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MAGAZINE

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Seasons Greetings from all of us here at Seniors Helping Seniors®

The holidays are here! It's time for family, friends, and memory making. For some of our seniors it can be a rough time. Traveling, even across town, with someone with dementia can be difficult. Shopping, wrapping, cooking... it can be too much. What to do? Here are some suggestions for a relatively stress free holiday based on ideas



from the Alzheimer's Association and our experiences working with seniors: Update visiting family and friends



about the current situation. Living with dementia varies day to day and taking away surprises is good for everyone. Don't try to be Martha Stewart or recreate grand dinners from long ago. A simple menu will be easier and probably healthier.

Utilize their help in any way possible, from setting the table to folding napkins. Everyone wants to feel a part of things. Planning to go to someone else's house? Start early and pack

potentially needed items (extra clothes, medications, familiar items, photo album, etc.). While you used to stay the whole day, a few hours may be all your loved one can handle. What about gift giving? A Seniors Helping Seniors gift certificate may be the best Christmas present ever! We can help seniors stay independent and give caregivers a much deserved rest. Who needs another bottle of perfume or cologne? Give the gift of love!

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NOTES FROM THE PUBLISHER'S DESK

Bryan McDonough

It's beginning to look a little like Christmas, everywhere you go! Here in Florida, we sometimes have to be on the lookout for decorations and lights, or walk through the stores to remind us that it is indeed that time of year again. But some cooler weather is surely on its way to us, which will help to add a little extra spice for the holidays.

Of course, if Christmas is almost here, then 2016 is just around the corner! Failing to plan is planning to fail, so as you navigate your way through the Holidays, be thinking of some early preparations you might make so that the coming year is your best year yet.

As always, please remember and pray often for those less fortunate. There are so many people in need here in our own backyard, throughout our country and overseas as well.

It is the season for giving, so do what you can to help someone less fortunate.

While sharing my Publisher's Notes with you over the years, I find it interesting

how many times the very things I am sharing are meant for me to hear and apply as well. I guess deep down we all know what we need to do. Actually taking some kind of action is where we often miss the mark. So this season, take an action, even something small, to spread some comfort and joy to someone near or far.

May God continually bless you this Holiday Season and in the upcoming New Year!

Bryan McDonough
Publisher, *Spotlight* Magazine, Inc.

We keep you in
THE SPOTLIGHT

A MONTHLY PUBLICATION
December 2015 | Volume 18 | Issue 12

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inside the Spotlight

december 2015



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"..FOR THE GOOD OF THE CITY.." - JEREMIAH 29:7

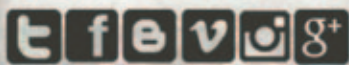


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TIMING

by Jim Campbell, First Baptist Church of Melbourne

One of the things I've grown to appreciate about Christmas is the time of year that we celebrate it. I'm not here to get into about how "Jesus was born at the end of our calendar year." vs "we stole a pagan holiday's date" or anything like that. In my best Alabamian accent, "Naw, ya'll can ha' dat one." I'm just talking about the message in how the schedule all worked out ultimately.

At the start of each new year, there's a breath of fresh air for everyone, it's almost like a chance to clear the cache and restart. We relocate. We start new schools or degrees. We make resolutions and attempt new habits, because it's a "new year", but like me so many times, we are about a week late to the party.

Right before the birth of the new year, we celebrate the birth of a baby, 2000+ years ago, that no matter what you believe, brought someone who would change the face of the planet in a greater way than any one person ever has, or will, for that matter. This life made a more profound effect on theology, philosophy, economics, ethics, etc.. that any famous person ever born. You don't get to be Time's Man of the Year almost 2000 years after you were born, and that be seen as redundant. "For the 2000th time, I give you, Jesus, the most important man in history...again... just like last year." That type of effect is fitting when the Son of God shows up.

His birth signifies the chance for a new start for every human being. It's a chance for wrong to made right and for us to look ourselves in the mirror with dignity no matter who we are or what we've done or whose standard we've failed to live up to...even God's. Why waste the experience of "starting over" on some "New Year's Habit management program" that has a 90% failure rate?

Jesus didn't come to watch you change yourself, He came to do the changing This birth proclaims the hope that no matter what stable or stinking animal pen of life that you find yourself in...no matter who's turned their back on you or forgotten you, even if the most powerful ruler in the country is trying to kill you (as Herod was for Jesus), your world can be changed, regardless of whether it wants to or not. Power like that came for us...pursued us, suffered for us to show everyone a God that loves. Jesus brings the kind of hope for a restart that we all need and it happens every year, at this time.. That's the message in the timing of Christmas.

Jim is the Campus Pastor and Primary Communicator at Bay West Church, meeting at 100 Emerson Drive NW on Sundays at 11am. For more info on Bay West Church, check us out on Twitter, Facebook, Youtube or www.baywestchurch.org.



"Jesus brings the kind of hope for a restart that we all need and it happens every year, at this time. That's the message in the timing of Christmas."

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How to Manage **Credit** this **Holiday Season**

Holiday shopping takes up a considerable amount of time between Thanksgiving and Christmas Day. Shoppers who scour in-store and online retailers in the hunt for the perfect gift annually spend hundreds of billions of dollars during such pursuits, and what they swipe when making purchases could go a long way toward how their new years begin.

Overreliance on credit cards to make holiday purchases can prove crippling once the calendar turns to January. According to an analysis of statistics from the Federal Reserve, the average household consumer debt in the United States was more than \$15,700 as of June of 2015. That's roughly one-tenth the average mortgage debt, suggesting that many consumers are relying too heavily on credit cards when making their purchases.

This holiday season, consumers concerned about swiping their credit cards too often can take the following steps to more effectively manage their credit.

Know what you can afford. Swiping now and dealing with the consequences in January is a recipe for a rocky new year. In some cases, it can benefit consumers to make purchases with their credit cards as opposed to their debit cards. For instance, when making purchases online, it's often safer to use a credit card rather than a debit card linked to your checking and savings accounts, as using the latter can make your life's savings vulnerable to hackers. But don't start swiping your credit cards until you know what you can afford. Examine your finances and only use your credit card if you know you can repay the balance before it incurs any interest. If you can't pay the balance in full at the time the payment is due, use a debit card so you are only spending money you already have and not taking out what amounts to a high-interest loan on your holiday purchases.

Resist retailer cards.

When making in-store purchases, chances are the cashier will invite you to sign up for a retailer credit card, even offering an immediate discount if you do so at the registers. While this discount may seem too tempting to ignore, keep in mind that many retailer credit cards come with considerably higher interest fees on balances that are not paid off in full. So that discount at the register may end up costing you more money if you get to January and can't pay the balance in its entirety.



Try not to juggle cards. Many shoppers juggle multiple cards to avoid building up too big a balance on one particular card during the holiday season. But that's an easy

way to lose track of how much you have spent. Rather than juggling cards, use only the one with the lowest interest rate.

Monitor your balances.

Swiping a credit card is easy and hassle-free, and many retailers both big and small now accept various types of cards. Keep a close eye on your balances, checking them online after each shopping trip. This can help you control your spending and also can alert you to any fraudulent activity.

Shoppers who must use their credit cards this holiday season can employ several strategies to ensure they don't dig themselves into a financial hole by the end of December.

A vertical advertisement for Marion Music. At the top is a photo of the store's storefront with the sign "MARION MUSIC YOUR ONE STOP MUSIC SHOP!". Below the photo is the phone number "(321) 727-3000" and the text "Happy Holidays!". The main body of the ad is a black box with white and yellow text listing promotions: "NEW AND USED SELECTION!", "300+ GUITARS & BASSES ON SALE!", and "PIANOS AT \$499+ DELIVERED!". Below this is the address "4970 STACK BLVD (AT THE CORNER OF PALM BAY RD)". The bottom section is a black box with white text listing services: "PA AND GEAR RENTALS!", "LAYAWAY AND FINANCING!", and "HUGE SELECTION OF SHEET MUSIC!". At the very bottom is the website "www.MarionMusic.com" and logos for Martin & Blackstar, Vox, KORG, CASIO, and Cort.



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The Story of the Birth of Jesus



Christmas traditions focus on several different aspects of family and spiritual life. While many stories are shared around Christmastime, perhaps none bears more significance than the origin of the Christmas celebration. Sharing the Christmas story is an integral part of holiday gatherings, reminding families that faith is foremost during this festive time of year.

The Conception of Jesus

Mary was a woman living in the Galilee area of Nazareth. She was engaged to a Jewish carpenter named Joseph. An angel visited the Virgin Mary and told her that she would conceive a child — a son — by the power of the Holy Spirit. When the son was born, she would name him Jesus. Mary questioned the angel, who reassured her that anything was possible by God and that Jesus would be God's own son.

Joseph was troubled when he found out Mary was with child and even considered breaking their engagement, which was allowed under Jewish law. But God soon sent another angel, this time to Joseph, in a dream. The angel reassured Joseph that his marriage to Mary and the birth of this child were His will. Joseph awoke from his dream and took Mary as his wife soon after, ready and willing to raise the child despite the public humiliation he may experience.

The Census

During this time the Romans had control over many parts of the world, including where Joseph and Mary resided. Ruler Caesar Augustus decreed that every person living under Roman rule had to return to his town of origin to participate in a census so everyone could be taxed

accordingly. Joseph, hailing from Bethlehem, had to return to this town with his very pregnant bride.

They traveled for many days and, upon arriving in Bethlehem, found that the inns were full and there was no available lodging. Mary and Joseph took shelter in a stable and prepared to welcome their son.

Jesus' Arrival

According to the Gospel of Luke, Mary gave birth to her firstborn, a son, while in the stable. She wrapped him in cloth and placed him in a manger because there was no guest room available for them.

And there were shepherds living out in the fields nearby, keeping watch over their flocks at night. An angel of the Lord appeared to them, and the glory of the Lord shone around them, and they were

terrified. But the angel said to them, "Do not be afraid. I bring you good news that will cause great joy for all the people. Today in the town of David

a Savior has been born to you; he is the Messiah, the Lord. This will be a sign to you: You will find a baby wrapped in cloths and lying in a manger."

Suddenly a great company of the heavenly host appeared with the angel, praising God and saying,

"Glory to God in the highest heaven, and on earth peace to those on whom his favor rests."

When the angels had left them and gone into heaven, the shepherds said to one another, "Let's go to Bethlehem and see this thing that has happened, which the Lord has told us about."

So they hurried off and found Mary and Joseph, and the baby, who was lying in the manger. When they had seen him, they spread the word concerning what had been told them about this child, and all who heard it were amazed at what the shepherds said to them. -Luke Chapter 2

Many people visited the baby Jesus, including three wise men from the East who traveled by following a guiding star to bestow gifts of gold, frankincense and myrrh on the baby king.

When Joseph and Mary had performed all the things necessary according to the law of the Lord, they returned to Nazareth with Jesus, who was growing strong in spirit and filled with wisdom and the grace of God.



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Did You Know?

Historians believe New Year's resolutions can be traced back thousands of years to the ancient Babylonians, who lived

in a region of Mesopotamia now known as Iraq. At the dawn of a new year, the Babylonians would promise their gods that they would return objects they borrowed and pay any debts they did not repay in the previous year. Babylonians believed keeping these promises would bring them the gods' favor in the year ahead. Romans later adopted a similar practice, promising Janus, their god of beginnings and endings, that they would conduct themselves well in the coming year. Depictions of Janus typically include two faces, which are meant to symbolize his link to both the past (looking back) and the future (looking ahead). Early Christians also had a tradition similar to New Year's resolutions, as they would spend the first day of the new year reflecting on mistakes they made in the past and resolving to improve themselves and avoid making such mistakes in the new year.



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STOP DREAMING ABOUT QUALITY SLEEP AND DO SOMETHING

SPOTLIGHT ON CHIROPRACTIC HEALTH

by Dr. Deanna Carlisle, Carlisle Chiropractic Center



An old Chinese proverb states, "Only when one cannot sleep does one know how long the night is." Anyone who's ever experienced an occasional bout with insomnia—and that's most of us—can relate to this all too well.

In fact, surveys have shown that between 40 and 60 percent of the general population has trouble sleeping. Daily stress and worries, pressures from job and family, body aches and pains caused by uncomfortable beds or pillows, and a host of other issues can keep a person from getting enough quality sleep.

Sleep is critical to good health and functioning, so lack of it is a serious matter. "Sleep is one of the most important functions of the brain," says Frederick R. Carrick, DC, PhD, president of the American Chiropractic Association's Council on Neurology. Through it, our bodies recharge and renew for the next day's challenges.

As wellness experts, doctors of chiropractic can provide patients with a different approach to their sleeping problems— without the use of sleeping pills, which leave many people in a mental

haze the next morning. To start, here are a few helpful tips they would recommend for the sleepless in Seattle (or any city, for that matter):

Exercise regularly. Exercising in the morning is best, but if you must exercise in the evening, do so at least two or three hours before bedtime. Any later, and your increased heart rate can interfere with your sleep.

Limit your intake of caffeinated beverages such as coffee, colas and tea—try to avoid them altogether late in the day and near bedtime.

If you have trouble sleeping and then get thirsty, drink tap water at room temperature (cold water may disturb the digestive system).

Eat an early dinner. Eating after 6 p.m. may interfere with sleep as your body works to digest the food you've eaten.

Go to bed at the same time each night and get up at the same time each morning. The routine will help your body know when it is time to rest.

Keep your bedroom at a cool, comfortable temperature and try to make it as dark as possible when you're ready for bed.

Useful mattress facts...

A mattress should provide uniform support from head to toe. If there are gaps between your body and your mattress (such as at the waist), you're not getting the full support that you need.

Every few months, turn your mattress clockwise, or upside down, so that body indentations are kept to a minimum. It's also good to rotate the mattress frame every so often to reduce wear and tear.

If you're not in the market for a new mattress, and your current mattress is too firm, you can soften it up by putting a 1- to 2-inch-thick padding on top of it - usually available at mattress and bedding stores.

Next, pillow talk...

When choosing a pillow, be selective. When lying on your side, your head and neck should remain level with your mid and lower spine. When lying on your back, your head and neck should remain level with your upper back and spine. In other words, your pillow should not be so thick that it causes your head and neck to be propped up or angled sharply away from your body. If you find yourself sleeping on your side with one hand propped under your pillow, that's a clue that you're not getting the support you need from that pillow.

Chiropractic Care Can Help...

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LONG WALK ... PART OF GIFT

by Larry A. Attig, Pastor, Melbourne First Church of the Nazarene

As a pastor I have always been on the lookout for stories that capture your attention, stories that make you laugh and often cry. Since they couldn't all be used immediately, I would file them away to be used later to illustrate a particular point. With the arrival of the Internet and Google...many of those treasured stories remained tucked away in the file cabinet.

Recently I was filing some papers and noticed a folder hidden behind an envelope. The title was barely visible on the dog-eared tab. Apparently it had been hidden for some time, as it was dated December, 1989...26 years ago this month. While it's not today's news, the story is still worth sharing.

A missionary was explaining to a group of children why Christians gave gifts to each other at Christmas. Giving gifts is an expression of our joy over the birth of Jesus and our friendship for each other.



Several weeks later, on Christmas day, a young boy brought the missionary a sea shell that was unusually beautiful. The missionary graciously accepted his gift, and out of curiosity asked him where he found such a beautiful shell. He told her there was only one spot where such extraordinary shells could be found. When he named the place, the missionary knew it was many miles away. She exclaimed, "It's a wonderful gift, but you shouldn't have gone all that distance to get a gift for me. His eyes brightened as he answered, "long walk... part of gift!"

It reminds me of another story recorded some 2000 years ago...

This is how Jesus the Messiah was born. His mother, Mary, was engaged to be married to Joseph... while she was still a virgin, she became pregnant through the power of the Holy Spirit...And she will have a son, and you are to name him Jesus, for he will save his people from their sins... they will call him Immanuel, which means 'God is with us...All of this occurred to fulfill the Lord's message through his prophet.

It would be much easier if God would simply be satisfied by our token shells, but I'm inclined to believe He is not ... since it's all His anyway. I think God is interested in what we give, but more so in how we live. The long walk ... (journey we call life) ... is part of our gift!

Live a life filled with love, following the example of Christ. He loved us and offered himself as a sacrifice for us, a pleasing aroma to God. Ephesians 5:2 ... The battle is real...make a plan.

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DEAR VAL, TRUTH, STRAIGHT UP

by Valerie Oliver

"...and there before me was a white horse, whose rider is called Faithful and True..."



"Truth Straight Up" is written and founded by Valerie Oliver. She offers advice based on Biblical principles—not political correctness. Miss Oliver serves in several ministries including altar counseling. She's written several Christian-short stories and is currently working on her first novel: Harpazo: The Witnesses.

Dear Val,
I was fascinated by your column last month. I know very little about the Muslim faith and I'm glad you pointed out some of the differences between the Muslim Jesus and the Biblical Jesus. You're right; they're definitely not the same. You mentioned there are other discrepancies between the two. Would you be willing to go into more detail?

-Ryan of Palm Bay

Dear Ryan,
Last month's column generated a great deal of interest and concern from readers. I was troubled over omitting so many vital and relevant discrepancies, so I will elaborate a little further on the subject. For those readers that missed last month's column, you may view past issues of Spotlight by typing: [HYPERLINK "http://www.spotlightbrevard.com" www.spotlightbrevard.com](http://www.spotlightbrevard.com) into your browser window. I will also be happy to email these articles to you, including the issue which compares Allah to the Judeo-Christian God. Satan is the father of lies, so please feel free to make copies and share. Last month, I gave six examples of dissimilarities, so I will begin with the seventh...

7. The Islamic Jesus isn't the Son of God, and whoever believes this will be thrown into the blazing fire. Quran: Maryam 19:34-38. The Biblical Jesus is the Son of God. "And the Word became flesh, and made His dwelling among us. We have seen His glory, the glory of the One and Only, who came from the Father, full of grace and truth." John 1:14

8. The Islamic Jesus can not be worshipped. "Christ the son of Mary was no more than a messenger; many were the messengers that passed away before him." Quran: Sura 5:75. The Biblical Jesus is to be worshipped by both men and angels. "And that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father." Philippians 2:11. And in Hebrews

1:6, it is written, "And again, when God brings His first born into the world, He says, "Let all God's angels worship Him."

9. The Islamic Jesus is just another prophet. "Jesus and that given to (all) prophets from their Lord: We make no difference between one and another of them: Quran: Surah 3.136, 2.84. Our Jesus is the name above all names. "...far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come." Ephesians 1:21.

10. The Islamic Jesus returns wearing yellow garments. "Jesus, peace be upon him, he will descend, to the earth. When you see him, recognize him: a man of medium height, reddish hair, wearing two light yellow garments." (Sunan Abu Dawud Book 37, number 4310). The following describes Christ's transfiguration in the Bible, "There He was transfigured before them. His face shone like the sun, and His clothes became as white as light." Matthew 17: 2.

11. According to Islamic prophesy Jesus descends on a Minaret in Damascus, Syria. The Biblical Jesus will descend upon the Mount of Olives near Jerusalem. "On that day His feet will stand on the Mount of Olives, east of Jerusalem, and the Mount of Olives will split in two from east to west..." Zechariah 14: 4.

12. The Islamic Jesus returns on the wings of two angels. Mawdudi, A.A, Finality of Prophet-hood, pp. 58-61. In Revelation: 19: 11, the Bible says, "...and there before me was a white horse, whose rider is called Faithful and True..." There are more discrepancies, but you can clearly see, the Islamic Jesus is NOT our Lord and Savior.

(ESV) English Standard Version; (NLT) New Living Translation; (NIV) New International Version. Mail your questions or concerns to: Truth Straight Up P.O. Box 120606 West Melbourne, Florida 32912 or e-mail questions to: askval@hotmail.com. For the protection and confidentiality of the individuals involved, letters may be edited and all names have been changed. Miss Oliver will not reply by e-mail unless specifically asked.



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MERRY CHRISTMAS! SPOTLIGHT ON COOKING

by Cecelia Danas



Merry Christmas! Italian's usually have fish on Christmas Eve. Being allergic to fish this is a healthy alternative. You can even use it as a side dish for everyone else. Love that it is red and green too. Hope you, your family and friends enjoy this blessed holiday. Remember — Be Creative!

If you have any questions or would like to contact me, email me at lifecoaching7746@aol.com.

Christmas Eve Veggie Cups

- 8 medium tomatoes
- 2 cups chopped broccoli
- 1 1/2 cups Italian bread crumbs –divided
- 1cup grated Parmesan cheese –divided
- 4 oz shredded cheddar cheese
- 3/4 cup mayonnaise
- salt & pepper to taste

Combine 1/2cups of bread crumbs and 1/4 cup Parmesan cheese and set it aside.
 Wash tomatoes off then make a thin slice to cut off the top. Then scoop out the pulp and put in a strainer to drain. On a paper towel put tomatoes upside down. Cook broccoli until tender (crisp) and drain. On a cutting board chop the pulp and place in a large bowl add broccoli, cheddar and parmesan cheese, mayo, salt, pepper and remaining crumbs. Mix gently. Gently stuff each tomato. In a 11x7 baking dish (sprayed with oil) place the stuff tomatoes sprinkle with reserved crumb mix. Bake at 375 degrees uncovered for 30-40 minutes.



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Be a Better Person Each and Every Day

Resolving to grow as a person, embrace new experiences and take others' needs into consideration is an admirable goal. Attempting to be the best version of yourself can place you on a path to a rich and fulfilling life.

Becoming a better person does not take vast riches or even substantial change. Easy, daily practices can transform individuals lives' and the lives of those around them for the better. And when one person performs a good deed, there's a greater chance that others who have witnessed that deed will be inspired to do good as well. As a new year dawns, men and women can take the following steps to become better people.

- **Become a better listener.** People are born with two ears and one mouth, but why? Perhaps it's because it's often better for you to listen more than you speak. Give others the benefit of being heard more often, and you may foster deeper relationships and learn a few things in the process.
- **Treat everyone with respect.** The golden rule is to treat others how you want to be treated. Think before you speak and recognize others for their achievements. A kind



word of encouragement can go a long way.

- **Stop blaming others.** It can sometimes be easier to point out faults rather than strengths in others, especially if you are lacking in a particular area. Own up to your own mistakes and do not blame others for any lack of success you experience.

- **Smile more.** People today spend much of their time with their heads down reading phones and tablets. Conversations have become stilted, and there may be fewer opportunities to engage new people in meaningful conversations. Looking up and smiling at others — even complete strangers — can brighten someone else's day and may just lay the foundation for new friendships.

- **Do for others when you can.** Think about how you can help others in your daily life. Would a friend appreciate your picking up his or her kids from school? Can you grab a few essentials from the store for an elderly neighbor? What if you helped a stranger find his destination after getting lost? Simple gestures can have a substantial impact.

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Our Community Mover and Shaker for the month of December is well known throughout the area.

Betsy Farmer, along with her son Luke, is the co-founder of Promise in Brevard, described as “a place where young adults with special needs can live a life full of opportunities and freedom never thought possible.”

Betsy’s son Luke was born 30 years ago, a child with special needs. Betsy says she knew that God had blessed her with this child for a reason. Ten years ago, the vision for Promise came to her, just after Luke graduated from high school. At that time, he informed his mother that he wanted to move out and live on his own, like his big brother.

Over the years, the vision grew into the amazing project that it is today, a place that will provide Luke and 100 other special needs individuals with a

place to live independently. It will also afford countless opportunities for vocational training and employment.

These amazing young people, who are affectionately called Promisers, have many gifts and talents to offer the community. The ten social enterprises that will be part of the project will be life changing to the Promisers as well as the entire community.

The first of these enterprises was the Promise Treasurers Thrift Shop, which opened two years ago and has provided employment for 10 young adults and vocational training to over 50. Some future enterprises include a hydroponic garden, plant nursery and a farmers’ market, doggie day care



and a dog park, an art center, a disability friendly hair and nail salon, a disability friendly bed and breakfast, a landscaping service, and the Promise Café and Bakery, to be located at

the West Melbourne Community Park.

Betsy says that over the years, God has shown her again and again the purpose He has for her life. She takes inspiration from a daily devotional from Rick Warren. It says, “Now glory be to God, by his mighty power at work within us is able to do far more than we would ever dare to ask or even dream of – infinitely beyond our highest prayers, desires, thoughts, or hopes.” Ephesians 3:20 (LB). We are pleased and proud this month to honor Betsy Farmer for her vision, faith, determination, and dedication.



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LINKEDIN IS MORE THAN JUST CONNECTIONS

SPOTLIGHT ON COMPUTING

by Bill Ford, Data Doctors Computer Service

In this age of social media as a communication tool, LinkedIn is one of the most compelling for business people. So many users get started by creating a profile and accepting connections from those they know, but not much else. In fact, many people comment that they don't accept connections from people that they don't know.

I equate this to saying 'no thanks' when someone attempts to give you their business card at a networking event. LinkedIn is not Facebook; connecting with business people you don't already know is why it's so powerful. While it's certainly possible that you'll connect with overzealous salespeople or even spammers, you can easily block or remove those connections if they turn out to be less than desirable.

Some of the more common uses of LinkedIn include researching people or companies, connecting with former colleagues, creating new relationships with potential customers and influencers, finding employees or employment opportunities, and, my personal favorite,

to amplify your traditional face-to-face networking activities.

Think about how many times you've met someone at a networking event or just in your daily travel who handed you his or her business card. What happens to that business card? Unless you're a hardcore networker, it probably ends up in a briefcase, desk drawer, or some other collection zone and essentially disappears.

Imagine how useful your networking contact list would be if, when you were handed a business card, you got into the habit of immediately finding that person on LinkedIn to stay connected. With smartphone apps being such a huge part of our lives, this habit is pretty easy to adapt. In some cases, I'll even ask to



connect on LinkedIn in lieu of exchanging business cards, because there is so much more information available than what can fit on a card.

If you haven't uploaded a photo and completed your profile, others can view you as someone that 'doesn't get it', so make sure you do. The keywords from a completed profile will also dramatically

increase your chances of being found when someone is searching LinkedIn for your specialty, skill set, or industry background.

Sharing an update (like you would on Facebook) or publishing a post that's relevant to your business is how you show the LinkedIn world your expertise and encourage engagement from others. Think of it as your opportunity to have your own interactive syndicated newspaper column, with over 380 million potential readers. What information could you share that might be helpful to your prospects or potential employers?

As with any other social network, engagement is the key, so observing what others are doing is a great way to learn the ropes. There are many other suggestions, such as joining groups and creating company pages. These are basic tactics that experts like Wayne Breitbarth can help you with. Visit his excellent blog at <http://www.powerformula.net/blog/>

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2. Who is Celebrating 10 Years in Business?

3. What is the date of Brevard's Largest Bridal Show in January?

4. Name the two people in the advertisement on page 12.

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DR. JAMES McMANUS CONTINUES THE TRADITION OF THE CHRISTMAS CATARACT

In the spirit of the Holiday season, Dr. James McManus seeks to give the gift of sight to an individual in need.



James N. McManus, M.D., Board Certified Ophthalmologist and Cataract Specialist at The Eye Institute for Medicine & Surgery, wants to give a very special gift to a resident of Brevard County this Christmas season: **the precious gift of sight.**

Dr. McManus will be continuing the tradition he created, known as "The Christmas Cataract," which he describes as, "a happy ending waiting for your story." Dr. McManus wants to encourage Brevard County residents who may be experiencing vision loss due to cataracts, who are uninsured and in need, to visit his website, **TheChristmasCataract.com**. There are instructions on the website explaining how an individual or their loved one can share a photo and their story describing how vision loss has impacted their life and how they believe their life could improve if their vision was restored.

"Poor vision associated with cataracts can have a profound effect on all aspects of a person's life," according to Dr. McManus. "It can prevent a person from working, from taking care of loved ones who depend on them, or even performing daily activities that most of us take for granted."



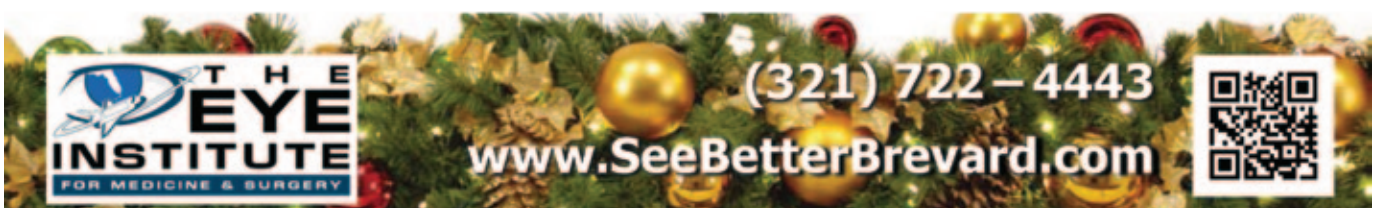
James McManus, M.D.

Cataracts are a clouding of the natural, clear lens inside the eye. Cataracts are usually age related but may occur due to heredity, the presence of certain systemic illnesses, the use of certain medications, trauma, or other factors.

For a period of time changes in one's eyeglass prescription may improve vision to an acceptable level. However, once a cataract progresses past a certain point, vision and a person's ability to do the things they need to do on a daily basis begin to become compromised. At this point surgery is usually the only viable option to improve vision.

Dr. McManus is pleased to continue this sight restoring program that he created and that he hopes to continue for many years to come. "Brevard County has been a wonderful place to live, to raise a family and to practice medicine. I want to give back to the community that has been so good to my family and me," states Dr. McManus.

Unfortunately, not everyone who submits their story will be eligible for the surgery due to such factors as the presence of other eye conditions or a health status that would indicate a contraindication to outpatient surgery. Dr. McManus will review all the entries and carefully determine the individual most likely to benefit from cataract surgery. Happy Holidays and good health from the Physicians and Staff of The Eye Institute for Medicine & Surgery.



December's CPA Tip Of The Month

The end of the year is coming. Charitable donations can be tax deductible. Plan now to make a donation to your favorite charity or charities. All charities can be checked out on line. *WISHING YOU HAPPY HOLIDAYS!*



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WORD SEARCH: Solve the Puzzle and PLAY to WIN!

How many things can you find that have to do with a **Winter Day**?

T	F	U	X	H	M	F	X	S	Q	T	S	F	R	B
S	E	C	Y	O	D	I	U	L	K	N	N	R	Y	I
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- | | | | |
|----------|-----------|---------|-------------|
| Blizzard | Fireplace | Icy | Snow |
| Bundle | Frigid | Mittens | Snowflake |
| Chilly | Frostbite | Parks | Temperature |
| Drift | Gloves | Scarf | |

Win 4 Tickets to The Dragon Festival, Jan 23-24, 2016 (pg15)

OUR WINNER LAST MONTH WAS
Ginnie Dubas of Melbourne Beach

Name: _____
Address: _____
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Zip _____ Phone: _____

Send answers to Spotlight Magazine to enter a drawing for the prize(s) listed above. ONLY ONE ENTRY PER HOUSEHOLD PER MONTH. Entries must be received by the 18th of the current month so winner's name can appear in the next issue. Winner will be notified by mail. One winner will be drawn at random from all correct entries. **Mail to: Word Search, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197**

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Family Unresolved Resentments: **Now's the Time for Healing**

by Dr. Kevin Kilday, PhD, D.PSc.

Depression, anger, anxiety, stress and alcohol/drug use, all escalate during the Holidays but what about unresolved resentments and its health hazards. The word resentment from the Latin root means to feel anger over and over again.

The Holiday season can be very toxic and now studies are showing that unresolved resentments (anger) can be the cause of disease or prolong a chronic or life threatening disease. Following are a list of physical ailments that tend to be found in people who have unresolved resentments. Inflammation, joint pain, digestive difficulties, nervousness, fatigue or exhaustion, depression, allergies, dizziness, mood swings, mind racing, brain fog, dry mouth, anorexia, confusion, low self-esteem, headaches, high blood pressure, and now it is linked to cancer (especially recovery).

Getting together with family for the holidays can be very stressful. Negative feelings from unresolved resentments put a strain not only on the affected individual members but on the whole family. Only the affected individuals (do not involve other members) need to try and resolve things before the family gatherings.

Steps for resentment healing.

1. Ask to meet to discuss the problems and find resolutions.
2. Go to the meeting with patience and an open mind.
3. Listen attentively (do not interrupt).
4. Accepting an apology or apologizing is all it takes to begin to help heal old wounds and start afresh.

5. Ask for forgiveness from one another then BOTH PRAY TOGETHER.

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you” (Ephesians 4:31,32).

When other family members (especially the children) see that healing has taken place then hopefully all will believe that all things are possible with God.

May God Bless you all during this Holiday Season.

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Protect Your Identity and Save Money

Identity theft is a pervasive problem.

According to figures from the Bureau of Justice Statistics, an estimated 17.6 million people, or about 7 percent of U.S. residents age 16 or older, were victims of at least one incident of identity theft in 2014. Identity theft is not just a problem within U.S.

borders, either. Each month, Equifax and TransUnion credit bureaus report that more than 1,800 identity theft complaints are lodged by Canadian residents.

Victims may be subjected to various types of identity theft. Attempted misuse of an existing account is the prime complaint. This account can be a credit card, bank account or phone or utility account. No matter the type of fraud perpetrated, many identity theft victims endure a direct financial loss as a result.

Sometimes individuals do not find out they've been the victim of identity theft until they are notified by a financial institution — or even after filing their taxes — when money already has been lost. People may invest in expensive services to protect their identities, but Consumer Reports notes this tactic is not always necessary. There are other, less expensive ways for men and women to protect themselves from identity theft.

Guard personal information.

Do not share your personal information over the Internet unless you are on a secured site. This will be identified by the https:// preceding the rest of the URL. Sometimes a padlock symbol will appear somewhere on the page. Also, do not provide any personal information over the phone, such as tax




identification numbers, bank account information or your maiden name. Personal data should be shared only with trusted companies whose authenticity you can verify.

Watch your wallet. Do not leave your wallet or purse unattended. Keep the bare minimum in a wallet so

a thief does not have access to all of your personal information if the wallet is lost or stolen. Keep your Social Security card and rarely used credit cards at home.

Sign up for alerts. Many financial institutions will offer free online or mobile alerts to warn of suspicious activity on your account. Take advantage of this service.

Lock down devices. Make sure computers and mobile devices are secured with a password, and only use secured networks when going online. Select strong passwords that include a combination of numbers, letters and symbols, as well as case changes so they will be more difficult to crack.



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card offer lists. You can stop credit bureaus from selling your name to lenders by going to www.optoutprescreen.com or calling 888-567-8688. Opting out should prevent the majority of offers from coming your way. Many identity theft cases can be linked to crooks stealing credit card preapprovals from mailboxes. Similarly, you can put a security freeze on credit reports, so that lenders will not be able to access credit reports and issue new credit.

Identity theft can lead to plenty of paperwork hassle and loss of funds. Preventing it from happening is easier than you might think.

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Nicole Grammer



CONSUMER TIPS:

The holiday season is upon us once again. This is a busy time of year for everyone, with parties and dinners with family and friends, shopping for gifts, preparing holiday meals, the kids are out of school.... The list goes on and on.

Because there are so many other things to take care of during the holiday season, people who are looking to list their homes for sale generally put off doing so until after January 1st. This way, they can get through the busy holiday season first, then worry about selling their home.

However, there are a lot of reasons that sellers should reconsider putting off listing their home. Here are 10 good reasons why you should list your home during the holidays:

Serious Home Buyers: People who are looking to purchase a home during the holidays tend to be serious buyers, instead of just 'lookie-lous.'

Supply and Demand: The supply of listings dramatically decreases during the holidays. Fewer homes on the market means less competition, which ultimately means more money for you.

Festive Flair: Homes tend to show better when decorated for the holidays.

Beat the Clock: Time, it is an all-important issue. People tend to have more time to see homes during the holidays than they do during a regular work week. This means more exposure for your home to potential buyers.

Uncle Sam: Many folks want to purchase a home before the beginning of a new year for tax reasons. If your home is on the market during the holidays, you can capture these buyers.

New Jobs: Many people who are relocating to start new jobs plan to start on January 1. Since these buyers can't wait

until they transfer to purchase a home, they must look for a home to purchase during the holidays. If your home is on the market, yours will be a contender.

Holiday Heart-Warmers: Buyers tend to be a little more emotional during the holidays. This means that there is a higher chance that you will get your asking price for your home.

Showings: Sellers can restrict showings on their own homes. Which means you can still have the days that holidays actually fall on uninterrupted, and allow for showings on the rest.

No Contingencies: If you sell during the holidays, you have the unique advantage of being able to purchase a home without making the sale contingent on the sale of your previous home. If you buy in the Spring, there will be more inventory and prices will be cheaper. Which means you can sell high and buy low!

Staying Over: If you sell during the holidays, you have the option to put a contingency in your contract that will allow for a delayed closing and/or an extended occupancy. This means that you can possibly close after the holidays, or if you do have to close during you can wait to move until after the holidays are over.

There has also been talk of the Federal Reserve raising interest rates in the new year, which will have an impact on the housing market as well. All these reasons are great

motivation to get your home on the market before the holidays are over, so don't wait! Your willingness to list your home during the holiday season has the potential to benefit you in more ways than one.

Have a safe, prosperous and happy holiday season! A very Merry Christmas from all of us at RE/MAX Absolute Service Team.



Nicole Grammer - Broker/Owner

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BY FAITH ALONE

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This season is a good time to contemplate what Jesus means to us. Through His once-for-all-time sacrifice, we are justified by faith alone. But what does that mean? What exactly is justification, and why is it important?

The teaching of justification by faith is what separates biblical Christianity from all other belief systems. In every religion and in some branches of what is called "Christianity," man is working his way to God. Only in true, biblical Christianity is man saved as a result of grace through faith. Only when we get back to the Bible do we see that justification is by faith, apart from works.

The word justified means "pronounced or treated as righteous." For a Christian, justification is the act of God not only forgiving the believer's sins but imputing to him the righteousness of Christ. The Bible states in several places that justification only comes through faith alone. Justification is not earned through our own works; rather, we are covered by the righteousness of Jesus Christ. The Christian, being declared righteous, is thus freed from the guilt of sin.

Justification is a completed work of God and it is instantaneous, as opposed to sanctification, which is an ongoing process of growth by which we become more Christ-like. Sanctification, or "the act of being saved" occurs after justification.

Understanding the doctrine of justification is important for a Christian. First, it is the very knowledge of justification and of grace that motivates good works and spiritual growth; thus, justification leads to sanctification. Also, the fact that justification is a finished work of God means that Christians have assurance of their salvation. In God's eyes, believers have the righteousness necessary to gain eternal life.

Once a person is justified, there is nothing else he needs in order to gain entrance into heaven. Since justification comes by faith in Christ, based on His work on our behalf, our own works are disqualified as a means of salvation. There exist vast religious systems with complex theologies that teach the false doctrine of justification by works. But they are teaching "a different gospel—which is really no gospel at all" (Galatians 1:6-7).

Without an understanding of justification by faith alone, we cannot truly perceive the glorious gift of grace—God's "unmerited favor" becomes "merited" in our minds and we begin to think we deserve salvation. The doctrine of justification by faith helps us maintain pure devotion to Christ. Holding to justification by faith keeps us from falling for the lie that we can earn heaven. There is no ritual, no sacrament, nor deed that can make us worthy of the righteousness of Christ. It is only by His grace, in response to our faith, that God has credited to us the holiness of His Son. Both Old and New Testaments say, "The just shall live by faith".

May we all live by faith and fill ourselves with joy this Christmas season. Protestant missionary to China, Hudson Taylor, once said, "It is the consciousness of the threefold joy of the Lord, His joy in ransoming us, His joy in dwelling within us as our Savior and Power for fruit bearing and His joy in possessing us, as His Bride and His delight; it is the consciousness of this joy which is our real strength. Our joy in Him may be a fluctuating thing: His joy in us knows no change."

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Quality Gear Involves Hearing Well

by Dan Taylor, Audioprosthologist, A Advanced Hearing Care

I heard about our December patient of the month, Mrs. Linda Brown a couple of months before I actually met her. She was a friend of Joan, our office manager. She knew Linda had been trying to get a replacement fitting for her aging CIC hearing aids for the better part of a year without success.

The manufacturer owned chain where she had gone had been trying hard. She'd seen at least three different specialists. She had had several different sets of ear impressions made, and remade. She had been back for so many programming adjustments that she was carrying around an inch thick folder with her notes, their notes, instructions, brochures, and agreements.

Linda had been working hard to improve her hearing for so long without success that she had about become convinced that she couldn't be fit, and that she was the problem. That maybe she was being too fussy because she wanted to hear both her husband's soft voice around their quiet home, yet also wanted to be able to regain her active social life that found her in very noisy and complicated places like restaurants, the theater, and social.

To say that Linda had been put through the hearing healthcare ringer would be putting it mildly.

What I learned at our initial interview was not only of Linda's frustrations, and growing anxiety over her future prognosis, I learned that she was very doubtful that anyone would have been able to meet her expectations with the gear that she came in with.

Now, please don't get me wrong. This was not cheap gear. Nor, was it some off label, or no-name brand, but one of the biggest of the 'big six'. On top of that, these were their top of the line models. No, the problem wasn't that Linda, or the specialist who originally tried to fit her had tried to do it on the cheap.

What they had failed to carefully note, was that Linda's hearing objectives included being able to hear the very soft sound of her husband's voice around a quiet home, as well as being able to enjoy those loud complicated social

environments. When analyzed from the aspect of operational range, her current gear, no matter the price point, simply lacked the operational input range needed to accomplish her goals.

Linda's husband's whisper was so quiet that it was essentially below their operational input floor, and with a 90dB top range, their input circuits would be delivering a distorted signal in those noisy, party, or restaurant settings. Her hearing goals, and objectives simply exceeded the operational specifications of the equipment they were trying to use to meet them. And, this before we addressed the physical fitting issues.

Understanding this, when Linda returned for her fitting, and reexamining her ear, I decided to forgo the large custom factory receiver molds, and simply see how we did out of the box, with some soft dome tips on a pair of new Widex Unique instruments.

With the widest dynamic input range in the entire industry, with a floor at 5dB, and ceiling at 113dB, I often turn to Widex as my first pick for such fittings.

I wasn't disappointed here either, as soon as we established Linda's hearing thresholds, using the on board In Situ' audiometrics, Linda's face lit up. She was instantly hearing things she had been missing. After a few minutes of fine tuning we actually sent her home with an out of the box fitting, taking less than an hour, than had been achieved in close to a year trying to use the wrong equipment for the job.

We knew going in that Linda's wasn't going to be a typical fit. So, when we saw her the next day, I really wasn't surprised that she was having a bit of difficulty getting those out of the box double dome tips seated properly for a good fit. Like many of us, one ear canal is smaller than the other, making it fairly easy on one side, and quite difficult on the smaller side.

However, unlike her previous take the impressions, send em off, and wait experience that she was used to, I explained that here, we made our own embedded mold systems, and if she had the time we could do it right then.



She agreed, and in about another thirty minutes we had a custom set of soft silicone molds comfortably in place with her new Unique system. Linda was hearing great, in the lab that is. But, that only checked how she was doing in quiet. For the other test, we'd need a more challenging environment.

I can think of few more challenging sound environments than our local Irish pub, Meg O'Malley's, right down the street. When you walk in, you step into a mostly open space with a fifteen foot ceiling of antique stamped metal above polished wood floors below. All filled with booths, bar, tables and a couple hundred people talking, eating, and generally having a good time. That's where I asked Linda to go and test her new fitting out, over a beverage of her choice of course.

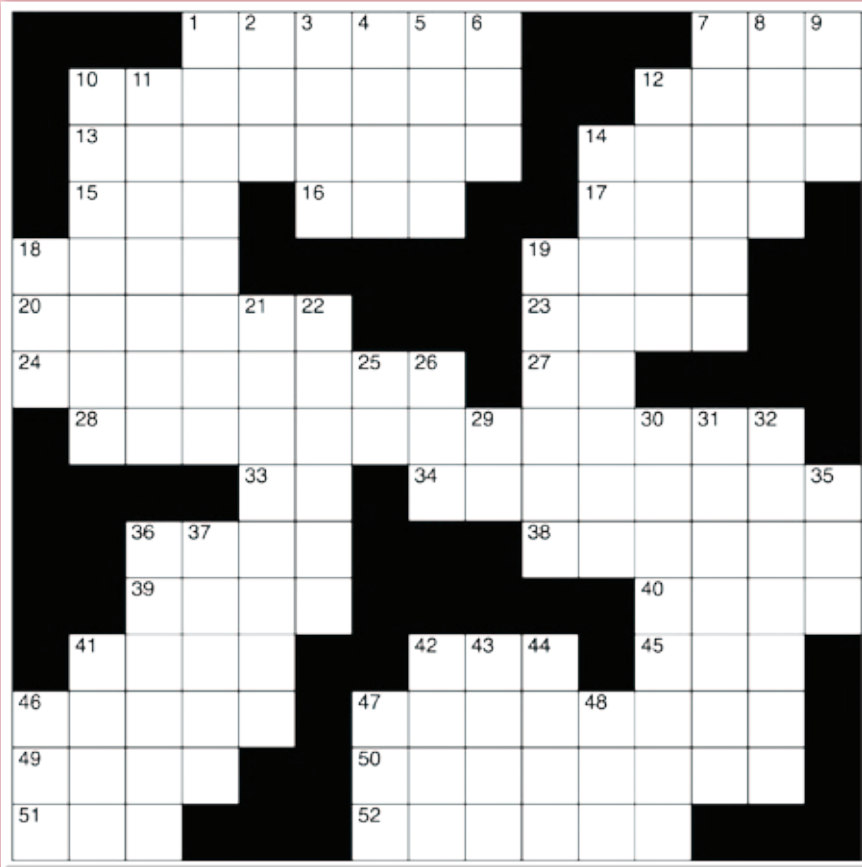
When we got seated, it was really noisy, with everyone talking a bit louder than normal to be able to hear. Yet, when I looked across the table and asked how Linda was doing, she had a beautiful smile on her face, and the answer she gave was pure music to my ears when she replied, "I'm hearing better in two days of working with you, and these new aids, than I was in almost a year with the others."

Folks, that's what we mean by being Patient Centered, and Results Oriented.

Listening to Linda gave me the information I needed to pick the right gear for her. We're grateful to her for her agreeing to be our 'Miss December' and letting us tell you of her hearing healthcare experiences, and how she is again able to live life large. Located at 720 East New Haven Avenue and welcome walk in visitors without an appointment weekdays from 9:30 till noon. www.aadvancedhearingcare.com

Please see our advertisement on page 14.

Spotlight Crossword Puzzle



clues ACROSS

1. Red wine
7. Best nurse-patient aid
10. Footwear closure
12. Chinese dynasty 1122-221 BC
13. Persuade to one's side
14. Advocate
15. Mandela's party
16. A woolen cap of Scottish origin
17. About aviation
18. Shallowest of the Greats
19. Sheathe
20. Frightened
23. Brews
24. Relates
27. Atomic #52
28. Up the ante
33. The "Kings'" initials
34. Lepton
36. Cornmeal mush (British)
38. One who analyzes syntactically
39. Algonquian tribe
40. Systems, doctrines, theories
41. Herb ___, San Francisco columnist
42. Informed about the latest trends
45. Seven
46. Morocco's capital
47. What a doctor practices
49. Beaks
50. In a way, extends
51. A number or amount not specified
52. Gambling

clues DOWN

1. Composition for orchestra and soloists
2. Bulgarian monetary unit
3. Settled upon
4. Common frog genus
5. Electronic counter-countermeasures
6. Golf ball supporter
7. Divided into 3
8. Crazy (Spanish)
9. Billiards stick
10. More deficient
11. Solomon Islands capital
12. Larval crabs
14. Malta capital
18. Clairvoyance
19. Tomato condiment
21. Alleviation
22. French seaport
25. New Testament
26. Shortened (abbr.)
29. Employee (abbr.)
30. Opposite of leaving
31. Lip locking
32. Foes
35. Many not ands
36. Covered with healing scrapes
37. Regions
41. Abel's brother (Bible)
42. Greek Queen of the gods
43. Esau's descendants (Bible)
44. *Canarium ovatum*
46. Ribonucleic acid
47. Gas usage measurement
48. An oppositional argument

answers on page 44

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HEALTH FIRST GRAPE ESCAPE RAISES MORE THAN \$400,000 FOR HYBRID OR SUITE Technology is First of its Kind in Brevard County

The 2015 Health First Foundation's Grape Escape event recently raised more than \$400,000 to benefit Brevard County's first Hybrid Operating Room Suite, which will be located at Health First's Holmes Regional Medical Center.



with each course. Guests also had the opportunity to participate in a live auction featuring valued wines, vacation packages and unique jewelry designed exclusively for the event by Wesche Jewelers.

The Hybrid OR diagnoses and treats patients in one local visit, regardless of

"Because of the generous spirit of this community, Health First will have the leading-edge technology to enhance the quality of life and life span for patients suffering from heart and vascular conditions, as well as those with traumatic injuries," said Terry Mohr, president of the Health First Foundation.

whether they require a minimally invasive procedure or a more intricate surgical intervention. It also incorporates the advanced imaging of a radiology suite into the sterile environment of a specialized operating room allowing physicians to treat as they diagnose in real time. This one-stop approach means safer treatment, better outcomes, faster recoveries and shorter downtimes for heart patients.

More than 340 attended the event held Oct. 3 at the Four Seasons Resort Orlando at Disney World® and enjoyed a five-course meal and a wine tasting experience paired

Since its inception in 2002, the annual Grape Escape event has raised more than \$3 million for various world-class medical equipment and facilities to serve Brevard County residents.

The Honorary Chairs of the event were Phillip and Jeanne Farmer, and the event co-chairs were Greg Watson and Leasha Flammio-Watson, Dr. Steven and Valerie Karas, Bill and Patti Calhoun. The presenting sponsor of the 2015 Grape Escape event was Health First Heart & Vascular Service Line. Other sponsors included Flammio Financial Group/Leasha Flammio-Watson and Greg Watson, Harris Corporation, Cindy and Larry Bishop, M.D., and Mercedes-Benz, Porsche, Audi of Melbourne. Health First is grateful for all of the more than 115 sponsors who helped make the event a success.

PUZZLE [PG42] SOLUTION How well did you do?



About Health First

Founded in 1995, Health First is Brevard County's not-for-profit, community healthcare system. The fully integrated delivery network (IDN) includes health insurance plans, hospitals, a multi-specialty medical group and outpatient and wellness services. To learn more about Health First and how we're giving back to our community, visit HFgivesback.org



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Cartoon Corner



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Spot This Spotlight and PLAY to WIN!



How good are you at spotting items?

This month, we've placed 7 Spotlight graphics (shown above) on other pages throughout the magazine. Your job, should you choose to accept it, is to find all 7 of these Spotlights and list the advertiser and the page on which you found it. Have fun!

Win a Certificate for 1 Catering Box that feeds 10 people from Jersey Mike's Subs

OUR WINNER LAST MONTH WAS
Jeanne Breen of Rockledge

Send answers to Spotlight Magazine to enter a drawing for the prize(s) listed above. Please PRINT answers along with your name, address and phone number. ONLY ONE ENTRY PER HOUSEHOLD PER MONTH. Entries must be received by the 18th of the current month so winner's name can appear in the next issue. Winner will be notified by mail. One winner will be drawn at random from all correct entries. **Mail to: Spot the Spotlight, Spotlight Magazine, PO Box 1197, Melbourne, FL 32902-1197**

Advertiser	Page #
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____

Please Print. Entry form must be filled out completely & mailed.

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2 Colors!

ONLY \$799⁹⁵

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Includes FREE Ottoman!

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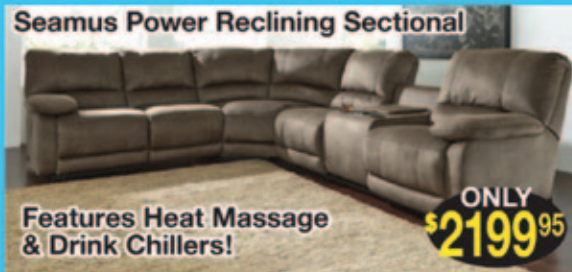
Levon Sofa & Loveseat



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Features Heat Massage & Drink Chillers!

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