3755  
**Mahjong**-12:30 PM-3:30PM \$2/\$3 Andi (321)385-3595  
**Beginning Tap Class** 9am-10am \$2/\$3  
**Darling Damsels Bridge**-1PM-3:30PM \$2/\$3 Kathy (321) 268 4827  
**Tai Chi**, 1PM-2:30PM \$4/\$6 Ada (321) 848-4689  
**Zumba Toning** 6pm-7pm \$7/\$8 Robin 321-514-5945

**WEDNESDAY**  
**Line Dance Class Beginners** 11am-Noon \$3/\$4 Yvette 321-258-6534  
**Zumba Gold** 9:15AM-10:15AM \$7/\$8 Robin (321)514-5945  
**Golden Hearts Senior Fitness-** Wednesday 11AM-Noon \$5/\$6 Robin 321-514-5945  
**Hurricane Rug Hooking** (2nd& 4th Wed) 10AM-2PM \$2/\$3 Fonda (321-298-2796  
**Duplicate Bridge** 11:30-3:30pm John 321-269-5525 \$2/\$3  
**Line Dance Class-Intermed** 4:45 to 6pm \$3/\$4  
**Beginning Ballet/Lyrical** 9am-10am Susan 540-220-4831  
**THURSDAY**  
**Bingo** (Play begins at 10AM) 9AM-2:30PM Varies (#of cards played) Cat (321) 231-1135  
**Beginning Jazz/Contemporary** 9am-

10am Susan 540-220-4831  
**Zumba** 6:00PM-7:00PM \$7/\$8 Robin (321)514-5945  
**Zumba Gold Tone/Chair-** Thursday 11AM-Noon \$7/\$8 Robin 321-514-5945  
**FRIDAY**  
**Euchre** - Friday 10AM-1PM \$2/\$3 Barbara 321-750-2679  
**Muscle Memory Strength Balance** 10:00AM-11AM \$2/\$3 Natine (321)609-0999  
**No Brevard Line Dance** (impr/Intermed) Noon-2pm \$3/\$4 Yvette 321-258-6534  
**Line Dance Social** (last Friday of the month) noon-3:00pm \$5 Yvette 321-258-6534  
**SUNDAY**  
**Intermed./Adv'd Line Dance Class** 2PM-4PM \$5/\$6 Pat (321)268-2333

Palm Bay Senior Center 1275 CULVER DRIVE NE, PALM BAY 321-724-1338 gpbcs.org

**MONDAY PROGRAMS**  
**Billiards**, Morning 8:30am-noon  
**Billiards, Ladies** noon-3:30pm  
**Bocce** 9-11am  
**Bone Builders** 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)  
**Bridge** 12:15-3:30pm  
**Cornhole** 11:30am-12:30pm  
**Golden Tones** 10am-noon (On break until Sept)  
**Ping Pong** 1-3:30pm  
**Poker**: Straight 10am-2pm; Noon-3:30pm  
**Sensible Weight Loss with Friends** 9-10am  
**Shuffleboard (Indoor)** 1-3pm  
**Travel Office** open 9am-2pm  
**Vets-to-Vets Café** 3:30-5:00pm (4th Mondays)  
**Woodshop** 8am-12pm  
**TUESDAY PROGRAMS**  
**Billiards, Morning** 8:30am-12pm  
**Billiards, PM** 12-4pm

**Hand & Foot** 11:30am-3:30pm  
**Fitness Fun** 9:15-10:15am  
**Mah Jongg (Asian)** 12:30-3:30pm (1st & 3rd Tues)  
**Ping Pong** 1-3:30pm  
**Poker, Straight** 10am-2pm  
**Poker, Straight** 6-9:30pm  
**Sassy Senior Cheerleaders** 4-6pm (On break until Sept)  
**Travel Office** open 9am-2pm  
**Wood Shop** 8am-noon  
**Wii Bowling** 10:30am-12:30pm  
**WEDNESDAY PROGRAMS**  
**Bargain Thrift Corner** 9am-12pm  
**Billiards, Open Play** noon-4pm  
**Bingo** 11:30am-3:30pm Doors open at 9am. Food available to purchase  
**Bone Builders** 9:15-10:15am; 10:30-11:30am (Dr's permission req'd)  
**Bridge** 9:30am-12pm

**Darts** 4:30-6pm (2nd & 4th Weds)  
**Golf** (Crane Creek on 192) 9:20am  
**Travel Office** open 9am-2pm  
**Woodshop** 8am-12pm  
**THURSDAY PROGRAMS**  
**Art Class** 9:30-11:30am  
**Bargain Thrift Corner** 9am-12pm  
**Billiards**, Morning 8:30am-noon  
**Billiards, PM** noon-4pm  
**Euchre** 12:30-3:30pm  
**Mah Jongg (American)** 12-3:30pm  
**Movie Night** 6:30-9:30pm  
**Ping Pong** 1-3:30pm  
**Pinochle** 11-3pm  
**Scrabble** 9:30am-noon  
**Travel Office** open 9am-2pm  
**Woodshop** 8am-noon  
**Yoga, Chair** 10:30-11:30am  
**FRIDAY PROGRAMS**  
**Bargain Thrift Corner** 3-6pm

**Billiards, Open Play** 12-4:00pm  
**Bingo** 6:00-10:00pm Doors open at 4pm.  
**Bocce** 9-11am  
**Bridge** 12:15-3:30pm  
**Crafts** 9:30-11:30am  
**Knotty Habit** 9:30-11:30am  
**Poker, Straight** 12-3:30pm  
**Travel Office** open 9am-2pm  
**Wood Shop** 8am-noon  
**SATURDAY PROGRAMS**  
**Saturday Night Dance** 6:30-9:30pm Jan-Oct (Last Saturday of month)  
**Tour our facility** any weekday 8:30am to 4pm. Our Center is run 100% by volunteers. Consider becoming a member and volunteering.  
**The Center is available to rent** for seminars, adult birthdays, baby showers, anniversaries, weddings, etc.

Wickham Park Senior Center 2785 LEISURE WAY, MELBOURNE 321-255-4494 bcscwp.org

**MONDAY PROGRAMS**  
**Billiards**- 8:30 am-4:30 pm  
**Bones & Balance** - 10:00-11:00 am  
**Duplicate Bridge** - 12:30-4:00 pm  
**Jazzercise Lo** - 8:30-9:30 am  
**Hand & Foot** - 9:00 am-12:00 noon  
**Friendly Poker** - 1:00-4:00 pm  
**QiGong-Tai-Chi** - 8:30-9:30 am  
**Mah Jongg - American** - 12:00-3:30pm  
**Pinochle** - 12:15-4:00 pm  
**TUESDAY PROGRAMS**  
**Billiards**- 8:30 am-4:30 pm  
**Chair Yoga** - 3:00-4:00 pm  
**Rogue Bridge** 12:15-4:00 pm

**Bingo** - 11:15 am - 2:00 pm - Doors open at 10:00 am  
**Dealers Choice Poker**- 11:30 am - 4:00 pm  
**Line Dancing for Fun & Exercise** - 4:15-5:30 pm  
**WEDNESDAY PROGRAMS**  
**Billiards**- 8:30 am-4:30 pm  
**Duplicate Bridge** - 12:30-4:00 pm  
**Euchre** - 6:00-9:00 pm  
**Jazzercise Lo** - 8:30-9:30 am  
**Tai Chi**-8:30-9:30 am  
**Mah Jongg - Chinese** - 1:00-4:00 pm  
**Rummikub** - 1:00-4:00 pm

**THURSDAY PROGRAMS**  
**Billiards** - 8:30 am-4:30 pm  
**American Mah Jongg**- 9:00 - 12:00 noon  
**Strength & Flexibility** - 9:30-10:30 am  
**Oil Painting Class** - 3rd Thursday 1:00-5:00 pm  
**Bunco** -12:30 - 4:00 pm - 1st & 3rd  
**Rubber Bridge** - 1:00-4:00 pm  
**Shuffleboard Open Practice** - 6:30 pm  
**FRIDAY PROGRAMS**  
**Billiards** - 8:30 am-4:30 pm  
**Jazzercise Lo** - 8:30-9:30 am  
**Tai Chi** - 8:30-9:30 am  
**Hand & Foot** - 8:45 am - 12:00 noon

**Bingo** - 11:15 am - 2:00 pm - Doors open at 10:00 am  
**Pinochle** - 12:15-4:00 pm  
**Dealers Choice Poker**- 11:30 am - 4:00 pm  
**Hula Dance Instruction** - 3:00-4:00 pm  
**Senior Law** - 4th Friday 2:00-4:00 pm  
**SATURDAY PROGRAMS**  
**Billiards** - 8:30 am - 12:30 pm  
**Shuffleboard Open Practice** - 9:00 am - noon  
**Duplicate Bridge** - 12:30 - 4:00 pm  
**Rubber Bridge** - 12:30 - 3:30 pm



**One Senior Place**  
**8085 Spyglass Hill Road,**  
**Viera, FL 32940**  
**321-751-6771**

## JANUARY 2025 ONE SENIOR PLACE EVENTS

See the complete calendar of events at  
[www.OneSeniorPlace.com](http://www.OneSeniorPlace.com)

**FREE Liver Scans**, Monday January 6th and Wednesday January 15th, from 10am – 2pm. ClinCloud is offering FREE Fibroscans the FIRST Monday (unless it's a holiday) and THIRD Wednesday of each month at One Senior Place. Call 321-751-6771 to schedule your half hour appointment.

**Dietician Series: The Power of Antioxidants**, Monday January 6th, at 1pm. Antioxidants are often called "nature's bodyguards of health." Join Registered and Licensed Dietitian/Nutritionist Susie Bond as she gives you the low-down on these power plant chemicals. RSVP to 321-751-6771.

**FREE Memory Testing**, Tuesdays January 7th and 21st, from 10am – 2pm. Flourish Research - Merritt Island will be offering free memory screenings the FIRST and THIRD Tuesdays of each month at One Senior Place. Please call 321-305-5015 to schedule an appointment.

**Benefits of Pre-Planning Your Cremation**, by National Cremation Society, Wednesday January 8th, from 11am and Thursday January 23rd, from 2pm. Join us for a FREE informational seminar to learn more about the benefits of preplanning your cremation. Learn about affordable options and savings, Veterans Benefits, travel & relocation protection plan and more. RSVP to 321-751-6771.

**Is Your Estate Plan Ready for 2025?** What You Absolutely Must Have and What You Need to Avoid, Thursday January 9th, at 10am. Presented by the Estate Planning & Elder Law Centers of Brevard. RSVP to 321-751-6771.

**Senior Health Friday With Nurse Lisa**, Friday January 10th, at 10am. Lisa Conway, RN, CCM with Senior Partner Care Services covers various topics on senior health and aging. RSVP to 321-751-6771.

**Simplifying Hair Care: Senior-Friendly Styling**

**& Maintenance**, Monday January 13th, at 1pm. Professional hairstylist, Essie Aguilar will share expert tips on maintaining healthy hair as it changes with age, simple and low-maintenance styling techniques. RSVP to 321-751-6771.

**Ask The Doctor Lunch & Learn Series: Do You Struggle With Knee Pain?** Learn About Knee Embolization, Tuesday January 14th, from 11:30am. Presented by Dr. Derek Mittleider. Complimentary lunch provided by Vascular & Embolization Specialists for all registered attendees. Seating is limited, RSVP required, call 321-751-6771.

**BINGO!** Tuesday January 14th, at 2pm. Brought to you by One Senior Place. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

**Securing Your Legacy: Creating Wills & Trusts That Last**, Wednesday January 15th, at 10am. Presented by Rhodes Law, P.A. RSVP to 321-751-6771.

**Top 10 Tips For Aging Well**, Thursday January 16th, at 12pm. Presented by Dr. Terry Shepherd with Aquatic Health & Rehab. RSVP to 321-253-6324.

**From Senior Taste of Living to Your Table: Gourmet Grilled Cheese Edition at Market Street**, Monday January 20th at 12:30pm. Join award-winning Chef Manny from Market Street for a delightful culinary class where he'll teach you how to recreate his delicious brie and fig grilled cheese in your own kitchen. Hosted and sponsored by Market Street. Call 321-751-6771 to RSVP.

**Iphone and Ipad: MAC Mad User Group**, Tuesday January 21st, at 5:30pm. Messages, FaceTime, Apple devices have many ways to communicate, but what are the best uses, and what are the limitations? RSVP to 321-751-6771. Presented by Jim DeLaura, RJFS and MAC Mad.

**Brain & Memory Health Monthly**, Wednesday January 22nd, at 12pm. Join us for an open Q & A with Deidra Shubert, a memory and brain health specialist, from Flourish Research - Merritt Island. RSVP to 321-751-6771.

**Quit YOUR Way, Free Tools to Quit Smoking Program**, Friday January 24th, from 12pm. Programs cover all forms of tobacco. FREE: Nicotine replacement patches, gum or lozenges \*if medically appropriate and 18 years of age or older. Participant workbook & materials. Presented by Tobacco Free Florida, MUST register by calling 407-716-6392.

**AARP Smart Driver Course**, Monday January 27th, at 9am. This driving refresher course from AARP Driver Safety will be offered at One Senior Place. This course is open to drivers of all ages and costs \$20 for AARP members (bring card) and \$25 for non-members. This class is taught by certified volunteer instructor Nancy Westerband, call 973-607-7996 to secure your seat.

### SUPPORT GROUPS

**Loss, Grief & Bereavement Support Group**, Thursdays January 9th and 23rd, at 10am. While the feelings and emotions associated with grief and loss are unique and individual to each person, one often can find comfort from the experiences of others. Limited seating must RSVP to 321-751-6771. Facilitated by VITAS Healthcare.

**Alzheimer's & Dementia Support Group**, Wednesday January 15th, at 2pm. The group encourages caregivers to maintain their own personal, physical and emotional health as well as optimal care for the person with dementia. RSVP call 321-751-6771.

### RECURRING EVENTS

**Easing Into Retirement**, Fridays Starting January 10th at 10am. During this 6-week course, participants will help you feel more confident, empowered, and prepared to embark on your retirement with a sense of purpose, connection, and joy. Instruction provided by Leslie Maloney. Call 321-751-6771 for more information.

**Book Club - Legacy Club**, Thursday afternoons at 1pm. Join us to read thought provoking literature and participate in lively discussions. Sponsored by the Legacy Club. RSVP 321-751-6771 to reserve your seat.

### THE CLUB ACTIVITIES

**Membership \$10 a year - New members are welcome! The Club each Monday 9-1pm** This active senior club meets weekly for board & card games, speakers, monthly birthday celebrations, and much more. Join the fun!

### CONTACT INFORMATION:

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 Viera, FL 32940  
 (321) 751-6771

## 10 Cruise Cabin Tips You Don't Know About Your Room *continued from page 49*

Likewise, corner aft cabins, which may be priced the same as regular aft cabins, often feature wraparound balconies. Additionally, forward-facing ocean view cabins may be oddly sized, but they're also oversized and feature one-of-a-kind views.

### 9. You Can Make Your Cruise Ship Cabin More Comfortable with Things from Home

We already talked about magnets, suction cups, electrical adapters, a refillable water bottle and fragrance, but here's our list of things to consider bringing to improve your cruise ship cabin space: over-the-door hooks, hanging cosmetics or toiletry organizers (or pocketed shoe organizer), clothes pins, a thermal coffee mug, extra outlets, USBs and nightlight.

### 10. Don't Be Afraid to Ask for Additional In-Room Needs from Your Steward

You can ask your cabin steward for various items, such as

extra hangers for the closet, mattress toppers, extension cords solely for medical equipment and extra bathmats to place beside your bedside each night.

We've also noticed that the ice bucket and tongs are sometimes not replaced during turnover day. If you want ice on a regular basis or if you don't want ice at all during your stay, don't be shy about letting your cabin steward know your preference.

And one last thing: If you have no intention of consuming the items in the minibar but would like to use the fridge for your own private stash of snacks, beverages, or even medications, let the steward know and they can empty the fridge for you. Note: I normally give my cabin steward a \$20 bill as soon as we meet to make all of the above happen especially the ice twice daily.

Some of this information came from Leisure Travel Magazine

321.339.0551

8085 Spyglass Hill Road  
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Monday – Friday 8:30 am – 5 pm

Visit [OneSeniorPlace.com](http://OneSeniorPlace.com) for  
up to date event information.



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- Free Consultations
- Presentations, Seminars & Flagship Events
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*Meet the One Senior Place Business Family*



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# VOLUNTEERS NEEDED!

New medical research studies are enrolling in Viera including:

- Alzheimer's Disease
- Asthma
- Fatty Liver Disease
- Fibrosis
- Gastroparesis
- Heartburn
- Lewy Body Dementia
- Memory Loss

Study participants may receive compensation for time and travel. No medical insurance is required. Call today or visit us online to find out if you qualify.



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**FREE MEMORY SCREENS**