



The Value of Information



By Joe Steckler

Dear Friends,

In the 22 years that I have been working with seniors, I have stressed education and the value of connecting those who need help to the right resources. For seniors, the importance of informa-



tion must be stated and restated, as it is critical to continued good health. Most significantly, we should all understand that false pride, a pride that prevents us from using assistive devices as we age, is something we must overcome.

We all know how beneficial it is to exercise regularly if we are to age gracefully. In a recent television show with Chris Marriott of Kindred at Home, we discussed the value of body suppleness to an individu-

al's ability to move as safely and painlessly as possible. I have fibromyalgia and know what pain can do as we age. Exercise, especially walking, is vital to my continued mobility.

In the conduct of the show, Chris and I discussed the use of canes, walkers, and other devices to assist us as we walk. Falls are the leading cause of fatal injuries for older Americans according to the Centers for Disease Control and Prevention. The number of seniors who die from fall-related injuries has nearly doubled since 2000, and about one in three seniors falling every year. Non-

fatal falls can cause broken bones, brain injuries and decreased independence.

Many of these falls can be prevented through the use of a walking device. Although using assistance devices is sometimes considered a sign a weakness, I use them to remain safe and independent. I have a cane and 4 wheel rollator in my car and one I use at home. Most of the time I use the cane, but if I think I am too unsteady or have more pain than usual, I use the rollator. It is safer, eases my mind, and gets me to my destination safely and on time. It takes no effort to remove the cane from the car and only a little more effort for the rollator.

Knowing all of the above,

why do so many ignore the warning signs and turn into couch potatoes? I personally do not like walking, although I believe it is the best possible exercise for me at my age.

Running and other impact exercises may not be our best choice, but we can develop individual plans with the advice of a personal trainer or friend. There are excellent facilities in Brevard, some free and some you pay a small fee.

At the start of this article, I mentioned the value of education, information, and access to services. The nonprofit organization Helping Seniors of Brevard will help you get connected when you call their helpline at 321-473-7770 or visit their

website at www.helping-seniorsofbrevard.org. It is also important to know that changes under the Affordable Care Act will change the way we have been using therapy and rehabilitation after a fall or surgery so it will become more important to know what is available to us in a way of assistance in recovery. In the meantime, keep moving and use the devices that will help you remain safe.

Joe Steckler is the President of Helping Seniors of Brevard, a nonprofit organization designed to advocate, educate, and fundraise on behalf of Brevard's senior citizens. Feel free to contact us at: info@helpingseniorsofbrevard.org or calling: 321-473-7770

Can 6,000 Steps a Day Keep Knee Arthritis at Bay?



(HealthDay News)

Walking the equivalent of an hour a day may help improve knee arthritis and prevent disability, new research suggests.

Because of knee arthritis, many older adults find walking, climbing stairs or even getting up from a chair difficult. But these

study findings equate walking more with better everyday functioning.

"People with or at risk for knee arthritis should be walking around 6,000 steps per day, and the more walking one does the less risk of developing functioning difficulties," said the study's lead author, Daniel White,

a research assistant professor in the department of physical therapy and athletic training at Boston University.

Every step taken throughout the day counts toward the total, he said. The key is to wear

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