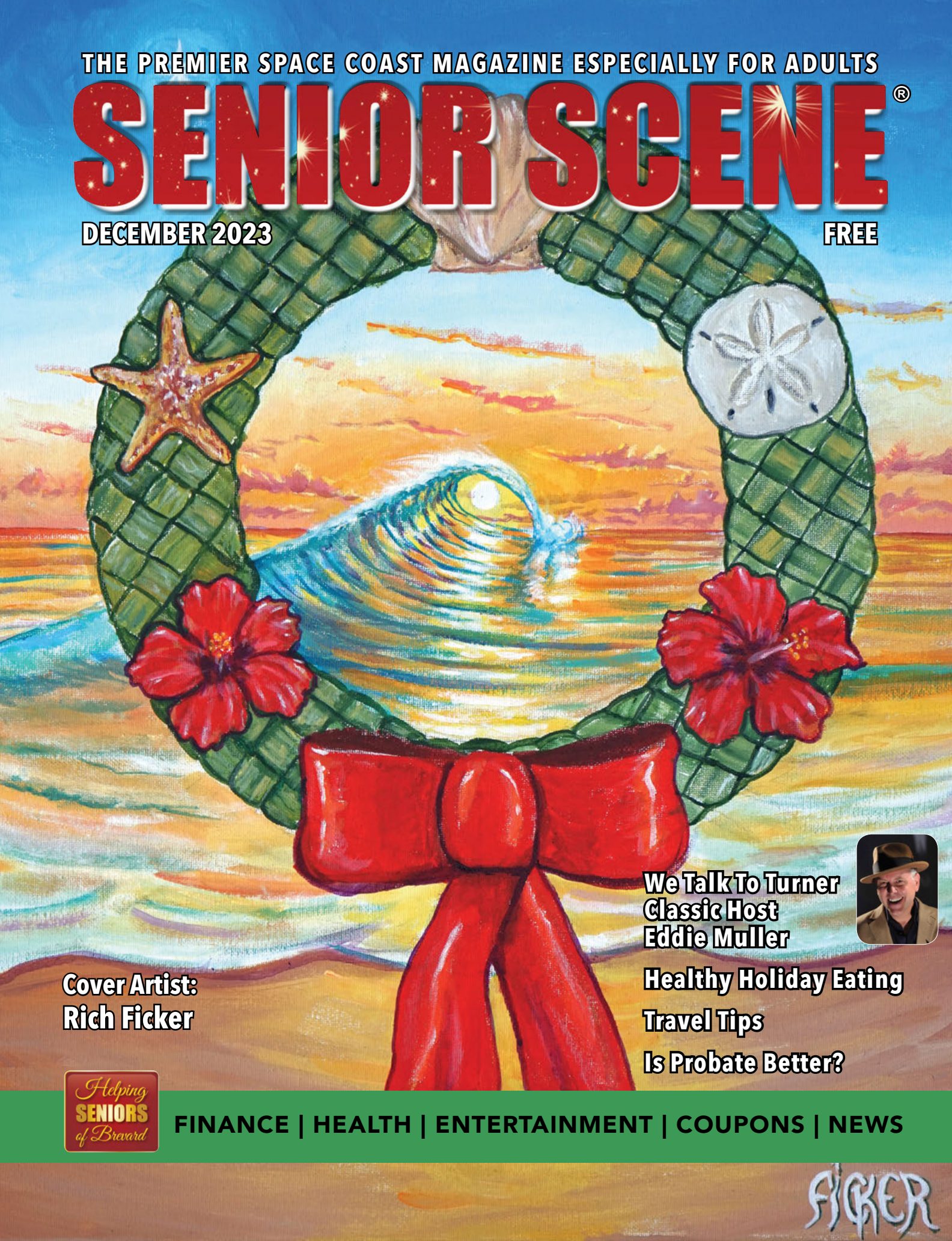


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# "The Place Patriots Call Home"

Fun and Friends at IRCC: Enjoy all the amenities with a social membership  
by Joyce Wilden

**A**dmit it: You've wondered about it --and maybe even peeked through the gates. Situated behind perimeter walls off Murrell Road and Viera Boulevard is Indian River Colony Club, The Place Patriots Call Home. The Viera retirement destination is a haven for military veterans.

Each day, the active 55+ residents can be seen golfing on the 18-hole, par 72 golf course designed by Gordon Lewis. That is, if they're not playing tennis on the Har-Tru courts or swimming laps in the enormous resort-style pool. Some start their day in the fitness center, before heading off for bocce or croquet. Later, you'll find them dining with friends at the At Ease Club, or sipping happy hour cocktails at the 19th Hole Bar & Grill. With over 60 clubs and activities to choose from, every day is filled to the brim.

If life at IRCC sounds fun, that's because, well -- it is! And with a social membership, you can make new friends, dine, attend events and enjoy the camaraderie of military veterans and spouses. Choose from several affordable options -- for as little as \$158 per month. You don't have to own a home at IRCC to take part in the country-club lifestyle.

Retired Army Colonel, Chuck Westrip and wife Kathy own a home in nearby Melbourne. "Our social membership at

IRCC has absolutely enriched our leisure time," said Kathy. "We've met many interesting new friends who welcomed us like family. We enjoy special events like chorus concerts, military balls, and holiday parties --and we've joined several clubs. The dining experience and staff are just excellent! We treasure the great memories we have made here!"

Until 2019, Cathy Cox and her mother Nancy lived locally, too -- and saw the social membership as a way to "test drive" life at IRCC. Coming from an Air Force family, they enjoyed the camaraderie of residents with similar life experiences. The pair discussed moving to IRCC, but Nancy was unsure... "My mother was on the fence at first," said Cathy. "But one evening we attended a play and she realized just how much life here had to offer." "Literally," Cathy continued, "she woke up the next day and said, 'Let's find a house at IRCC.'"

If you're ready to explore a social membership at Indian River Colony Club, contact Membership Services at 321-255-6000 or visit [www.ColonyClub.com/social](http://www.ColonyClub.com/social). 



Cathy Cox and her mother Nancy having fun at the 2022 IRCC Halloween costume party.

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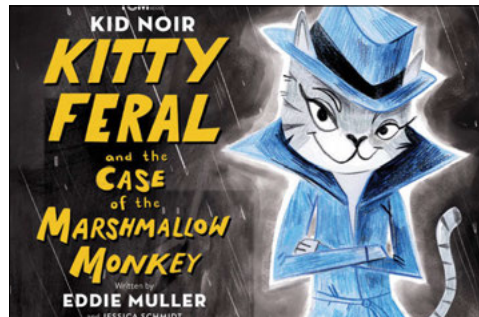
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### CREDITS:

Senior Scene® Magazine is locally owned & operated made possible through the participation of local advertisers & distributors.

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Senior Scene® Magazine, Inc. is a national publication with 25 years publishing service.

### PUBLISHER:

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### BROADCAST AUDIO

### PRODUCTION:

Pirate Alley Studios

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# Letter from the Publisher



**W**ith the feast of Thanksgiving weighing on our minds (and elsewhere), can more Holidays be far behind? I hope you remembered to reflect on everything that we can be thankful for. It's so easy to forget the good in life and the people we cherish, when we are bombarded by gloomy news every day. So be smart, stay safe and be mindful of what is positive and good.

On this month's cover, we are especially proud to have Rich Ficker return as our featured artist, a truly talented artist that Brevard can call its own. We want to thank him for joining us this month, along with many great artists that have graced our covers before him. Remember to support our local artist every chance you get.

Those of you that have enjoyed living here for any length of time also know that this is the season to go park hopping, enjoying a holiday theatre production, partake in seasonal civic events or even just drive around looking at the many decorated homes. We have many of the holiday events listed in our Community and Senior Calendars for you to see.

It is especially important this time of year to help those less fortunate than us. Whether it's a Tot or a Senior, a donation of treasure or time, please be generous. What can be better than the feeling of helping someone? So enjoy your family and friends; and enjoy this month's issue.

Merry Christmas, Happy Holidays and see you next year!

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# Eddie Muller's Case Of The Missing Marshmallow Monkey

By Nick Thomas



If reading bedtime stories to the grandkids is a cherished family tradition, Eddie Muller has an unusual tale to share this holiday season: a gritty feline sleuth searches for a stolen artifact while encountering a host of seedy underground characters prowling through a shadowy urban setting.

If that sounds like the plot from 1940s film noir cinema, you're no dope. In his first published children's book, "Kitty Feral and the Case of the Marshmallow Monkey," the Turner



Classic Movies host has channeled his film noir expertise onto the pages of a new book for kids aged 4 and up.

Toning down the traditionally dark stylized themes from early crime fiction thrillers

was a no-brainer for Muller ([www.eddiemuller.com](http://www.eddiemuller.com)) and Running Press Kids publishers ([www.runningpress.com](http://www.runningpress.com)). The result is a cute mystery tale with animal characters that cleverly reference popular classic noir films, including one of the best from 1941.

"The Maltese Falcon' seemed a perfect template," said Muller from his home in the San Francisco Bay Area. "Film noir themes revolve around the most diabolical and dastardly motivations that are not suitable for a children's book. But many are detective stories, so the idea of a simple quest, like a treasure hunt, seemed adaptable for kids."

Just like private detective Sam Spade's search for the precious 'Falcon' statuette, Kitty Feral pursues a stolen artifact (a Marshmallow Monkey) and along the way, interacts with some interesting characters, driving the

*Eddie Muller's Case... continued on page 43*

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# The Wild West Malabar

By Diane Barile

A rider loped into the yard of an isolated farm house in the Florida Indian River Catholic Colony. Mrs. Dzurak took a look, and then decided to take her broom rather than the shot gun as she stepped out onto the porch. As he rode in, the bearded fellow was much the part of his wiry horse and perhaps what you may have seen in a B-grade western movie.

Tipping his hat he said, "Good morning, Ma'am. Your barn is sitting on our cattle trail. We'll be driving some steers through there in the next few days." That said he headed back towards the trail. New to America and the English language Mrs. Dzurak was baffled. "What did he say?"

Like the song in the musical Oklahoma, "The Cowmen and the Farmers Should Be Friends", the situation in Southern Brevard County could have used some "bring together music."

Free range wild steers grazed pinelands, unattended most of the year. These plucky animals were descended from herds abandoned by the Spanish as they left Florida in 1863. The long horns adapted themselves to the peculiarities of the Florida landscape. Next managed by the Seminole tribes, Georgians took up a rambling life following the cattle, ever south.

During the Seminole Wars (1830-1850's), the US Army, to move troops effectively, cut the Military Trail (Capron-Hernandez) along the high ground between the Indian River Lagoon and the St. Johns River. Through the years the route was poorly marked but became the sure highway north and south the length of several counties.

Florida cattlemen lived along the trail and used the trail regularly including on land sold by the Florida Indian River Catholic Colony. Midwest businessmen advertised productive farm land for sale to immigrant families. Their acreage was acquired by some 100 Catholic settlers. The cowmen greeting Suzanne Dzurak believed the trail to be public land. Martin Dzurak proud owner of forty acres had built his barn on the high point of his property. His family depended on the barn to shelter the two oxen essential for pulling both the plow and the wagon. They called the pathway The Old Oxen Trail.

At least twice a year cowmen scouted the pinelands, prairies, and marshes for their wandering bovines, once for gathering calves for branding and again for movement to

*The Wild West Malabar continued on page 46*

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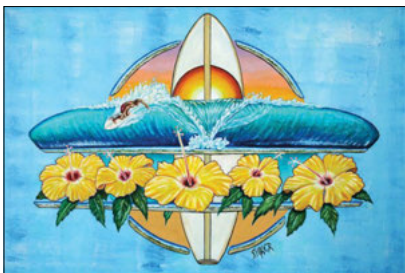
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## COVER STORY

# Rich Ficker

I'm fundamentally a self-taught artist. I took a variety of art classes in high school, and dabbled in commercial art soon after. As life would have it my art career got put on a back burner, while I traveled the world, and later worked and raised a family. I've always loved art, and thought like an artist, studying light, shadow, shape, and form. I would read about it, and frequent museums, always meaning to get back to painting. At the age of 49, realizing that no one really knows how much time they might have on this earth, I made the commitment to start painting, and in doing so rekindled an old passion. I love to paint a variety of subjects. Some of my paintings have true heart felt meanings, some contain hidden images,



some are for the pure joy of expressing my love for nature, and her many magical colors. You will find the reoccurring theme of water, and the ocean, in most of my work, as a lifelong surfer it's what I know, and love.

I also display my work at Breakers Art Gallery 142 N. Orlando Ave. Cocoa Beach, and Barefoot Designs 73 N. Orlando Ave. Cocoa Beach I hope you'll come to enjoy my work, as much as I do creating it. ☺



## ESTATE PLANNING BOOKLET



By Attorney

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# A New Year's Resolution

By Joe Steckler, President, Helping Seniors of Brevard County

The best exercise you could get would be to select a place near where you live, mark off a walking course a mile in length, and set a goal of walking that distance. Many will find this to be a huge challenge. They will say, "I can't do that today," or "I have this to do". 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.

For more than three years, I have not been able to walk without the aid of a walker. Even with the walker, I am limited to 40 feet due to pain in both legs. However, I will not give up; while I may never walk a mile, I will walk without my walker. Meeting this challenge will enable me to accomplish a goal I set when I learned that my knee operation resulted in pain in both knees, a condition I am still trying to correct.

The reason I am discussing this topic with you is to tell you two things I am working on to deflect some of the debilitating effects of my condition. First is weight loss and second is building muscle strength. Had I been tremendously overweight and previously ignored my muscle strength, I would have had a more difficult time recovering or doing my rehabilitation.

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. Being fat is unnecessary and embarrassing. Muscle strength is a little different because you must work for that greased beach effect. A few exercises along with a weight reduction program will let you walk the beach without shame. Many years ago, 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 "hugest" challenges that most of us will contend with as we age. It affects us, whether we want to admit it. It is no fun to have a body that we can and should change. Moreover, it is a common cause of poor health. I constantly have to limit my dessert 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.)

Walking the mile that I discussed at the start of my article is one way to help reduce your weight, along with a reduction in the amount and type of food you consume. I have talked to many doctors about weight control, and every one of them has assured me that it can be done. Exercise helps, but the main factor in any weight reduction program is Will Power – how much do you have? 💪

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# When Is Probate The Better Way To Settle An Estate?

By Attorney Truman Scarborough

Probate is required when property is titled just in the decedent's name without any beneficiaries. A will by itself does not transfer property to the heirs. Probate is needed to access and finally distribute the assets to the heirs. Normally, we try to avoid probate because of the cost, time, and aggravation involved in the court process. Formal Probate takes six months or longer. Expenses include attorney fees at around 3% of the gross assets.

With a trust the probate court process can be avoided shortening the time and reducing expenses to settle an estate. The successor trustee of the trust has immediate control of assets and can settle the estate without court supervision. However, there can be risks with a trust if your choice for successor trustee does not have the time or ability to settle the estate or if his/her appointment would create conflicts. A financial institution could be named to serve as successor trustee. But if the estate is small, a financial institution may not be willing to serve or their fee could consume a large portion of the estate. One option is to have the Probate Court supervise the settling of the estate.

With Probate, the Court must be shown that everything is proceeding in accordance with the Florida Probate Code.

To understand why there are advantages in having the court involved in settling an estate, we need to look at the issue from both the beneficiaries' and the administrator's perspectives.

Why probate may be helpful from the beneficiaries' perspective: With a trust, except for annual accountings, the trustee is under few time restraints. On the other hand, the Probate Code sets forth a number of timelines for providing the beneficiaries information throughout the process. The Personal Representative (Executor) must provide beneficiaries with copies of the all the court pleadings which include an inventory and accounting. If an estate is not closed in one year, the Personal Representative must explain the reason why to the court. Since the probate court automatically enforces these requirements, no action is generally required by a beneficiary. If something is not right in probate, all a beneficiary has to do is file an objection with the court. But with a trust, if something is wrong or nothing is happening, the beneficiary will have to initiate a separate legal action. The services of an

When Is Probate The Better Way... cont'd on pg 44

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### Travel Tips (Part 2 of 2 Parts)

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A trip requires careful planning. The first part of a two part series. Listed below are important steps you can take to prepare for a safe trip anywhere outside the United States. In addition, you can search for your destination to view more specific information about that country or area.

#### Your Health

##### ■ Do You Need Any New Vaccinations?

● Vaccinations Are Required for Entry to Some Countries. Some countries require foreign visitors to carry an International Certificate of Vaccination (aka Yellow Card) or other proof that they have had certain inoculations or medical tests before entering or transiting their country. Before you travel, check the Country Specific Information and contact the foreign embassy of the country to be visited or transited through for currently entry requirements. The U.S. Centers for Disease Control (CDC) and the World Health Organization (WHO) can provide you their

recommendations for vaccinations and other travel health precautions for your trip abroad.

##### ■ Do You Know How to Find Medical Help Abroad?

● Get Help With a Medical Emergency Abroad: You should purchase travel insurance from your Senior Travel expert. You will be covered for everything while you are on your trip.

##### ■ Does Your Health Insurance Cover You Outside the U.S.?

● Learn what medical services your health insurance provider will cover overseas. Although some health insurance companies will pay "customary and reasonable" hospital costs abroad, very few will pay for a medical evacuation back to the United States, which can easily cost up to \$100,000, or even more, depending on your condition and location. Regardless of whether your

*Travel Tips continued on page 40*

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# Answer Nurse

*A monthly column to help answer your home healthcare questions*

**B**eing a caregiver is a very challenging job in every way: mentally, emotionally and physically. And during the holidays, it may become even more challenging. Below are frequently asked questions and answers on this topic.

**Q** **Caring for my elderly parents falls on me and another sibling, leaving our two other siblings doing nothing—they always have “more important” things to do. My one sister and I have accepted this, except around the holidays; we could really use the extra help then. Any suggestions?**

**A** Dealing with family, particularly around the holidays, can be stressful. And when you add in caring for your parents, it’s quadruple that. A good place to start would be to set up a meeting, in-person or zoom. Be sure to have a set of talking points and be clear on what your main objective is; do you want help for one day? One week? One month? And also provide a visual timeline that clearly shows all the time you and your other sibling have been caring for your parents. In a sense, you should approach it almost like you would a business meeting, because

that will help minimize charged emotions. And, if that meeting does not go well, consider inviting a mental health counselor qualified in family dynamics to participate in a follow-up meeting as a mediator.

**Q** **My wife’s a caregiver and during the holidays, a time when she used to be extra happy, she’s gotten less and less so due to the stress of her job. Is there anything I can suggest for her to do to lessen the stress?**

**A** Caregiver burnout is a real thing. Below are some tips to help prevent this from happening (paste in on the fridge so your wife can read it every day).

## **TIPS FOR CAREGIVERS DURING THE HOLIDAYS**

**1. Practice self-love** – and keep it simple: ‘Practice self-love’ may sound corny, but it’s imperative to take care of your physical and mental health. You’re not only helping yourself but improving the quality of care for those who depend on you. So, make sure you take time for you. This could mean doing things as simple as setting aside enough time to savor your cup of coffee in the morning and carving

*VNA continued on page 45*

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# What's The Difference Between PayPal, Zelle And Venmo? *By James Bowman, Data Rescue Computer Services*

**M**obile payment systems allow you to use your smartphone to transfer money which eliminates the need to write checks, grab cash from an ATM or purchase money orders or cashier's checks. This convenience also benefits the

recipient as they don't have to make a deposit or wait for a long period of time to get the money in their account. PayPal, Zelle and Venmo are three of the most popular platforms providing similar services, but some significant differences exist.

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## PayPal - How PayPal Works:

While the service is known for its help with online purchases and e-commerce, it also offers peer-to-peer money transfers. To set it up, you'll first need a PayPal account, then—as long as the person you're sending money to is also enrolled—you can use their name, email address or phone number to send or request cash. (If the recipient doesn't have an account, they'll get an email alert that funds are available and they need to set one up to receive.)

## Zelle

This platform only works in conjunction with a US-based bank account as it was developed by seven large banks: Bank of America, Truist (formerly BB&T), Capital One, JPMorgan Chase, PNC Bank, U.S. Bank, and Wells Fargo.

It's a seamless and fast way to transfer funds between two accounts as over 1800 banks and credit unions provide Zelle as an option in their banking apps.

All you need is either a phone number or email address of the recipient to send funds. If they have yet to enroll in Zelle, they'll receive either a text or email message (based on what you used to generate the transfer) with instructions on how to get enrolled. If they don't enroll within 14 days, the transfer will expire and the funds will be returned to your account. If they are enrolled, their bank account will receive your funds within minutes without fees.

Once the transfer has been initiated, it is not reversible, so it's important to make sure you have the right phone number or email address. Zelle is a great way to transfer funds to friends and family, but there is a daily and monthly limit that is determined by your bank. The best place to see your limits is in the Zelle portion of your banking app as it can also be determined by the type of account you have.

*What's the Difference... cont'd on page 45*

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# Legacy Gifting for the Holidays!

By Jason ValaVanis, CFP®

**W**hether it's for your Christmas, your Hanukkah, or your Kwanzaa – it's the time for generosity. Every year we possess the same opportunity to escape from the grind of frugality, and we're reminded that the true path to happiness is all about giving. This year is another chance to give to those you love – your family, your children, or a favorite charity. In this short article, I'll illustrate how one of my clients gave a meaningful monetary gift to one of her children to help him retire more comfortably.

## Gifts with Strings

Sometimes the best gifts have conditions attached. Parents will often gift chunks of money to their children only to witness a series of foolish spending events while the balance dwindles until it is exhausted and gone forever. Well, there is an answer to this dilemma: give cash to your children in the form of a retirement account dedicated to growing without taxes for many years! Some will ask, "Is this legal?" The answer is, "most definitely, and it happens all the time." One of the most popular scenarios involves a tax-deferred annuity.

My client, Claire, invested \$100,000 into a Fixed Indexed

Annuity for her 47-year-old son, Gabe, in 2010. With this investment, all market gains are added to the principal and can never be lost. Also, there is no risk, even if the market goes down. She maintains control of the account by managing the annual decisions, and she receives the statements at her home, but the account is 100% owned by Gabe. He knows of the account but does not have ready access to the funds without going through mom – hence the "strings." Since 2010, the annuity has grown considerably, and in 7 more years, we expect Gabe will have approximately \$300,000, or more, to assist in his retirement.

## Full Ownership

The best part is ownership! Gabe owns the funds explicitly. In the event of Claire's death, Gabe will take complete control of the account as he sees fit. Isn't this a more meaningful gift than plopping \$100,000 into Gabe's bank account without any strings attached? Some parents worry about the annual gift maximum of \$17,000 that the IRS has published. This is not an issue. Never let this idea get in the way!

*Legacy Gifting... continued on page 21*

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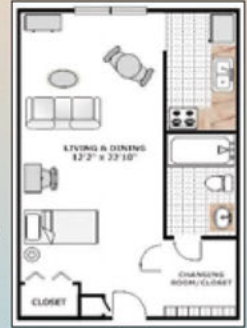






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Section 503 of the Rehabilitation Act requires that federal contractors and subcontractors take affirmative action to recruit, hire, employ, promote, and retain qualified people with disabilities.

### Section 503 and Social Security's Ticket to Work Program

Section 503 provides job opportunities for qualified people with disabilities. Our Ticket to Work (Ticket) Program can help connect you with jobs.

The Ticket Program supports career development for people ages 18 through 64 who receive Social Security disability benefits or Supplemental Security Income (SSI) and want to work. Through this free and voluntary program, participants can work with service providers to receive the supports and services they need to find and maintain employment. This allows them to move toward financial independence through work.

Organizations that provide employment-related services, like State Vocational Rehabilitation (VR) agencies and American Job Centers (AJCs) can help you find federal contractors and subcontractors. If you're eligible for the Ticket Program, an Employment Network (EN) may also help.

Many federal contractors and subcontractors look to State VR agencies, AJCs, and ENs to find qualified candidates with disabilities to fill open positions.

To learn more about the Ticket Program, visit [www.choosework.ssa.gov](http://www.choosework.ssa.gov) or call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY), Monday through Friday, 8 a.m. to 8 p.m. ET. Ask for a list of service providers or find providers on your own using the Ticket Program Find Help Tool found at [www.choosework.ssa.gov/findhelp](http://www.choosework.ssa.gov/findhelp).



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# Loneliness and Social Isolation

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

Everyone needs social connections to survive and thrive. But as people age, they often find themselves spending more time alone. Being alone may leave older adults more vulnerable to loneliness, which can affect their health and well-being.

Loneliness is not new, but it does seem to be gaining attention as a social and health concern. The U.S. Surgeon General recently called loneliness a public health problem on the scale of smoking as damaging to physical health as 15 cigarettes per day. The COVID-19 pandemic – necessitating periods of physical distancing and changing the way many structure their working lives – has brought the issue of loneliness to the forefront. The harms to health are clear. Poor social connections are associated with increased risk of cardiovascular disease, hypertension, diabetes, infectious diseases, impaired cognitive function, depression, and anxiety. But can loneliness be addressed through a public health approach?

The slippery nature of loneliness and how it functions present many difficulties. Although broadly understood as a negative experience resulting from inadequate meaningful

connections, the public health community has struggled to reach a consensus definition. Loneliness is not the same as alone. It is not a binary state, and feelings of loneliness are heavily shaped by cultural norms. This subjectivity presents a fundamental challenge. How can the measurement of a feeling be standardized? The comparison with smoking might help to explain the damage that loneliness can do, but it is a poor guide to potential solutions. There is no product to be taxed or regulated; no obvious pathology to target. These difficulties are reflected in the low quality of the literature: small trials, short observational studies, and varied definitions. Simplistic, one-size-fits-all interventions are unlikely to succeed for such a complex phenomenon.

Perhaps what is needed is a recognition of loneliness as a product of how societies and the world around us are constructed: “lonelygenetic environments”. Our physical surroundings, dictated by urban planning, can deter social connection if they do not enable interactions and engagement. Remote work has become more common, making it harder to form meaningful connections with

*Loneliness and Social Isolation cont'd on page 49*

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**Kissimmee Swamp Tour - Wednesday January 10th, 2024 - \$97** - Kissimmee Swamp Tours and Airboat Tours is a unique and different adventure . We offer an exciting, and informative 30 minute airboat tour through the untouched and pristine headwaters of the Florida Everglades.

**Solomons Castle - Tuesday, January 16th, 2024 - \$125** - this is going to be an exciting day as we visit the metal castle of Howard Solomon, his architect, countless metal sculptures, more than 80 interpretive stained-glass windows plus his latest works. Sculptor, painter, author, builder of dreams, your host. Here is where Howard shares his unique view of the world. Lunch is included, minimum of 35 and deadline to sign up is January 4th, 2024.

**Moulin Rouge, the Broadway Spectacular - March 2, 2024 - \$178** - Truth,Beauty,Freedom,Love - Moulin Rouge

is more than a musical, it is a state of mind! Enjoy an afternoon at moulin Rouge, let your senses take you away. Lunch is included and balcony seating. Minimum of 35 needed for this trip, sign up by January 5th.

**Strawberry Festival, March 8th - \$119** Includes roundtrip motorcoach, gate entry, reserved lower seating for The Commodores and Strawberry Shortcake. Tickets on sale now.

**Sail with Jean on Avalon through Burgundy and Provence - May 28th - June 4th , 2024** - We are off to the South of France for a few days before joining our river cruise from Avignon sailing north to Chalon-Sur-Saone. From there you will have your choice of heading home, to Paris or where ever your heart desires!



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## Legacy Gifting... cont'd from page 17

This \$17,000 limit is often misunderstood. The IRS only wants to know how much over the \$17,000 limit is gifted to each recipient every year. In Gabe's case, Claire reports on IRS Form 709, the Gift Tax Return, and the exact amount exceeding the \$17,000 exclusion, which is \$83,000. There is no tax due, only the reporting of the gift. Claire has a lifetime limit of \$12.92 million of reportable gifts that she can give Gabe before one penny is owed in tax. Some taxpayers never even report these gifts because their estate is nowhere close in value to the \$12.92 million threshold, but I don't recommend doing that. Always follow the rules --- it's usually painless anyways.

Consider a tax-deferred annuity with no chance of market losses because the investment will never go backward, and your loved one will never owe any tax as long as the funds stay invested. This holiday is your opportunity to do a wonderful thing – give big!

### Uncertainty

Our Country is becoming excessively more competitive and puzzling. The USA has a severe problem with monetary uncertainty. In other words, the American

Legacy Gifting... cont'd on page 49

# How Can I Enjoy The Holidays But Still Eat Right?

By Lisa Conway

**T**is the season for family, fun and food, food, FOOD! Let's face it: The holidays are filled with parties and events that are hard to turn down. But participating in everything can be exhausting and lead to over-eating (and not the healthy stuff). Over the years, I've tried to remember these tips for maintaining balance at the holidays.

## Routine and consistency:

Maintaining consistency in my routine and diet during the holidays is crucial. Most of us eat meals about the same time each day. If a party is held later than I usually eat, I grab a healthy(ish) snack before going. This keeps me from overindulging and eating every delicious thing in sight.

## Buffets and balance:

Navigating the holiday buffet line is an exercise in temptation. The spread of food makes it hard not to dive right in! Here's my strategy: I start by grabbing one of the smaller plates, choosing fruits and veggies for round one. Then I step away from the buffet line and do some mingling, to let some time elapse before I consider going back for more. Why? It takes 20-30 minutes for the brain to send signals of fullness.

## Keep moving:

Sometimes the fabulous food and occasional spirits leave me feeling lethargic and bloated. Sound familiar? When possible, I like to walk around the block after eating. Other ways to increase physical activity at the holidays (or anytime) include taking the stairs instead of an elevator, choosing a distant parking spot over a close one, or leaving the car keys at home in favor of foot power. The benefits are cumulative -- and every little bit helps combat holiday calories.

## Get your ZZZ's:

Late nights and changing schedules can take their toll.



ask ONE SENIOR PLACE

Lisa Conway

Lack of sleep can affect our bodies in many ways, including slowing our metabolism and causing blood sugar levels to drop. This often leads to less healthy food choices, giving in to cravings for sugar and fat. Get a solid 7-8 hours of sleep; try to go to sleep around the same time each night and wake up around the same time each morning.

You don't have to be a Scrooge when it comes to having holiday fun! Just don't forget about self-care. In that spirit, join me on December 8 at One Senior Place in Viera for a lesson on holiday cookie decorating from a professional chef. Call 321-751-6771 to RSVP. 🍪

*One Senior Place is a marketplace for resources and provider of information, advice, care and on-site services for seniors and their families. Questions for this column are answered by professionals in nursing, social work, care management and in-home care. Send questions to askOSP@OneSeniorPlace.com, call 321-751-6771 or visit One Senior Place, The Experts in Aging. 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.'*

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*President's Message*

A Word from Joe Steckler,  
Our President & Founder



Greetings to all. 2023 was a good year for Helping Seniors of Brevard. Most significant is the fact that we have a new home - the Senior Resource Center - which is full of caring and forward-thinking senior care friendly tenants.

From the day I could say we were operational I could also sense a sharing and pulling together of tenants in the Center to provide a new direction of care for seniors. Some of the events held to date at the Center show a new level of interest in and caring about older people. I personally invite you to share in the events and want you to know you can access all we do by going to [www.Helpingseniorsofbrevard.org](http://www.Helpingseniorsofbrevard.org) and see what we have posted that may be of interest to you. Because we do our events at certain locations does not mean that we are recommending anyone over anyone else. It just means that these facilities have stepped up to the plate and are offering space for us to conduct seminars or events of interest.

For a long time, I ignored most of the informational seminars such as those provided by an elder law attorney, a financial planner or an information session on Medicare, Medicaid, or other insurance/long term care provider. This was my mistake, for while I did have Medicare and Tricare, I could have been better informed just to help others. Just take a couple of minutes and visit our website or read the email titled Message from Joe or Kerry (Executive Director).

I hope you all had a wonderful Turkey Day, and I assume the Cowboys won. I will close my message by thanking those who contributed to our record breaking \$155,000 car raffle, the donor gift of \$45,000 which enabled us to start our Endowment Fund, and the opening of a fully occupied Senior Resource Center.

Your support has made this a wonderful Christmas present for all of us at the Center. Finally, Merry Christmas, Happy Hanukkah, and best wishes for a happy and successful 2024.



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## It's the Most Wonderful Time of the Year

*Kerry Fink, Executive Director  
Helping Seniors of Brevard*



## Have You Thought About This?

*Nancy Deardorff, Operations Director  
Helping Seniors of Brevard*

So says the song, from Andy Williams, which has become an annual holiday favorite. The holiday season is a good time of year for reflecting on all the positive things that have happened these past 12 months and for making plans for the coming year to make the best of life given our own individual circumstances.

At Helping Seniors, we are so grateful for the opportunity to serve you and the other 250,000 or so Seniors (well, AARP says if you are over 50, you are a “Senior”!) who call Brevard County home. As a 100% local charity, we exist to serve you - even when things aren’t going exactly according to plan.

Our Helping Seniors Information Line serves thousands of inquiries each year and it is our privilege to answer the calls and do our best to connect Seniors and their families to resources that will make a good and positive impact for them.

We are, as you know, about “Getting Your Ducks in a Row” - i.e., helping you make your own Aging Plan - and so our information and education programs are very important to our overall service to our community.

We are ramping up now for 2024 to make full use of our Senior Resource Center of Brevard, located on the 2nd floor of the beautiful Omni Professional Tower on Apollo Boulevard on Melbourne’s downtown medical campus. We are also focused on helping Seniors and their families learn more about how to plan for the best quality of life and care through our TV, radio, print and online initiatives that are also expanding in 2024.

And, looking ahead, with your help and support, we hope to do even more and better work at Helping Seniors. May you have a happy, safe, enjoyable, and comfortable holiday season this year.

## ***Holidays do not have to be melancholy.***

The holiday season is upon us, and for many seniors, this is a season of depression and melancholy. Perhaps it is the memories of holidays past filled with family and friends, and now things have changed. Many seniors have experienced the loss of dear loved ones, and the holidays bring about those memories of times past that we so wish to recapture.

As seniors, we can choose to spend time wallowing in the past and the loss that we have experienced, or we can gain new joy.

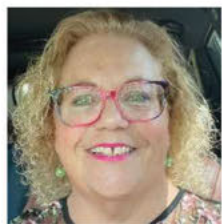
As a senior myself, I have experienced loss. Loss of youth, loss of friends and loss of loved ones. I remember having huge Christmas Eve parties filled with friends and loved ones and everyone used to look forward to our Christmas Eve parties. For sure it was a time to be had.

Things have changed for me, and others around me as we grapple with our older age. But if there is one message that I want to convey to you this holiday season, it is this. Embrace NOW, enjoy the people that are in your life NOW, enjoy every single moment that life brings to you. As my Uncle Jack used to say, “The party does not come to you...you have to go to the party.”

My best advice...reach out to those who are in your life now, do small acts of kindness, help someone in need, and for sure, seek out the “party” wherever that is. Show up! As they say... Life is what happens when you’re busy making plans.

To my fellow seniors who may feel melancholy this holiday season, put yourself out there, reach out to other people, you will find that there is a joy in this. May your holiday season be blessed and joyful.





## Helping Seniors Enjoy the Holidays

Traci Graf, RN  
AVID Home Care

According to Consumer Affairs 28% of people over 65 live alone. As of January 2023, there were over 14.7 million senior citizens living alone in the US. The holidays create some difficult times for seniors as they have lost family and friends over the years. They may not be able to travel and see relatives and often people want to spend the holidays at home which prevents them from visiting. During my career caring for seniors, I have learned ways of assisting them that make good memories.

Take some time to help a senior decorate with some of their own family decorations. Placing ornaments on the tree is one of my personal favorite activities and really is a walk down memory lane. Ask them about some of their treasured ornaments and you will see them smile or sometimes tear up while speaking about where they got it. Many times, Christmas tree ornaments are passed down the family line and have hung on previous generations trees. I love giving ornaments as small gifts because I know they will think of me every time they hang it. Giving a senior the opportunity to bask in the glow of some lights on the tree while they watch the ornaments sparkle can be a heartwarming gift they will never forget. Holiday family recipes and traditions are another activity that can help seniors feel loved and included in the whole experience. Ask a senior neighbor to join you for dinner and help them feel like they contributed by making one of their favorite holiday recipes. Some seniors may feel awkward about accepting the invitation to dinner so a good technique to use is to give them a handwritten invite with date and time on it. Typically, if you just ask them casually, they may decline the offer feeling they don't want to be a burden. Use the Publix commercial idea and send one of your kids to deliver the invite! *(Continued on page 30)*



## Cultivating Gratitude

Denise Bergman, CSA, CDP  
Senior Care Authority Brevard

*'Tis the season for tangled lights, awkward family interactions, and the yearly quandary of gift-giving. But even a small dose of mindful gratitude can smooth some of the tangles, help us find compassion for ourselves and others, and just lower the overall stress level we often experience.*

Cultivating gratitude is a powerful yet simple practice that can enhance our well-being and overall outlook on life. Incorporating gratitude into your daily routine can foster a positive mindset, improve relationships, increase productivity, and contribute to a more fulfilling life. It can also help you cope with difficult circumstances.

Here are some simple practices you can try to help you cultivate gratitude, not just during this season but all year round. Pick a few that speak to you, try them out for a while, then try one or two that weren't on your "first choice" list.

**Morning Practice** - Reflect on what you are grateful for in your life. Start your day with this reflection.

**Find Time to Be in Nature** - It can be the beach, the woods, a park, or a favorite hiking trail – anywhere you can connect with the natural world and the beauty and calm it can bring to your senses.

**Volunteer** - Helping others (humans or otherwise) may bring a fresh perspective to your life and carve a pathway to being grateful for what you have.

**Guided Gratitude Meditation** - Apps such as Calm, Aura, Breathe and others offer guided meditations focused on appreciation and can go a long way to promote inner peace.

**Digital Detox** - Consciously disconnect from the constant stream of electronic information and appreciate the simple joys around you. Try not to make this inconvenient or painful. We all know how much we rely on our phones, tablets, etc. Just set aside 30 or more minutes a day to turn it all off.

*(Continued on page 30)*





## Elements of an Aging Plan

*Katie Jackson-Stolz, Esq.  
Law Office of Amy B. Van Fossen, PA*

Have you thought about your aging plan? The following topics are elements to consider when developing your own aging plan.

**Legal & Financial.** All too often a loved one talks about their wishes but fails to put them in writing. A great place to start is by executing a Durable Power of Attorney (DPA). A DPA is a legal document that empowers your agent to act in your place regarding your financial and legal affairs if you become incapacitated. You want a DPA drafted by an elder law attorney to ensure it includes sections pertinent to the aging process. Other important estate planning documents include a Living Will & Health Care Surrogate, Last Will & Testament, Revocable Living Trust, and Declaration Naming Preneed Guardian. Putting your aging plan in writing can help prevent disputes throughout the aging process and after you pass away.

**Living Safely at Home.** Many older adults prefer to age in place in the comfort of their own home. If you or a loved one plans to age in place, make the home as safe as possible. To prevent a fall, install grab bars, ramps, and handrails, remove area rugs and fix carpets firmly to the floor, add no-slip strips or non-skid mats, light pathways, and place light switches on both the top and bottom of stairs.<sup>1</sup> Sadly, you will also need to protect against the threat of financial abuse. Do not let strangers into your home when you are home alone, discuss any phone calls with salespeople with someone you trust, and refuse to share your personal or banking information with people you do not know.

**Choosing Additional Living Options.** Additional living options include independent living, assisted living, and skilled nursing facilities. Independent living is designed for seniors to

promote a sense of community while making your life easier and maintaining independence. Many communities offer activities, amenities, dining, and scheduled transportation. However, most do not provide medical care or nursing staff.

Assisted living facilities (ALFs) are a good option for older adults who require assistance with activities of daily living, medication management, toileting, walking, and dressing. Like independent living facilities, ALFs often provide social benefits and amenities. Some ALFs also offer a memory care unit for residents who need a higher level of care.

Skilled nursing facilities, also called nursing homes, provide the highest level of care, including 24 hour a day nursing care, case management, health monitoring, personal care, nutritional meals and special diets, physical, occupational, and speech therapy, social activities and respite care for those who are ill or physically infirm.<sup>2</sup>

**Medical & Wellness.** Wellness varies from person to person, but common themes include regularly visiting your primary care provider, eating a healthy diet, exercising, socializing, and continuing to do the things you love and make you happy.

**Medicare.** There are two main types of Medicare: Original Medicare and a Medicare Advantage Plan. Original Medicare includes Medicare Part A (hospital insurance) and Medicare Part B (medical insurance). You can use any doctor or hospital that takes Medicare, and you can buy supplemental coverage to help pay out-of-pocket costs. Medicare Part C (Medicare Advantage) is a Medicare approved plan from a private company that usually includes Part A, Part B, and Part D. You will likely have to use doctors in the plan's network but may have lower out of pocket costs than Original Medicare.<sup>3</sup>

If you haven't thought about your aging plan yet, now is the time. The experienced attorneys at Amy B. Van Fossen, P.A. are available to help you prepare for the future. Call 321-345-5945 to schedule a consultation and begin your aging plan.

<sup>1</sup> <https://www.nia.nih.gov/sites/default/files/aging-in-place-infographic-508.pdf>

<sup>2</sup> <https://ahca.myflorida.com/health-care-policy-and-oversight/bureau-of-health->

[facility-regulation/long-term-care-services-unit/nursing-homes](https://www.medicare.gov/facility-regulation/long-term-care-services-unit/nursing-homes)

<sup>3</sup> <https://www.medicare.gov/what-medicare-covers/your-medicare-coverage-choices>





# Helping Seniors Of Brevard



## The 4<sup>th</sup> Annual Helping Seniors Foundation Cruise



*Costa Maya Mexico*



*Cozumel Mexico*

### Let's Go Sailing!

It's Family Reunion time next June - as we sail away from Port Canaveral for a great 7-night sailing to explore the Bahamas and Mexico in comfort, luxury and style on the MSC Seashore for our 4<sup>th</sup> Annual Helping Seniors Foundation Cruise!



*The MSC Seashore*

### YOU'RE INVITED! IT'S A FAMILY REUNION SUMMER CRUISE

It's summer vacation time – and so a perfect time to gather the entire family! Grandparents, Kids and Grandkids all sailing together for summer sailing full of fun and great memories. And, special pricing in the Helping Seniors Travel Club makes this sailing extremely affordable all while helping to fund the work of the Helping Seniors of Brevard non-profit.

The cruise pricing is exceptional as are the amenities!

The cruise is offered as an “everything included” offer – and it comes with the excellent service and help from Special Needs Certified Travel Specialists Chris Morse and Betty Powers that are priceless.

The Helping Seniors Travel Club Value Cruise Pricing Includes your Cabin, Port Charges, Taxes, Gratuities, Meals, Special Events, Work-Out Facilities, Drink Package, Wifi Package, Private Cocktail Party, Admin Fee, Fundraising Donation for Helping Seniors of Brevard plus Special Entertainment from Lorri “I'd Like to Teach the World to Sing” Hafer.



- Balcony – As low as \$1,323 pp including Gratuities
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Contact: Helping Seniors of Brevard Travel Club  
Chris Morse at 818-430-1480 (Cell)





## 10 Tips to Downsize and “De-Stress” Your Move

*Christina Knowles, SMM-C Certified Senior Move Manager and Professional Organizer*

For seniors transitioning to smaller living spaces, downsizing can be both exciting and challenging. To ensure a smooth, reduced-stress move, consider these ten valuable tips:

1. **Start Early and End Happy:** Begin the downsizing process early to enable thoughtful decisions and reduce last-minute stress.
2. **Get Generous:** Gift items you no longer need to friends, family, or charity, lightening your load and bringing joy to others.
3. **Save Your Memories:** Preserve cherished mementos, like family photos and heirlooms. Digitizing can save space while maintaining precious memories.
4. **New Looks for Old Books:** Enjoy your favorite reads with e-readers or digital libraries, minimizing book clutter.
5. **Use It Up:** Consume perishables before your move to minimize waste and packing.
6. **Recycle the Toxins:** Safely dispose of hazardous materials following local regulations for a cleaner and safer move.
7. **Contact Utilities and Services:** Notify providers and the post office of your address change for a seamless transition.
8. **Space Plan Ahead:** Measure your furniture and plan the layout of your new space to avoid surprises on moving day. Most senior move managers provide this service.
9. **Pack a Survival Bag:** Keep essential items like medications and important documents with you during the move.
10. **Ask for Help:** Enlist support from friends, family, or a certified senior move manager to make the process more manageable.

Following these ten tips, seniors can ensure a smoother transition to a more manageable and enjoyable lifestyle in their new, smaller living space.



## Save Money on Prescriptions this Holiday Season

*Joe Ponds  
Canadian Meds*

With Christmas quickly approaching, many people are wondering how they are going to financially get through the holiday season. We here at Canadian Meds have a solution to not just get by THIS season, but for all seasons to come.

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Getting set to save money is as simple as making a quick call, and you too can keep hundreds of dollars to spend on that gift for that special one, or even on yourself!

Reach out to us for your complimentary consultation at 321-574-6976 or visit our website [www.canadianmeds-melbourne.com](http://www.canadianmeds-melbourne.com) today. Make it a happy and safe holiday season.



*Helping Seniors Enjoy the Holidays*  
(Continued from page 26)

Some other ideas are to offer to take a senior to holiday church services, parades or community events. We have many rehabs and assisted living facilities that are full of people who have no family to visit for Christmas. Maybe make some cookies or handmade cards and deliver them to the nearest senior facility. If you belong to a group that goes caroling, make sure to stop by homes with seniors living alone in the community to bring that holiday joy to their doorstep.

Most people have seniors in their family, in their neighborhood, or in their church and hopefully you will consider picking one or multiple seniors to do something to make them feel loved during this precious time of tradition and reflection. Doing so will be not only a gift to them, but a gift to yourself you will always remember. Happy Holidays!

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*Cultivating Gratitude*  
(Continued from page 26)

**Find a Gratitude Buddy** - Partner with a friend or relative to briefly share a daily gratitude. Once a day or twice a week – it doesn't matter, just commit to a regular exchange with each other to share what you are grateful for in your life.

**Mindful Eating** - Try a meal without talking, reading, checking your phone, etc. Focus on the flavor of your food and appreciate the nourishment your meals provide.

**Learn from Challenges** - Try to reflect on challenges as opportunities for personal growth. Appreciate your own determination and resilience, even when things are difficult.

**End-of-Day Reflection** - Even the toughest days may hold bits of time for something positive. Before going to sleep at night, find one of these things and agree with yourself to appreciate even a small, but positive interaction or moment. Close your day with this thought as you prepare for sleep.



## It Happened Again Yesterday

*Lee Sheldon, DMD  
Sheldon and Furtado, PLLC*

A patient comes in with his wife and tells me nine extractions have been recommended. They want a second opinion. This happens a lot. And most of the time, when I look at the patient, the patient doesn't need nearly the number of extractions that have been recommended.

Why do dentists think teeth need to be extracted when they don't? The main reason is the lack of periodontal diagnostic training. And they routinely believe that periodontal disease can't be treated. Compounded with that is the reluctance of dentists to refer to periodontists. And when that happens, that opens the door to extractions.

It starts with attitude. If we approach a patient with the attitude that the patient can heal, then our perspective is that of healing. Does it happen every time? No. But it happens most of the time.

We will treat this patient, and three teeth may need to be extracted. And it may be that zero teeth need to be removed. I won't know until I've given the patient the correct treatment and observed the healing. Given that the patient has severe periodontitis on other teeth, it will cost the patient no more to treat these "hopeless teeth" and then observe.

The principle is to treat the infection first. Don't extract teeth. See how the patient heals due to proper treatment of the infection. And if we do that and understand that there are causes for infection and that skill and judgment can reverse those causes, the body can heal.

You can extend that to any part of the body, not just teeth or periodontal disease. Understand the body knows how to heal if given the correct factors.





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# Mom & Me *by Audrey & Kimberley*

## DEAR MOM AND ME,

My husband and I had four sons, all extremely talented. We exposed them to all of the cultural and Intellectual advantages. They are all very successful, scattered around the world. They are all too busy with their careers and families to have time for us.

When my husband died, my husband had to be put in a mausoleum to await burial until it was convenient for them to attend. Finally after six months of waiting, only one did come home so we buried his father. I am beginning to have health problems associated with age, but they are too busy with their legal, medical and business careers to help me. What did we do wrong?

– Irma in Alabama

## DEAR IRMA,

Your sons' behavior is absolutely appalling.

What you did wrong I feel is that you and your husband just gave TOO MUCH. Your sons are self centered and think only of themselves, their interests and their needs. Each generation has a responsibility to help the generation before when they need it and also care for the next generation they fathered. Sometimes we should display a little self interest.

Career and financial success does not always mean that

people are successful in their private lives and are loving, caring family members.

Your sons may reap similar rewards when their roles are reversed and they become the dependent generation.

– Audrey

## DEAR IRMA,

I am sorry for your son's behavior. I wonder if they were NOT GIVEN ENOUGH, exposure to kind compassionate behavior. A story from "the moral intelligence of children" by Robert Cole. The grandfather had become very old. His legs wouldn't go, his eyes didn't see, his ears didn't hear, and he had no teeth. And where he ate, the food dripped from his mouth. The son stopped setting a place for him at the table and gave him supper in back of the stove. The grandfather kept breaking the cups so the son gave him dinner in a dishpan.

The son and daughter-in-law were watching their son build something with some wooden planks. "What are you doing Misha?" and Misha answered "Dear father, I am making a dishpan. So when you and dear mother become old, you may be fed from this dishpan".

Sometimes we forget, moral development is as important as intellectual development!

– Kimberley

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**SENIOR NEWS LINE**

# How Much Exercise Do We Need?

By Matilda Charles

**W**hat does “vigorous physical activity” mean? Per the Centers for Disease Control and Prevention, it means the hard stuff, like playing basketball or singles tennis, or swimming laps or running, ideally for 75 minutes per week. “Moderate intensive activity,” such as playing doubles tennis or pushing a lawn mower, requires that we double the number to 150 minutes per week.

Those are the kinds of numbers that will keep the sedentary among us from even trying. The first step would be to check in with our doctor, certainly, to make sure we can start vigorous exercise. And the second step would be to find a basketball court. At the very least, for moderate exercise, we would need a walking partner or a lawn to mow.

Leave it to the Brits to come up with a study that we can get behind. This study concluded that a mere 15 to 20 minutes of vigorous physical activity per week was associated with a 16-40% lower mortality. Bump that up to 50 or 57 minutes per week, and the numbers are even better. What this says to us is that small amounts of exercise per week can add up to reduced mortality and chronic disease.

Even the CDC agrees that at least some amount of physical activity is better than none.

Get out of the chair, walk around ... take an exercise class for seniors.

SilverSneakers, a seniors exercise program, is available online if you have a membership. If you have a Medicare Advantage plan, see if the SilverSneakers membership is part of your plan. If so, you can attend in person in your area or sign in and watch online.

The National Institute on Aging has a section with exercise information videos for seniors ([www.youtube.com/@NIHAging](http://www.youtube.com/@NIHAging)). Included are videos on balance, endurance, flexibility, strength and standing on one foot.

While you're on YouTube, do a search for “exercise for seniors” and see if anything appeals to you.

It only takes a few minutes. ☺

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# King Crossword

**ACROSS**

- 1 Netting
- 5 Composer Porter
- 9 "I'm not impressed"
- 12 Dog food brand
- 13 Send forth
- 14 Chopper
- 15 "Arrivederci!"
- 16 Marathon fraction
- 17 Blemish
- 18 Difficult
- 19 JFK info
- 20 Gentle soul
- 21 Victory
- 23 Greek X
- 25 Quick run
- 28 Cry of distress
- 32 Exact moment
- 33 Broadcast again
- 34 Rouse
- 36 Caviar provider
- 37 "Xanadu" band
- 38 "— Blue?"

- 39 Family fight
- 42 Zodiac animal
- 44 Frost
- 48 Hostel
- 49 Future tulip
- 50 Tex. neighbor
- 51 Scribble (down)
- 52 Regarding
- 53 Paris airport
- 54 Equi-
- 55 "Scram!"
- 56 Calendar squares
- 11 Basil or thyme
- 20 Bread and butter, so to speak
- 22 Chip giant
- 24 Seraglio
- 25 Resort
- 26 "Wham!"
- 27 Estuary
- 29 — de cologne
- 30 "Top Gun" target
- 31 Historic time
- 35 "Take your time"

**DOWN**

- 1 Jet speed measure
- 2 Director Kazan
- 3 Practice pugilism
- 4 Bamboozled
- 5 Solidify
- 6 Skip
- 7 Fragrant flowers
- 8 Summer on the Seine
- 9 Crib cry
- 10 Physical
- 36 Panda's diet
- 39 South Pacific nation
- 40 Eve's grandson
- 41 "Do — others ..."
- 43 Sax range
- 45 Gumbo veggie
- 46 Friend
- 47 Beams
- 49 Some coll. degrees

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**DEAR PAW'S CORNER:** You often mention that owners should spend time with their dogs in basic obedience training. What are "the basics" exactly?

– Ferris T., Huntington, N.Y.

**DEAR FERRIS:** While the specifics of basic obedience training for dogs are better detailed through books or by professional trainers, I can list these training requirements here.

– **Housetraining:** The most basic and most important to you and your dog's peace of mind. Teaching a new dog where and when to eliminate, and training yourself to keep a proper schedule, is a crucial initial step.

– **Heel:** Your dog should walk calmly alongside you, and not struggle against the leash, pull you down the street or chase after birds, cars or other dogs.

– **Sit:** A well-trained dog will sit on command. When training on the leash, have the dog sit on your left side.

– **Down:** The dog should lie down (on his belly, paws forward) on command.

– **Stay:** In the "sit" or "down" position, the dog should not move until you release him with a verbal command.

– **Come:** At your command, the dog should come to you, or respond to further directional commands (such as tugging the leash right or left to signal a turn).

That's essentially it: five basic commands and housetraining. It doesn't sound like much, but teaching a dog of any age these skills will take at least several weeks, if not months. And they must be taught correctly: no hitting or yelling, maintaining dominance over the dog. Training

books provide many more details on effective ways to do this, while a professional trainer can demonstrate additional effective techniques to ease the basic training process.

Remember that basic obedience training doesn't stop once these skills have been learned. Dogs need regular reinforcement, even if it's just a five-minute review during their daily walks.

Send your tips, comments or questions to [ask@pawscorner.com](mailto:ask@pawscorner.com). © (c) 2023 King Features Synd., Inc.



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**BSYO 40<sup>th</sup> Anniversary Fundraiser Cruise June 9-16, 2024**  
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# Helping Seniors Info Series

## Helping Seniors Info Series Holiday Celebration Friday – December 11th - 10:30am-12:00nn Zon Beachside (1894 S Patrick Dr - Indian Harbour Beach)

This Holiday Festivities event is free - as are the coffee & snacks. Relax with a Holiday Festivities Morning Out:

Join your Helping Seniors "Let's Get Your Ducks in a Row" Senior Resource Center of Brevard friends at Zon Beachside and have a fun visit as we get ready for the Holiday Season!

No formal presentation this month - just a moment to visit with your Helping Seniors friends and enjoy some great entertainment from Lorri "I'd Like to Teach the World to Sing" Hafer and

some wonderful snacks from Chef Jason of Zon Beachside and the "Residences at Zon Beachside." The event is free - as are the coffee & snacks provided by our friends at Zon Beachside Luxury Assisted Living - but we do need your RSVP so we can save your place as there is limited space available! Call (321) 473-7770 today or RSVP Online today!

## Renters of Palm Bay FL Housing Workshop Saturday – December 16, 9:00am-12:00nn Memaw's BBQ (Banquet Room) - 4916 Babcock St - Palm Bay FL

**CALLING ALL SENIORS OF THE CITY OF PALM BAY!!!**

If you are renting your home we have important information that you need to know. Helping Seniors of Brevard and Christian Housing Ministry, Inc have joined forces to help you protect your rights as a renter. Call about our next workshop and schedule a free one on one counseling session TODAY!

There is No Charge for this Workshop for Qualified Renters. Space is very limited and open to Residents of Palm Bay FL.

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

**Title: ClinCloud Memory Screening Pilot Program Date: Tuesday, December 5th,**

**9:00pm - 3:00pm**

Call for Information - (407) 680-0534

Join ClinCloud Clinical Trials at the Senior Resource Center of Brevard for a free Memory Screen! Call to set an appointment: 407-680-0534.

**Title: Food Truck Tuesday Date: Tuesday, December 5th, 11:00am - 1:00pm**

Call for Information - (321) 473-7770

Call your friends and make it a lunch date! Food Truck Tuesday at the Senior Resource Center of Brevard! Get a great lunch - your purchase benefits the work of Helping Seniors - and visit with the great team members at the Center and at OMNI Healthcare!

**Title: CarePlus/Omni - Holiday "Health Info" Faire Date: Tuesday, December 12th, 11:00am - 1:00pm**

Call for Information - (321) 473-7770

Let's have a healthy holiday season! Join us at the Senior Resource Center of Brevard on December 12 for a "Holiday Fun Fest" featuring a variety of Health Care Resources all assembled to provide you with information and education regarding services in our area. Programs brought to you by Care Plus Health Plans, Omni Health Care and Helping Seniors of Brevard. For more information, call 321-477-7770.

**SENIOR SCENE is on Facebook!**

**Get updates & info @ facebook.com/Seniorscene**

## CALENDAR HIGHLIGHTS



Date	Day	8:00am	8:30am	5:00pm	5:30pm
Dec 1	Fri	Controlling Cost of RX Meds	The Parts of Medicare	Living Beyond Your Current Home	Capital Update
Dec 4	Mon	New to Florida? Need to Know!	Great Employment for Seniors	Top 3 Public Benefits Question	Is Assisted Living Right For You?
Dec 5	Tue	Stay Home Safely or Downsize?	Reverse Mortgage - Now Time?	How a Public Adjuster Helps	The Parts of Medicare
Dec 6	Wed	What Assisted Living Can Mean	Medicare - Questions & Answers	Discounted Prescriptions	Periodontal Disease
Dec 7	Thu	Care Management	Durable Power of Attorney	Real Estate for Seniors	Understanding Hospice Care
Dec 8	Fri	Life Enrichment	AI Dia Today Newspaper	Printing & Direct Mail Options	Capital Update
Dec 11	Mon	Hometown News / AARP	Senior Expos & Events	Checking Out Zon Beachside	Senior Scene Magazine
Dec 12	Tue	Your Legal Documents Checklist	Helping Seniors Travel Club	How Assisted Living Helps Thrive	Probate - What it is/What it does
Dec 13	Wed	About Golden Providers	The Dirty "D" Word - Dementia	The Parts of Medicare	Technology and Home Care
Dec 14	Thu	Get Your Ducks in a Row - Part 1	Get Your Ducks in a Row - Part 2	What Elder Law Attorney Can Do	Senior Real Estate-What to Know
Dec 15	Fri	Cosmetic Dentistry	Chefs for Seniors	3 Reasons to Consider Reverse	Capital Update
Dec 18	Mon	Living Beyond Your Current Home	Power of Attorney/Super Powers	How to Cruise Successfully	Care Management
Dec 19	Tue	Helping Seniors Directory	Ordering RX at Lower Prices	Importance of Medical Evaluation	Chefs for Seniors
Dec 20	Wed	How a Public Adjuster Helps	Avoiding Probate	Hometown News	Trusts
Dec 21	Thu	The Parts of Medicare	Real Estate for Seniors	Senior Expos & Events	Life Enrichment
Dec 22	Fri	How Reverse Mortgages Work	The Vial of Life	Senior Mental Health	Capital Update
Dec 25	Mon	Value of Professional Printing	Things to Know - Elder Law	The Parts of Medicare	Golden Providers B2B
Dec 26	Tue	All About Home Health Care	Two Assisted Living Questions	How SRES Helps Seniors	Smorgasbord of Legal Matters
Dec 27	Wed	Understanding Hospice Care	Too Many Teeth Being Extracted?	Finding Good Help at Home	The "Talk" About Assisted Living
Dec 28	Thu	Put Your Kids on Bank Account?	Senior Travel - Safe & Fun	Medicare - Questions & Answers	Getting RX at Best Prices
Dec 29	Fri	Opening/Closing a New Year	Care Management	Reverse Morgages - Now Time?	Capital Update



Date	Day	Program	Topic	Special Guest
Dec 6	Wed	Helping Seniors Radio	Focus on Elder Law	Bill Johnson, Esq. William A. Johnson P.A.
Dec 13	Wed	Helping Seniors Radio	Focus on Your Smile	Dr. Lee N. Sheldon Sheldon & Furtado, PLLC
Dec 20	Wed	Helping Seniors Radio	Focus on Helping Seniors Travel	Chris Morse Helping Seniors Travel Club
Dec 27	Wed	Helping Seniors Radio	Focus on Help at Home	Jennifer Barton Seniors Helping Seniors



# Something New For One Or Two

Recipes especially created for 1 or 2 diners

The Holidays are here and its time to celebrate, even if you are entertaining just a few of your favorite friends and neighbors they will enjoy these recipes and your southern hospitality. These recipes are easy, they will keep for a while and hopefully they are different from those you have tried in the past.

## THREE CHEESE BALL

1 cup grated cheddar cheese  
1 3 oz. package of cream cheese  
2 T. crumbled blue cheese  
2 t. softened butter  
dash of salt  
½ t. hot sauce  
1 T. sherry

Allow all the cheeses to soften then mix well and form into a ball. Toast 1/3 cup of chopped slivered almonds and roll the cheese ball in the nuts until covered. Serves 4 to 6.

## GRANNIE ANNIE'S CRAB TOASTIES

2 egg whites  
½ cup mayonnaise  
1/3 cup shredded cheddar

3 t. lemon juice  
salt & pepper  
1 (6.5 oz.) can white crab meat or 1 cup of fresh.

Melba rounds or rounds of your favorite bread toasted

Beat egg whites till stiff. Fold in all the remaining ingredients and pile on the rounds. Broil till light brown and puffy.

## DIFFERENT SPINACH DIP

½ package of chopped, frozen spinach, thawed and well drained.  
½ cup sour cream  
1/3 cup chopped marinated mushrooms  
2 green onions chopped  
2 t. Monterey Seasoning mix  
2 or 3 hearts of palm (with the artichokes in

the canned veg. section) chopped  
Mix all together several days before serving. Serve with your favorite crackers.

## CHILI MUNCHIES

½ lb. hot sausage, cooked and drained  
½ can chopped green chili peppers (4 oz. can)

1 cup grated sharp cheddar  
1 cup grated Monterey jack  
3 eggs slightly beaten  
¼ t. chili powder

Sprinkle the sausage into an 8-inch square pan. Cover with the cheeses. Mix the eggs, salt, salt, chili powder and chili peppers and pour over the sausage. Bake for 25 to 30 minutes. Cool and cut into bite sized pieces. Serves 4 or 5. Can be doubled.

Celebrate the holidays by giving the gift of live music!

2023-2024  
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Jeffery Biegel, piano  
February 3, 2024 | 2:00PM



*Musical  
Pictures*

Paul Huang, violin  
March 9, 2024 | 2:00PM

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# Viera High JROTC Salutes Veterans In A Memorable Ceremony

On a beautiful fall evening for football, the Viera High School JROTC program invited veterans of all eras and services to come to their annual "Salute to Military Veterans".

Over 150 veterans, ranging from one WWII veteran to several who left the military this year, came to the November 3rd event and were honored by over 200 JROTC cadets lined up and saluting as they passed, as well as several thousand fans.

The evening began with a ceremony before kick off when the Good Deeds Foundation. (GDF) of the Cape Canaveral Chapter of the Military Officers Association of America (MOAACC), presented a symbolic check for \$38,400. This amount was the GDF donation to support all 14 JROTC and 5 other Cadet programs in the county as well as for purchasing all trophies and awards for JROTC 2023-24 competitions. As all veterans understand, supporting our youth is crucial to the future of America. JROTC cadets are a great investment.



The Viera JROTC program is the biggest in Brevard and is led by LTC Tim Thomas USA, Ret and SFC Carl Thomas USA, Ret. With invitations extended to the veteran

community, this was perhaps the best attended "Salute" in the many years Viera has done the program. A tight football game between Titusville and Viera and VHS Senior Night brought out a great crowd to support the veterans. Brevard County Fire Department helped out with their ladder truck and huge garrison American Flag.

It was quite an evening which began more than 15 Veterans Week programs throughout Brevard through November 11 — the designated Veterans Day. Every veteran who came that night was smiling and happy to salute the crowd as well as to honor Americas' Fallen as TAPS concluded the evening. (S)

## Travel Tips *cont'd from page 14*

insurance is valid overseas, you may be required to pay for care when you receive it. If your insurance policy does not cover you abroad, consider purchasing a short-term policy that does. NOTE: Social Security and Medicare do not provide coverage outside of the U.S.

### ■ Are You Taking Any Prescriptions or Other Medications?

- If you take prescription medication: Pack enough to last your entire trip, including some extra in case you are unexpectedly delayed.
- Medical Insurance Beyond Medicare: Medicare, the U.S. government health plan for people aged 65 years and older, does NOT cover health care overseas. We highly recommend that you obtain health insurance to cover emergency medical and dental treatment and for medical evacuation to the United States. Your Senior Travel expert will help with travel insurance that covers short-term health and emergency assistance policies to cover healthcare expenses incurred overseas, including emergency services such as medical evacuations. (S)

## Weekly SUDOKU

by Linda Thistle

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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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## Educational Benefits Scam

**Y**ou wouldn't think that a barber school would be a hotbed of scams and schemes, but apparently it can be. A barber school in a southern state was caught defrauding the Department of Veterans Affairs by stealing money from veterans' education benefits.

The Post-9/11 GI Bill program pays schools directly to cover the tuition and fees for veterans attending those schools. To be paid, the schools need to submit a thick stack of documents, including an initial application. Once approved, they then need to provide information about the courses, the number of hours per week, the dates of enrollment, the costs and so on. Part of this is an agreement to charge veterans the same tuition and fees that civilian students pay.

That is where this particular barber school went over to the dark side. Where civilian students were charged \$2,400, veterans were charged \$22,400 for the course. Not only did the owner charge more for veterans, but accurate records weren't kept, and worse, the students weren't given their certificates of completion when they finished. The total

scammed was in excess of \$235,000. The government is seeking treble damages, three times that amount, as penalty.

Thankfully, not all schools engage in scams and theft like the barber school. Most are probably legit. If you want to go to school, the VA might pay for it if you qualify. Take a look at [www.va.gov/education/about-gi-bill-benefits/post-9-11](http://www.va.gov/education/about-gi-bill-benefits/post-9-11) for the dates and number of days of service required. On this page you'll also find information on benefits such as payment for tuition and fees, textbooks, housing ... and even moving expenses. (If you're in a very rural area with fewer than six people per square mile, you could qualify.)

To compare the various VA educational benefits at different schools, see [www.va.gov/education/gi-bill-comparison-tool](http://www.va.gov/education/gi-bill-comparison-tool). Or call the GI Bill Hotline for more information: 888-GIBILL-1 (888-442-4551).

Remember: If you see something wrong, some type of fraud or a scam or scheme, report it. It's veterans' benefits that you'll be protecting. 💰

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**SCATI**  
Space Coast Alliance for Tech & Innovation  
**Launch on January 25th!**  
8:00 – 10:00 am

Watch Elaine fire up her Dragster at Larsen Motorsports at 2495 Palm Bay Rd NE, Palm Bay



**Speakers of the Launch Meeting (Jan. 25):**

**Natalie B. Colvin**,  
NASA KSC  
Office of Small Business Programs

**Elaine Larsen**,  
Founder & Owner,  
Larsen Motorsports &  
2-time World Jet Dragster Champion

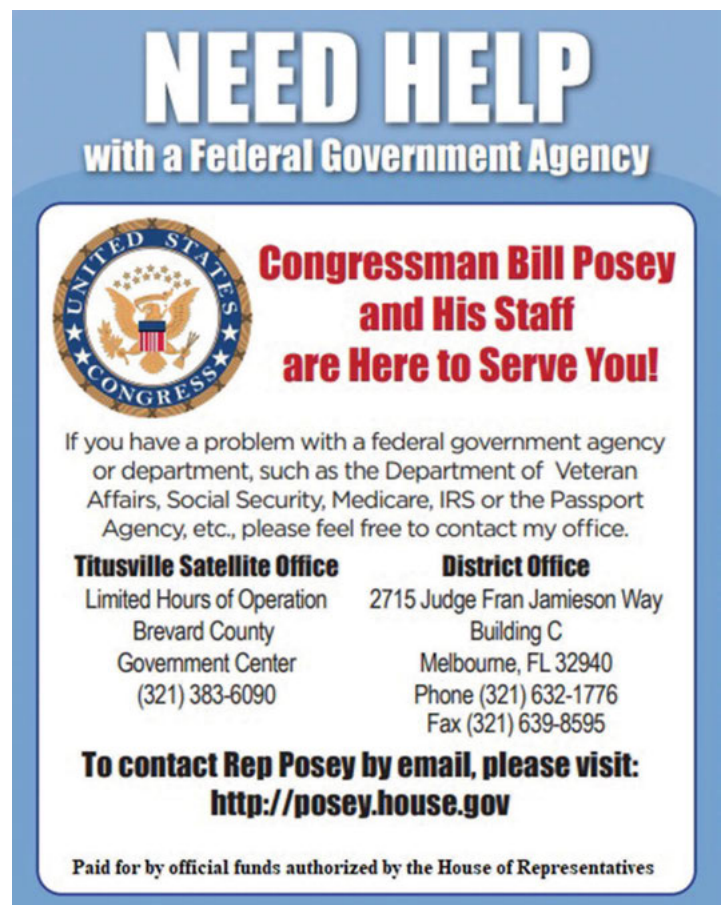
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See ad on pg. 45



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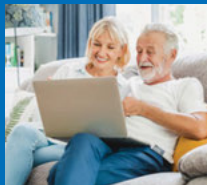
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**King Crossword Answers**

Solution Time: 21 minutes

M	E	S	H		C	O	L	E		M	E	H		
A	L	P	O		E	M	I	T		A	X	E		
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**Sudoku Answers**

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



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# The True Wonder of the Season

Rev. Jeff Wood, First Presbyterian Church of Sebastian

Legendary football coach, Vince Lombardi, said that there are three important things in life: Family, Religion, and the Green Bay Packers. There are three important things in the New Testament: Jesus born, Jesus died, and Jesus risen. You cannot, in this case, have two and three without one. He cannot die if he hadn't been born. He cannot rise if he hadn't died. So the latter two depend on the former one.

In this December season of Advent and Christmas wonder, the wonder of the wonders, is that this first of the important three things in the New Testament is the Jesus who is born is God. Many people have many different definitions about God. It's important to understand what the original authors and audience mean by God. They mean the uncreated creator of all that is, seen and unseen. They mean the God of the Old Testament (Hebrew Scriptures). This one was without peer and to be revered completely. The one who made the stars, then, is the one who came in Jesus. One author, John, says that the mystery of God was showing up in Jesus in a way that he could live on our street (tabernacled among us).

The wonderful wonder of Christmas is that we are not alone, there is a God, and that he has come in Jesus Christ to live on our street. (S)

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

## Eddie Muller's Case... continued from page 9

plot. (Kitty is also on a mission to locate kidnapped crime-fighting partner Mitch the Mutt).

When originally approached by (co-author) Jessica Schmidt with the idea, Muller says he jumped at the opportunity provided the artwork would emulate the style of classic noir film. Drawn by Forrest Burdett in glorious noir-ish black-and-white and distinctively skewed viewer angles, the Oregon-based artist added a splash of vivid

## Eddie Muller's Case... continued on page 44

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## Eddie Muller's Case... continued from page 43

blue highlights to Kitty who roams the dark alleys, deserted city rooftops, and eerie waterfront in search of a missing Marshmallow Monkey – a stolen sweet treat.

While obviously aimed at children, adults familiar with classic movies will enjoy the subtle references to noir films. For instance, Kitty begins the search at the Acme Book Shop – similar (but naturally less risqué) to a Humphrey Bogart scene right out of 1946's "The Big Sleep."

A dockside warehouse image captures a scene from "99 River Street," a theater marquee acknowledges producer Val Lewton's "Leopard Man," and there are plenty of obvious references to "On the Waterfront," "Casablanca," "Shakedown," and "The Postman Always Rings Twice."

As for the book's cast of supporting characters, rotund owl boss Casper Nighthawk and sleazy Wilmer the Weasel represent villainous Kasper Gutman (Sydney Greenstreet) and Wilmer Cook (Elisha Cook Jr.) from "The Maltese Falcon." Sinister leather-clad Johnny Gila is distinctly reptilian, a nod to William Talman's title role in 1953's "The Hitch-hiker." "People have said he looked like a Gila monster," notes Muller. And speaking of "Perry Mason" actors, there's even a character representing Raymond Burr's villainous roles (but we'll leave that one for readers to uncover!).

As for Kitty, the character is modeled after actress Ella

Raines, especially her sultry role in 1944's "The Phantom Lady," even though Muller doesn't formally acknowledge Kitty's gender in the pages.

"Kitty was clearly inspired by Raines – a smart, independent woman intent on solving a crime herself in the film, not the typical femme fatale character," explained Muller. As a bonus, if reading the story to kids, grandparents can test the youngsters' powers of observation by asking if they can spot something intentionally omitted from the artist's images of Kitty!

Of course, most of the book's film references will be beyond young readers, but Muller thinks adults reading the story to their little ones will enjoy opening up a monochromatic world not usually seen on cellphones, laptops, or while gaming. And, perhaps, some may even come to appreciate the screen imagery in classic films enjoyed by their parents and grandparents.

"Since the book came out, I've attended film festivals that lasted several days and people told me they were buying the book for their grandkids," recalls Muller. "They've returned a second day, reporting they read it to them and that the kids loved it. So that's really gratifying." §

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

## When Is Probate... continued from page 13

attorney would be needed to file the law suit which could be expensive.

Why probate may be helpful from the administrator's perspective: A trustee is liable for damages resulting

from a failure to fulfill his/her duties. To be released from further responsibility and liability a trustee needs to bring the administration of the trust to a conclusion and obtain releases from the beneficiaries. If a beneficiary refuses to cooperate, it can delay settling the trust and distribution to other beneficiaries. The trustee can send a notice to

beneficiaries stating that if they wish to object, they must file a lawsuit within six months. In contrast, closure is simple and direct with probate. Beneficiaries are given 30 days to object to the Petition for Discharge and proposed distribution. If no objections are filed, the court enters an Order closing of the estate and releasing the Personal Representative from further liability. §

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

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out time to take a daily walk outside, enjoying nature and making your body smile.

**2. Start a new tradition:** Sometimes our old traditions just don't fit our current lives. Give yourself permission to create new traditions. For example, if you're extra sleep deprived this holiday season, instead of hosting your annual Christmas party, ask everyone to meet out somewhere, maybe a favorite restaurant for a casual get-together.

**3. You can ask for help:** It's okay to ask others for help when you're feeling wiped out. As a caregiver, it can be difficult to do, but remember the way you can perform your job optimally is by feeling your best.

**4. Stay positive:** Practice positive affirmations. You can create your own or Google "positive affirmations" and a gazillion websites will pop up. Practicing these a few times a day, beginning in the morning, can make a small, but significant difference in feeling more upbeat.

**5. Practice self-care:** Now is a good time to splurge a little

## What's the Difference... continued from page 16

### Venmo

While the basic process of sending funds to others is essentially the same (email address, phone number, or username), Venmo doesn't require you to connect to a bank account.

It's more of a digital wallet (like PayPal) so any funds you get sent will stay in your Venmo account until you initiate a bank transfer to a US bank. If you need to transfer funds internationally, PayPal is a better option.

If you keep funds in your Venmo account, you can use them to pay others or purchase goods and services from companies that accept Venmo payments. One major difference with Venmo is that free transfers take 1-3 business days while instant transfers will incur a 1.75% fee.

You'll also need to go through an identity verification process (<https://bit.ly/3Rz59R7>) as required by federal law to send more than \$299.99 per week or transfer more than \$1000 a week to your bank account. If you decide to use Venmo, make sure you go to the privacy settings and change the 'Who can see this?' from Public to Private or your transactions will be shared with the world.

### Fraud Issues

Both of these platforms are secure and safe to use, but since transfers aren't reversible, scammers have created numerous clever schemes to defraud victims. Here are some common scams to watch out for on Venmo (<https://bit.ly/3LBVAr>) and Zelle (<https://bit.ly/46l7CCS>). Ⓢ

– on yourself. Get a massage or pedicure or whatever it is that feels like a treat to you.

**6. Connect with caregivers:** Connecting with fellow caregivers is extremely important and therapeutic. They'll be able to identify and empathize with any travails you're having at work and emotions you carry over from work.

**Q** As a caregiver, I've found that around the holidays many of my patients start to become more stressed and start asking a lot of questions about services I don't have the answers for. Do you know of any reputable resources geared toward elder care?

**A** The Florida Department of Elder Affairs operates numerous community-based services that focus on the well-being, safety and independence of Florida's seniors. Information on these services, including the Adult Care Food Program, Community Care for the Elderly, the Senior Companion Program and more can be accessed via the Elder Helpline. You can reach them by calling (800-963-5337) or visit [elderaffairs.org](http://elderaffairs.org). Ⓢ

*This information is for educational purposes. Please consult your physician for any medical issues. The Visiting Nurse Association (VNA) is committed to bringing trusted and quality home health and private care to Brevard County patients. For more information about VNA services, call 321-752-7550 or visit [www.vnatc.com](http://www.vnatc.com).*

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*The Wild West Malabar* continued from page 10

better grass or to market. At least twice a year the cavalcade of cattle were led through the Dzurak barn controlled by the cattlemen and their dogs.

Then it happened! Martin fenced his whole property. The cattle arrived at the fence. The trail boss responded with "With that fence we can't even get to the barn." During the confab with the farmer, a man scouted the western fence

line reporting back "There is a way around through a couple of the sloughs, but it looks safe enough." One problem solved with the persistence of Martin Dzurak and finally the accommodation of the cow hunters. But changes lay ahead for both farmer and cowmen.

The sandy soils often flooded and could not yield crops sufficient enough to maintain growing families spread over

the 40,000 acre colony. By the early 1920's the dream of Florida farms evaporated for the Dzuraks and others. With nearby schools and neighbors, villages of Malabar and Tillman became home. Men found construction work in the big Florida land boom. Older girls became household help for prosperous winter visitors in Melbourne and Palm Beach. The farmers had abandoned hope of Catholic Colony and the

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*The Wild West Malabar* continued on page 54





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# Yaupon Hollies Bring Color To Winter Gardens

Gary R. Bachman, MSU Extension Service

One of the most common questions I get his time of year concerns how to have landscape color from plants that are not annuals, like pansies, violas and dianthus.

Like all hollies, yaupon holly has male and female plants. It is the female plants that display the distinctive berries that are different from the other red-berried shrubs. These berries are bright, shiny, candy-apply red. I love their translucent appearance that makes them resemble red pearls. But not all yaupon holly plants produce red berries.

Yaupon holly typically grows into a small tree that's up to about 20 feet tall if left alone. Many of the shrubby-sized yaupon hollies we see along roadways have been cut back during brush clearing maintenance activities. So, a straight native selection might be a little too big if you don't want to do a little pruning.

There is a really attractive, weeping selection that grows to about 12 feet tall and has branches that arch with a downward growth habit. It is adorned with the pearl-like red berries.

Another is a dwarf selection that could be great for a more traditional foundational planting. Now, with all landscape plants, the term dwarf

is relative. Schillings Dwarf grows slowly but will get up to 5 feet tall. A surprising yapon fact is that this selection is sterile and does not produce any of the beautiful berries.

There is much curiosity about drinking yaupon holly tea, and artisan producers offer different varieties and flavors of this drink. The tea is made from the naturally caffeinated leaves of yaupon holly, which is the only naturally



*Yaupon Hollies... cont'd on page 49*

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colleagues. Social media use, with its promises of bringing people together has been associated with increased feelings of social disconnection. Austerity, poverty, racism, and xenophobia cause inequity and feelings of exclusion. Societal trends towards individualism, at the expense of collectivism and feeling of belonging, risk increasing feelings of loneliness. Attention needs to be directed at understanding how these root causes can foster loneliness, and at how to change or dismantle them for the better.

There is a need to strengthen and broaden our understanding of loneliness. A recent meta-analysis of data from 113 countries shows that loneliness is a global issue, with problematic levels of loneliness in a substantial proportion of the population in many countries. But data are scarce, and suffer from an absence of validated assessment tools. Improved surveillance and standardized definitions are essential. Furthermore, contrary to the idea that loneliness and social isolation are issues mostly in older people, loneliness affects people of all ages, and so a life-

course approach is necessary to understand and alleviate it. Efforts to ad loneliness will need to be personalized, given its complexity and heterogeneity.

Given all this, loneliness is an issue that needs attention from all of society. But the health community can have a key role, not least through raising awareness and helping to reduce the stigma around loneliness. General practice will be important for monitoring and surveillance, as well as delivering interventions, perhaps through social prescribing. However, the evidence base for interventions is weak, and evaluation frameworks to assess interventions are needed.

A widespread appreciation of the health dimensions of loneliness is important. But applying systems thinking, taking a life-course approach, and understanding loneliness as a global issue are all in their infancy. For now, perhaps the most useful contribution a health professional can make to alleviating loneliness is to have a meaningful interaction with a patient. Establishing a connection, even if only briefly, could make all the difference. ☺

### Yaupon Hollies cont'd from pg 48

caffeinated plant species that grows in most of North America. For thousands of years, indigenous people in the Southeast drank an infusion of Yaupon leaves and water for energy, as well as medicinal and ceremonial uses. Now, back to its botanical name: It is rumored that during purification rituals, the tea would induce vomiting.

Yaupon holly is a great plant and perfect for our winter landscape, as the berries turn bright red exactly at the right time of year. Try making wreaths and garlands with yaupon holly branches to decorate with this holiday season. ☺

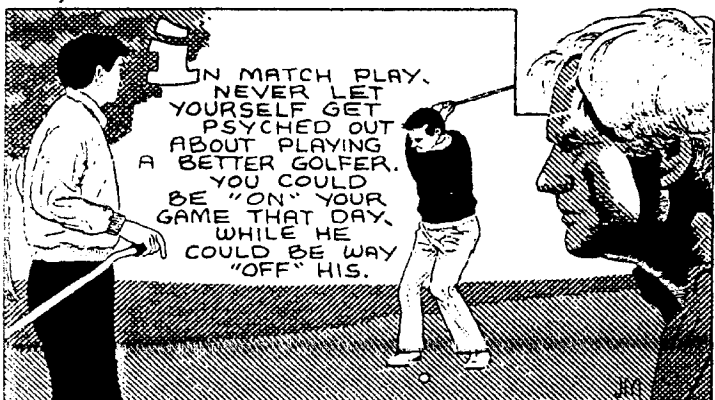
### Legacy Gifting for the Holidays cont'd from pg 21

Dream is systematically being eradicated with a myriad of obstacles, such as unpredictable taxes, mounting fiscal deficits, increasing regulations, inflation, high interest rates, confusing political policies, disappearing pension programs, etc. It makes sense to part with funds you don't necessarily need for yourself and help boost the financial health of your darling children – if they deserve it. Trust what I say; it is substantially more satisfying to give generously when you're alive than when you're six feet under! Remember, you can't take it with you, you can't send it forward into the next life, and recently discovered; you can't come back and get it.

Call me if this plan looks good to you. I'll showcase the best programs with the best companies and let you decide. This holiday season can be a season of meaningful giving for your loved ones. ☺

Jason ValaVanis is a Board CERTIFIED FINANCIAL PLANNER® and, for over 34 years, the Co-owner of ValaVanis Financial, in downtown Melbourne and Rockledge. Jason specializes in lifetime income planning for Retirees while protecting principal. Jason can be reached at 321-956-7072.

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# DECEMBER COMMUNITY CALENDAR

Provided courtesy of Brevard Cultural Alliance. For the latest event updates,  
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**FESTIVALS | SOCIAL DANCING | CLASSES | EVENTS**

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

## DECEMBER EVENTS

**Dec 1: Moonlight Music on the Promenade in Historic Cocoa Village**, VisitCocoaVillage.com, 321-631-9075

**Dec 1: Holiday Craft Show: Jingle All the Way Reception**, Fifth Avenue Art Gallery, Eau Gallie Arts District, 321-259-8261, FifthAvenueArtGallery.com

**Dec 1: First Friday Reception**, Eau Gallie, Eau Gallie Arts District, 321-253-5553, EauGallery.com

**Dec 1: Friday Fest**, City of Cape Canaveral, CityofCapeCanaveral.org, 321-868-1220  
Dec 1-3: Christmas Open House, Green Gables, Melbourne, GreenGables.org, 321-794-8901

**Dec 1-3: Finding Nemo:** Youth Players, Surfside Players, Cocoa Beach, SurfsidePlayers.com, 321-783-3127

**Dec 1-3, 8-10, & 15-17: Museums of Brevard Holiday Tour of Historic Homes**, MuseumsofBrevard.org

**Dec 2: The Nutcracker**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Dec 2: Improv Showcase: Naughty or Nice?** Surfside Players, Cocoa Beach, SurfsidePlayers.com, 321-783-3127

**Dec 2: Light Up Viera Holiday Parade**, USSSA Space Coast Complex, VieraCommunityInstitute.com

**Dec 2: Pictures with Santa**, Green Gables, Melbourne, GreenGables.org, 321-794-8901

Dec 2: WinterFest, Downtown Cocoa Beach, CocoaBeachMainStreet.org

**Dec 2: Holiday Bazaar**, Sebastian River Art Club Gallery, Sebastian, SebastianRiverArtClub.org, 772-321-9477

**Dec 2: Brevard Chorale: A Change of Seasons Concert**, Simpkins Fine Arts Auditorium, Eastern Florida State College - Cocoa, BrevardChorale.org, 321-501-0833

**Dec 2, 9 & 16: Downtown Melbourne Candlelight Shopping**, Historic Downtown Melbourne, DowntownMelbourne.com, 321-724-1741

**Dec 2 & 3: Art & Craft Holiday Bazaar in Historic Cocoa Village**, VisitCocoaVillage.com, 321-631-9075

**Dec 3: A CBOB Holiday Concert**, Community Band of Brevard, Merritt Island High Auditorium, CommunityBandofBrevard.com, 321-338-6210

**Dec 3: An Old Fashioned Christmas with the Brevard Youth Chorus**, Indialantic Chamber Singers, Riverside Presbyterian Church, Cocoa Beach, IndialanticChamberSingers.org, 321-426-0360

**Dec 3: The Fab Four**, King Center, Melbourne, KingCenter.com, 321-242-2219

**December 5-6: Michael Law & Friends: The Holidays are Here!**, Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

**Dec 6 & 7: Jingle Bells Forever Concert**, Melbourne Municipal Band, Melbourne Auditorium, MMBand.org, 321-724-0555

**Dec 7: Three Dog Night**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Dec 8: Winter Wonderland Dance**, Melbourne Municipal Band, Melbourne Auditorium, MMBand.org, 321-724-0555

**Dec 8: Holiday Boat Parade in Historic Cocoa Village**, VisitCocoaVillage.com, 321-631-9075

**Dec 8: David Parmley: Bluegrass Concert**, Shepherd's Hall, Titusville, 321-222-7797, JTsBluegrass.com

**Dec 8-17: The Candy Cane Caper: The Reindeer Who Knew Too Much**, Surfside Players, Cocoa Beach, SurfsidePlayers.com, 321-783-3127

**Dec 8-24: Holly Jolly Holiday**, Melbourne Civic Theatre, Downtown Melbourne, myMCT.org, 321-723-6935

**Dec 9: 16th Annual Messiah Sing Along**, Space Coast Symphony, Eastminster Presbyterian Church, Indialantic, SpaceCoastSymphony.org, 855-252-7276

**Dec 9: Brevard Community Chorus: Making Spirits Bright**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Dec 9: Fly-in / Drive-in Breakfast**, Warbird Air Museum, Space Coast Regional Airport, Titusville, WarbirdAirMuseum.com, 321-268-1941

**Dec 10: A Charlie Brown Christmas: Live on Stage**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Dec 10: Jazz Concert: Vocalist Maddy Winer**, Space Coast Jazz Society, Veterans Memorial Center, Merritt Island, SpaceCoastJazzSociety.org

**Dec 10: We Need A Little Christmas Concert**, Indialantic Chamber Singers, Eastminster Presbyterian Church, Indialantic, IndialanticChamberSingers.org, 321-426-0360

**Dec 10: Adagio Sax Quartet: The Beauty of Christmas Concert**, Harbor City Baptist Church, Melbourne, MMBand.org, 321-724-0555

**Dec 10: Suntree Community Christmas Concert**, Suntree United Methodist Church, Melbourne, SuntreeUMC.org, 321-242-2585

**Dec 11-12: Mean Girls**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Dec 14: Caroling at The Avenue**, Brevard Youth Chorus, Viera, brevaryouthchorus.org, 321-610-8731

**Dec 14-17: Holiday Spectacular: Glad Tidings**, Henegar Center, Downtown Melbourne, Henegar.org, 321-723-8698

**Dec 15: Holiday Bike Parade in Historic Cocoa Village**, VisitCocoaVillage.com, 321-631-9075

**Dec 15: We Need A Little Christmas Concert**, Indialantic Chamber Singers, Our Lady of Grace Catholic Church, Palm Bay, IndialanticChamberSingers.org, 321-426-0360

**December 15-17: Galmont Ballet: The Nutcracker**, Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

**Dec 15-22: A Tuna Christmas**, Titusville Playhouse, TitusvillePlayhouse.com, 321-268-1125

**Dec 15-22: Shuler Stage: Who's Holiday!**, Titusville Playhouse, TitusvillePlayhouse.com, 321-268-1125

**Dec 16: Classic Albums Live: The Lithium Experience**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Dec 17: Holiday Concert at The Avenue**, Melbourne Municipal Band, MMBand.org, 321-724-0555

**December 19-20: STARS Holiday Spectacular**, Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

**Dec 20 & 21: Pajammin' Holidays Concert**, Melbourne Community Orchestra, Melbourne Auditorium, MCOchestra.org, 321-285-6724

**Dec 21: Cirque Musica Holiday Wonderland**, King Center, Melbourne, KingCenter.com, 321-242-2219

**December 22: Film: It's A Wonderful Life**, Historic Cocoa Village Playhouse, CocoaVillagePlayhouse.com, 321-636-5050

**Dec 24: Surfing Santas**, Behind Cocoanuts, Cocoa Beach, SurfingSantas.org

**Dec 30: State Ballet Theatre of Ukraine: Snow White and the Seven Dwarfs**, King Center, Melbourne, KingCenter.com, 321-242-2219

**Dec 31: Rock & Roll Revue New Year's Eve Gala & Dance**, Melbourne Municipal Band, Hilton Melbourne Rialto Place, MMBand.org, 321-724-0555

## ONGOING EVENTS

**American Police Hall of Fame**, Titusville, APHF.org, 321-264-0911

**American Space Museum & Walk of Fame**, Titusville, SpaceWalkofFame.org, 321-264-0434

**Breakers Art Gallery**, Satellite Beach, BreakersArtGallery.com, 321-779-6059

**Brevard Museum and Sciences Center**, Cocoa, Brevard-Museum.com, 321-632-1830

**Brevard Zoo**, Melbourne, BrevardZoo.org, 321-254-WILD

**Carolyn Seiler & Friends Gallery**, Cocoa Village, CarolynSeiler.com, 321-637-0444

**DrumLuv Dance Center**, Palm Bay, DrumLuvDance.com

**Eau Gallery**, Eau Gallie Arts District, EauGallery.com, 321-253-5553

**Eau Gallie Arts District** Main Street, EGADLife.com, 321-622-4223

**Field Manor**, Merritt Island, FieldManor.org, 321-848-0365,

**Fifth Avenue Art Gallery**, Eau Gallie Arts District, FifthAvenueArtGallery.com, 321-259-8261

**Florida Historical Society**, Cocoa Village, MyFloridaHistory.org, 321-690-1971

**Florida Surf Museum**, inside Ron Jon's Watersports, Cocoa Beach, FloridaSurfMuseum.org

**Gleason Performing Arts Center**, Florida Institute of Technology, Melbourne, FIT.edu/Gleason

**Green Gables**, Melbourne, GreenGables.org, 321-306-8635

**Harry T. & Harriette V. Moore Cultural Complex**, Mims, HarryHarrietteMoore.org, 321-264-6595

**Lawndale Historic Museum**, Rockledge, FriendsOfLawndale.org, 321-632-5650

**Museum of Dinosaurs and Ancient Cultures**, Cocoa Beach, MuseumofDinosaurs.org, 321-783-7300

**North Brevard Art League**, Titusville, NorthBrevardArtLeague.com

**Pritchard House**, Titusville, nbdb.com/godo/PritchardHouse, 321-607-0203

**Rossetter House Museum & Gardens**, Eau Gallie Arts District, RossetterHouseMuseum.org, 321-254-9855

**Seaside Gallery & Gifts**, Indialantic, TrishStorey.com, 321-213-2427

**Simpkins Center**, Eastern Florida State College, Cocoa, easternflorida.edu, 321-433-5200

**Strawbridge Art League Gallery**, Le Galerie, Downtown Melbourne, StrawbridgeArtLeague.org, 321-952-3070

**Studios of Cocoa Beach**, Downtown Cocoa Beach, StudiosofCocoaBeach.org, 321-613-3480

**The Downtown Art Gallery**, Downtown Titusville, TheDowntownGallery.net, 321-268-0122

**Upside Gallery**, Downtown Melbourne, upsidegallerymelbourne@gmail.com, 321-414-5100

**Valiant Air Command Warbird Museum**, Space Coast Regional Airport, Titusville, WarbirdAirMuseum.com, 321-268-1941



## CLUBS & ORGANIZATIONS

**Dec. 1: The Single, Separated, Widowed and Divorced (SSWD) group will meet for lunch at the Island Waterfront Bar & Grill, 1891 E. Merritt Island Cswy., M. I. on Friday, Dec. 1 at 12 p.m.** All are welcome to join the group. For additional details, please call (502) 299-8949.

**Dec. 21: The Single, Separated, Widowed and Divorced (SSWD) group will meet for a Christmas potluck lunch at the Angel Room, Church of Our Saviour, 5301 N. Atlantic Ave., Cocoa Beach on Thursday, Dec. 21 at 12 p.m.** Please bring a dish to share. All are welcome to attend. For additional details, please call (502) 299-8949.

**The Brevard Antiques and Collectibles Club.** The first Friday of the month at the Suntree / 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 Cocoa-Rockledge Garden Club** is having a fundraiser on Friday, December 1, from 10 a.m. to 3 p.m., at the Cocoa-Rockledge Garden Club, 1493 South Fiske Boulevard, Rockledge. The requested donation is \$20.00 and that includes a really good Luncheon, Basket Raffle, 50/50 and various Door Prizes. Please come and bring your games, cards and friends. For Ticket Information, please call Phyllis at 321-693-0499. For more information, call Shiril at 321-631-3988 or Reenie at 321-863-0277.

**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.

**Watercolors of Olde Brevard.** Watercolor paintings from old black and white photos of Brevard County Members of the Brevard Watercolor Society (BWS) will present Watercolors of Olde Brevard, a series of watercolors based on pre-1955 photos of Brevard County, at the Eau Gallie Library on Nov 6 - Dec 2, 2023. For information, contact Therese Ferguson 321-749-6962



**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/>

**08 Dec - World Changers Concert to support Veterans at the Saint Augustine Amphitheater** 1700-2100. Presented by Danny Garcia, the Walking Marine and featuring The Long Run Rock Band and dinner. Tickets on sale at [www.theamp.com](http://www.theamp.com)

**09 Dec - Merritt Island Community and VMC Inaugural Christmas Tree lighting and Gold Star Tree Ceremony** in Veterans Memorial Park 1600-1900. Includes music, singing, food trucks and community spirit. More Details in October/November.

**13 Dec - 0930-1200 Gray Hall at VMC : Annual Veterans Memorial Center Christmas Party** during our monthly general membership meeting.

**16 - Dec 1200-1600 American Legion Auxiliary Unit 344 annual children's Christmas party,** complete with a visit from

Santa Claus. To participate or donate please contact ALA Unit 344 President, Rose Marie Hill at [rmhill@cfl.rr.com](mailto:rmhill@cfl.rr.com).

**16 Dec - Wreaths Across America at the VA Cape Canaveral National Cemetery** 1000-1200 in Mims and other veteran cemeteries in the area. Each year CCNC expands by almost 1200 veterans and spouses and we hope to raise the funds to have a wreath at every grave site. Contact Donn Weaver, 757-871-6576, for more information.

**17 Dec - Wreaths Across America Special Ceremony** 1500-1630 at Pinecrest Cemetery on Clearlake Road in Cocoa. Honors Brevard Native Korean War Medal of Honor Recipient Emory Bennett and other veterans laid to rest in that cemetery. RTFL-1 Motorcycle wreath escort from VMC at 1400. Contact Dorothy Walsh at [dorothy@theirvoiceofhope.com](mailto:dorothy@theirvoiceofhope.com).

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

**BREVARD COUNTY LIBRARIES WILL BE CLOSED DECEMBER 25-26 FOR THE HOLIDAY.**

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

**Friends of the Library Book Sale!**

Thursday, December 7 - Saturday, December 9.

**A Christmas Carol, performed by Duffy Hudson.**

Monday, December 11 at 6pm.

**Living by the Stream Christmas Program.**

Monday, December 18 at 6pm.

**Personal Finance Seminar**

3rd Fridays from 11am-12pm

**Mala Necklace Workshop,**

1st Monday, 6:00-7:30pm. Instructor fee is \$5 and materials fee is \$30 (\$35/class).

**Mala Necklace Workshop**

Second Monday, 6:00-7:30pm. Instructor fee is \$5 and materials fee is \$30 (\$35/class).

**Purly Girls Knitting Club**

Tuesdays 10am to 1pm

**FIT Over 50 with Polly**

Tuesdays from 9-9:55am, \$5/class.

**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.

**Body Talk Yoga**

Wednesdays from 2-3pm Please bring a yoga mat. \$5/class.

**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-reg-

ister at [herring.donna@gmail.com](mailto:herring.donna@gmail.com)

**Zumba Gold**

Fridays 9:30-10:30am Cost is \$5 per class.

**Yoga with Pam**

Fridays from 2-3pm. This class is suitable for all bodies. \$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

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

### 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.**

**BREVARD COUNTY LIBRARIES WILL BE CLOSED DECEMBER 25-26 FOR THE HOLIDAY.**

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

**Computer Basics Class**

Tuesdays, 10:00-11:00AM or 11:00AM-12:00PM

**Hooks and Needles**

Tuesdays, 1:00PM – 2:00PM

**Line Dancing Class with "Dance Lady"**

Mondays, 12:00PM – 2:00PM Fee: \$5 per class.

**Crafternoon**

First Wednesday, 2:00PM-3:00PM.

Materials are provided.

**Book Club**

First Thursday, 1:30PM

**Painting Class**

First Thursday, 6:00PM Fee is \$10 and

covers all supplies. Registration is required as space is limited.

**Cook the Book Club**

Third Thursday, 6:00 PM

**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**

**Suntree-Vierra Public Library 902 JORDAN BLASS DR, MELBOURNE 321-255-4404**

**Sit-n-Stitch** 1-3pm .An embroiderer, knitting, crochet group that meets first & third Wednesdays.

**TGIF Seaside Piecemakers** 9am-1pm .A quilting group that meets second & fourth Fridays.

**Non-Fiction book club**, 3-5pm, meets fourth Tuesday

**Brevard Investment Education Group** 10:30am-1pm. A group that meets to talk about stock market investments. Meets second Mondays.

**International Plastic Modelers** 6-7:45pm. A group who meet to show and speak about plastic models. Meets second Tuesdays.

**Suntree Library book club.** Meets

fourth Wednesdays.

**Seaside Quilt Show Group**, 1-5pm, meets first Monday

**Wednesday Art Group**, 1:30-4pm. Meets second Wednesday

**Space Coast Poets**, 5:30-7:30pm. Meets 3rd Tuesday

**Seams Unique Fiber Artists (SUFA)**

10am-3pm, meets 3rd Monday

**Books are ALWAYS Better Book Club** 6:30pm-7:45pm, 3rd Friday

**Space Coast Modern Quilting Guild (SCMQG)** 9am-12pm, 3rd Wednesday

**American Numismatic Association (ANA) Coin Talk with Bob** 6-7:45 PM, 4th Tuesday

**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**

# DECEMBER 2023 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**

**Bingo each Monday at SB Civic Center, doors open 9:30am**, game begins 11am. Card fees apply.

**Line Dancing Tuesdays and Thursdays** at Schechter Community Center, 1pm-2pm. Fee paid at the door.

**Game Night each Wednesday** at Schechter Community Center, 6-9pm. Free!

**Walking Group each Tuesday 8am-9am and Wednesday/Thursday 8am-9:30am** at Schechter Community Center Gym. Free!

**Martin Andersen Senior Center 1025 S FLORIDA AVE, ROCKLEDGE, FL 32955 321-631-7549 martinanderseniorcenter.com**

**MONDAY**

**Andersen Quilters** 9:00-12:00

**Bone Builders** 9:00-10:00

**Busy Fingers Crafts** 9:00-11:00

**Intermediate Tap** 10:30-12:00

**Party Bridge** 12:15-4:00

**Belly Dance** 12:30-1:30

**Spanish Class** 1:00-2:00

**TUESDAY**

**Art & Painting** 9:00-12:00

**Morning Stretch & Exercise** 9:00-10:30

**\*SHINE Counselor** 9:45-11:45

**Grief Counseling** 2nd & 4th Tues 10:00-12:00

**Basic Line Dancing** 10:30-11:30

**Line Dancing** 12:00-1:30

**Gentle Yoga** 2:00-3:00

**Tai Chi** 2:00-3:00

**WEDNESDAY**

**Bone Builders** 9:00-10:00

**TOPS** 9:30-11:00

**Writing Workshop** 9:30-11:30

**Video Exercise** 11:30-12:30

**Spanish Conversational Class** 12:30-2:30

**THURSDAY**

**Water Colors (Begin/Inter)** 9:00-12:00

**Gentle Yoga** 10:30-11:30

**Morning Stretch & Exercise** 9:00-10:30

**\*SHINE Counselor** 9:45-11:45

**Intermediate Tap** 10:30-12:00

**Sewing Circle (4th Thurs)** 10:30-1:00

**Karaoke** 11:00-3:00

**Chair Stretch & Balance** (2nd & 4th)

2:00-2:50

**FRIDAY**

**Art & Painting** 9:00-12:00

**Bone Builders** 9:00-10:00

**Party Bridge** 12:15-4:00

**Video Exercise** 11:30-12:30

**Spanish Class-Beginner Plus** 1:00-2:00

**Ballroom Dancing Class** 2:00-3:00

**SATURDAY**

**Dance** 2nd & 4th Sat 7:00-10:00pm



# DECEMBER 2023 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  
**1:00 pm: Bunco**  
**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:**  
**12:30 pm: Craft Time**  
**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  
**10:45 am-11:15 am: Indoor Power Stepping** A quick 30-minute "in-place" full body workout that builds cardio and endurance.

Cost of class is \$1 for Freedom 7 members and \$2 for non-members. FIRST CLASS IS ALWAYS FREE!!  
**Wednesday:**  
**11:00 am-11:45 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

**12:30 pm: Games with Friends**  
**1:00 pm: Scrabble**  
**2 pm: Book Club-** Monthly Book Club Every 3rd Wed of the month at 2pm.  
**Thursday:**  
**10:45-11:15 am-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-THURSDAY**  
**Billiards** 9AM-3PM \$2/\$3 NBSC (321)268-2333  
**MONDAY**  
**No. Brevard Line Dance** 10AM-12:30PM \$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** 1pm-3:30pm \$2/\$3 Donna (407) 808-5237  
**Poker** 10AM-2PM \$2/\$3 321-591-5156  
**Bunco** 1PM-3PM Carol 332-268-8087 Sharon (321)383-7927  
**Zumba** 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945  
**TUESDAY**  
**Pinocle** 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  
**Party Bridge-** 12:30PM-3:30PM \$2/\$3 Mary (321) 607-2200  
**Darling Damsels Bridge-**1PM-3:30PM \$2/\$3 Kathy (321)268 4827  
**Tai Chi,** 1PM-2:30PM \$3/\$5 Ada (321) 848-4689  
**Zumba Toning** 6pm-7pm \$5/\$6 Robin 321-514-5945  
**WEDNESDAY**  
**Bridge Lessons** by Appt \$10 Rick (863)640-5798  
**Zumba Gold** 9:15AM-10:15AM \$5/\$6 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  
**ACBL Duplicate Bridge** 12PM-3:00PM \$2/\$3 Judy (901) 336 1306  
**Line Dance Class-Beginners** 4:00PM-5:30PM \$3/\$4 Ferrell (321) 267-0195  
**Line Dance Class** 5:30PM-6:30PM \$3/\$4 Ferrell (321) 267-0195  
**Line Dance Class** 6:30PM-7:30PM \$3/\$4 Barbara (321)452-1944  
**THURSDAY**  
**Bingo** (Play begins at 10AM) 9AM-2:30PM Varies (#of cards played) Cat (321)231-1135  
**Singles Club Planning Mtg** (1st Thurs)4pm Call Jean for location (321)352-2359  
**Tai-Chi** - Thursday 1PM-2PM \$3/\$5 Ada 321-848-4689  
**Zumba** 6:00PM-7:00PM \$5/\$6 Robin (321)514-5945  
**FRIDAY**  
**Euchre** - Friday 10AM-1PM \$2/\$3 Barbara 321-750-2679  
**Shuffleboard** 10AM-12PM \$2/\$3 Bill (321)544-1430  
**Muscle Memory Strength Balance** 10:00AM-11AM \$2/\$3 Natine (321)609-0999  
**Billiards** 9AM-12PM \$2/\$3 NBSC (321)268-2333  
**No Brevard Line Dance** 12PM-2PM \$3/\$4 Yvette 321-258-6534  
**Line Dance Social** (1st and 2nd Fri) 6PM-9PM \$5 Ferrel 321-267-0195  
**SUNDAY**  
**Intermed./Adv'd Line Dance Class** 2PM-4PM \$3/\$4 Pat (321)268-2333

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

**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  
**Pinocle** 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  
**Pinocle** - 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  
**Pinocle** - 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

## DECEMBER 2023 ONE SENIOR PLACE EVENTS

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

**FREE Liver Scans**, Monday December 4th and Wednesday December 20th, from 10 – 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.

**FREE Memory Testing**, Tuesday's December 5th and 19th, from 11 - 3. Merritt Island Medical Research 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.

**Annual Physician Visit - Ask the Doctor Lunch & Learn Series**, Tuesday December 5th, 11:30 – 1pm. Presented by Emanuela Biban, MD, Medical Science Liaison with ClinCloud Research. Lunch provided by ClinCloud Research for all registered attendees. RSVP required, call 321-751-6771.

**BINGO!**, Tuesday December 5th, 2 - 3:30pm. Brought to you by Florida Health Care Plans. Play free, win prizes, fun for all! Participation is limited, RSVP required, call 321-751-6771.

**Benefits of Pre-Planning Your Cremation Seminar**, by National Cremation, Wednesday December 6th, from 11 – 1pm, REPEATS Thursday December 28th, from 2 – 4pm. 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.

**Growing Old Without Going Broke**, Thursday December 7th, 10 – 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. Topics discussed, how to pay for long term care (home health care, assisted living facility, or nursing home) privately, through VA assistance or Medicaid so that

you can make intelligent, informed choices. One size does not fit all. RSVP to 321-751-6771.

**Senior Health Friday with Nurse Lisa**, Holiday Cookie Decorating Contest, Friday December 8th, from 10 – 11am. Presented by Lisa Conway, RN, CCM with Senior Partner Care Services. Supplies sponsored by Senior Partner Care Services, National Cremation Society, and Lacey Lyons and Rezanka. Guest judge, Chef Arthur Cox from Sonata East at Viera. Refreshments provided. RSVP to 321-751-6771.

**How to Minimize Taxes on Trusts and Probate Estates**, Thursday December 14th, 10 – 11:30am. Presented by the Estate Planning & Elder Law Centers of Brevard. This seminar discusses the importance to plan ahead to help your heirs avoid giving away their inheritance to the government. There are opportunities after death during the trust administration or probate process to minimize or eliminate those pesky taxes. RSVP to 321-751-6771.

**Movie Matinee with Rhodes Law, PA**, Thursday December 14th, at 2pm. Hosted by Rhodes Law, P.A. Join us as we watch this classic "The Family Stone", and enjoy movie treats! MUST RSVP to 321-751-6771.

**Hearing Loss [=Brain Stress?], Lunch and Learn Seminar**, Friday December 15th, from 11 – 1pm. This presentation brought to you by Personal Hearing Solutions and Widex. During this presentation you will learn how living with hearing loss negatively impacts our ability to think and what we can do about it. Boxed lunch provided, must RSVP to 321-751-6771.

**Estate Planning Seminar**, Tuesday December 19th, at 10am. Elder Law Attorney William A. Johnson, P.A. will discuss the basic principles of estate planning, including information on wills and trusts, asset transfers, beneficiary designations, probate and homestead. This presentation will also include a discussion on the importance of having your advance directive documents such as the durable power of attorney, health care surrogate and living will in place in the event of incapacity. Limited seating must RSVP to 321-751-6771.

**Alternative Techniques for PAIN**, Thursday December 21st, at 12pm. Presented by Dr. Terry Shepherd, Aquatic Health and Rehab and Laser Center. For more information and to RSVP call 321-253-6324.

### SUPPORT GROUPS

**Loss, Grief & Bereavement Support Group**, Thursday December 14th and 28th, from 10-12pm. 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. Facilitated by VITAS Healthcare.

**Parkinson's Support Group**, Wednesday December 20th, 10 – 11am. Come and share ideas, make new friends at the Parkinson's Discussion Group. Bring your questions and let us discuss our experiences and feelings as we deal with Parkinson's disease.

**Alzheimer's & Dementia Support Group**, Wednesday December 20th, from 2 – 3pm. The group encourages caregivers to maintain their own personal, physical and emotional health as well as optimal care for the person with dementia.

### RECURRING EVENTS

**Ask the Realtor**, Oceans Realty Florida, Every Monday from 9 – 12pm, and Thursday from 1 – 3pm. Barbara Asinari, Realtor with Oceans Realty is available to answer your real estate questions, whether you're buying or selling, NO OBLIGATION. For more information or to make an appointment call 321-751-6771.

**Book Club - Legacy Club**, Thursday afternoons from 1 – 2pm. Join us to read thought provoking literature and participate in lively discussions. Sponsored by the Legacy Club.

**THE CLUB ACTIVITIES** - Membership \$1 weekly - 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:

**Chassity Inglis**  
**Digital Marketing & Events Assistant**  
Chassity@oneseniorplace.com  
One Senior Place, 8085 Spyglass Hill Road,  
Viera, FL 32940 (321) 751-6771

## The Wild West Malabar *continued from page 46*

company church. Co-operatively the men built their own church, St. Joseph's in Palm Bay.

New law changed the lives of the cowmen too. Free range was made illegal in 1947. Cow hunters had to buy and fence land, becoming ranchers. Pastures had to be improved and purer breeds developed.

General Development Corporation expanded its new town of Port Malabar with purchases to about 100,000 acres of ranch land from the cattlemen families. By the mid to late twentieth century the wild west of Brevard had passed away.

No the farmers and cowmen were not friends. The farmers had invested their savings in farms not meant to be.

But they formed a community of steady, devoted, and hard working people. Their names decorate the streets of Palm Bay, Malabar, and Grant-Valkaria: Knecht, Atz, Miller, and Weber. Their character remains in the community of children and grandchildren today.

St. Joseph's Church on Miller Street in Palm Bay is the earliest Catholic Church in continuous use in Brevard County. The last traces of the Capron-Hernandez, Oxen Road, can be seen on Palm Bay Road and I-95. The fenced burial of two cow hunters and the home of the Platt family were on the trail. The farmers and the cowmen are not friends. They are gone. ☹





321.751.6771

8085 Spyglass Hill Road,  
Viera, Florida 32940

Monday – Friday 8:30 am – 5 pm

Visit OneSeniorPlace.com for a complete listing of events at One Senior Place!

May your days be

*Merry & Bright*

this holiday season.

Click Twice  
to Visit  
Website

Join One Senior Place in giving back.



**BREVARD COUNTY TRIAD SANTA TREE** Now Through Dec. 4  
Help us help seniors in nursing homes with little to no family support by donating toiletries, blankets socks, sweatshirts, music, books and more.



**HOLIDAY TOY DRIVE** Now Through Dec. 5

Did you know that over 755 students in Brevard County Schools are homeless? You can helpmake sure they get a visit from Santa by bringing an unwrapped toy or gift card to OneSenior Place.

### Upcoming Events

Join us! with Nurse Lisa

## SENIOR HEALTH FRIDAY

**Cookie Decorating Contest**

Guest Judge:  
Arthur Cox, Chef from Sonata East at Viera

Sponsored by:  
Senior Partner Care Services  
National Cremation Society  
Lucy Lyons Reznick

Friday, December 8th  
10:00 AM – 11:00 AM

RSVP Required  
321-751-6771

8085 Spyglass Hill Rd  
Melbourne, FL 32940

Coming up in January:  
Preventing Memory Loss

WWW.ONESENIORPLACE.COM

## Movie MATINEE

THE FAMILYSTONE

THURS, DECEMBER 14TH  
2:00 PM  
RSVP REQUIRED  
321-751-6771

SEATING LIMITED  
SPONSORED BY  
RHODES LAW, PA

THE EXPERTS IN AGING

ONE SENIOR PLACE - 8085 SPYGLASS HILL ROAD - MELBOURNE

BOOK CLUB PRESENTED BY  
*Legacy Club*



For More Information or to RSVP for Events, Call 321.339.0551





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to Visit  
Website

# FREE MEMORY SCREENING

ClinCloud is offering complimentary memory screenings for seniors. If you screen and are 50 to 90 years of age, you may qualify for a new Alzheimer's disease research study and receive:

- no-cost study-related care
- compensation for time and travel

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