



President's Message

Our mission is to improve the quality of life for seniors by providing information, education and access to resources.

Joe Steckler, President

Dear Friends,

We are making progress and it is evident from the comments on the returning surveys that we were right in organizing the Advocacy Group to promote development of an aging plan for Brevard County. I would like to share some related news. Some survey takers inquired as to what an aging plan was and that made me realize even more the necessity for programs such as Helping Seniors and our outreach through the radio, printed and television media. It is difficult to know in the modern day world that a lack of available resources and information exists. Still, it does.

Because we see these situations, we are expanding the newsletter to an 8 page version with the July issue of Senior Scene. There are so many things to share and, by utilizing the outreach resources we have available, we will do a better job of informing you of senior issues that impact you, resources available to you and ways to gain access to help. The majority of our sponsors serve seniors so it makes sense to let you know who these sponsors are so now, when you need assistance, we will have room to introduce them to you.

It is my great pleasure to inform you that we are now regular contributors to Ebony News Today magazine. I met with Benjamin Cain, the publisher, and was most pleased and now wants to help seniors be aware of the many services and resources available in our community. Now we have Senior Scene, Spotlight, Hometown News, Ebony News Today as well as the radio show on WMEL-1300 AM every Thursday at 1PM and the television shows on Brighthouse channels 199 and 49 as well as all the archived radio, printed news and television shows on helpingseniorsofbrevard.org.

We are making progress and always seek your advice on how to improve/provide more information, education and serve seniors. Write or call us. We welcome your comments.

Sincerely,

Joe Steckler
President
Helping Seniors



Your Contribution makes a difference!



"Helping Seniors"

With Host Joe Steckler
Thursday 1 PM
AM 1300 WMEL

By John Harper, Owner WMEL

Recently, I celebrated fifty years in radio broadcasting and over the years have had the opportunity to discover new talents. One of my most treasured discoveries was meeting Joe Steckler. Joe started a radio talk show called "The Elder Hour," on December 7, 2000 while he was the Executive Director of Brevard Alzheimer's Foundation. Joe's show was the third radio show in 11,000 shows nationally to address senior issues. However, Joe realized there was a much larger need in Brevard to address all senior issues and formed in 2011 Helping Seniors of Brevard. I am proud to be a strong supporter of Helping Seniors by providing him with a continued one hour radio show airing each Thursday at 1 P.M. In addition, I serve as the Vice President on the Board of Directors.

Throughout the years, Joe has been consistent in delivering educational information to WMEL's listening audience without a hitch. He features guests working in a variety of senior services each week making the show a sure hit. Joe's superb knowledge of the elder market brings the provision of information to a new level, unlike anything I have heard throughout my broadcast years.

The talk radio market in Brevard County through AM 1300 WMEL appreciates Joe's show, "Helping Seniors" as it is common knowledge our senior population is growing larger each year. And, the demand for accessing the right resources is made possible through Joe Steckler's show and Helping Seniors of Brevard. Thank you Joe! Keep up the good work!

Joe loves educating the listening audience each Thursday with "Helping Seniors" at 1:00 P.M. on:

**AM Radio
1300 WMEL**



Take the Senior Advocacy Survey

10 simple questions that make all the difference!

www.HelpingSeniorsofBrevard.org



Would you like to donate? Look for our DONATE tab at

www.HelpingSeniorsofBrevard.org

or send to: Helping Seniors of Brevard

P.O. Box 372936 - Satellite Beach FL 32937

Visit Us Online

Find great Senior Resources including a Helping Seniors Florida Today articles, Bright House TV programs, WMEL Radio programs - and Joe's Blog tool



HelpingSeniorsofBrevard.com



Get Connected!

Get involved in our fast-growing Facebook, Twitter, and LinkedIn social media communities as we are Helping Seniors of Brevard!

Helping Seniors TV On-Demand

View the entire Helping Seniors TV library, at your convenience, on our YouTube channel!



Call Us!

Give our Brevard County Senior Help Desk a call at **321-473-7770**. Our Senior Information Specialists are there to serve you!

Helping Seniors of Brevard

571 Haverty Court - Suite W - Rockledge FL 32955-3611

321-473-7770

Info@HelpingSeniorsofBrevard.org



WHAT IS OLD? ARE WE THERE YET? *by Joe Steckler*

As you know, that could be a "loaded" topic. Years ago, I had an email from a reader in Virginia who had received one of our old "Focus on Seniors" columns from a friend in her local area.

The column to which the reader referred was about the "elderly" and the reader had talked to a friend who had visited her doctor and been called "elderly," to which the friend took umbrage. For many, the use of the "elderly" strikes a discordant cord. Others simply take the word in stride. Me? I'm happy to get up each morning even though many mornings are painful.

All of us have different thoughts about how to "handle the aging process." I have seen many words to describe aging: gracefully, with dignity, terribly, badly and some not so kind used. The ones who age best, in my opinion, are the ones who realize that aging, getting older or whatever words you want to use are those that accept the aging process and do the best they can to have a positive impact on those with whom they come in contact with. In this case we are the recipients and the manner in which we accept our fate determines, most often, the way we present ourselves to others as we do move forward on the "golden tracks." How we manage that progress is our choice.

I often review the topics of our various columns and, in the main, there are some pretty good recipes for addressing aging issues. Of course, there are no recipes for those who are not willing to accept the fact that we do/will get older. The manner in which we accomplish such fact makes it easier or more difficult for friends, associates, and loved ones to accept us.

Something that bothers me most about aging is there are so many programs of assistance and information sources that can help us us that many simply do not know about. That is why we started Helping Seniors. We wanted to complete, not compete with others who did their best to assist us as we age. Helping Seniors is now involved in developing a Senior Advocacy plan and the return survey information shows many seniors are lonely, need help of many types of but most all need information, advice, someone to talk over problems and connect with resources. Programs like Aging Matters, SHINE (Serving the Health Insurance Needs of Seniors) and others are excellent sources of addressing aging issues but, as good as these organizations are, more needs to be done. Helping Seniors has continued and developed new information, education and connection resources that can be accessed by going to HelpingSeniorsofBrevard.org. New partnerships that will address aging, ways to age and programs to assist with aging will be formed. It will be the task of Helping Seniors to make us aware of new medical and aging resources, assistance programs and funding available to help those in need. Most important, we are talking about people of Brevard County becoming more involved in their own care.

Think back to the title of this column. What is older? Are we there yet? Many of us are there-older-but how we age, in many respects, is a measure of how we ourselves elect to age! By being better informed, we avail ourselves of a wide ranging arena of services that can help us. Tell others about this column so we can spread the wealth, for information is a resource that is free and assists us all. Call Kay at 321-473-7770 or go to HelpingSeniorsofBrevard.org and read about us. Get involved!



Arm Yourself with Stroke Knowledge for Identification and Prevention

*Shannon Royer, Marketing
Coordinator*
HealthSouth Sea Pines
Rehabilitaion Hospital

May was National Stroke Awareness month, and every month at HealthSouth Sea Pines Rehabilitation Hospital in Melbourne. As Brevard County's only acute rehabilitation hospital, and holding Joint Commission accreditation for stroke rehabilitation, Sea Pines knows a thing or two about the importance of recognizing the signs and symptoms of a stroke. With the assistance of the National Stroke Association, Sea Pines has compiled the following list of symptom identifiers that can help you understand and identify if a stroke has occurred. Understanding and recognizing these symptoms can help keep you act **F.A.S.T.** in the event of a stroke. There are treatments that can minimize the effects of a stroke; however, these treatments must be administered within the first three hours of the first symptom showing itself. If you see any of the following signs and symptoms, remember to act **F.A.S.T.** and call 911!

F= Face - Ask the person to smile. Does one side of the face droop?

A=Arms - Ask the person to raise both arms. Does one arm drift downward?

S=Speech - Ask the person to repeat a simple sentence. Are their words slurred or nonsensical?

T=Time - If you observe any of these signs, it's time to call 9-1-1!

Take the time to recognize these symptoms of stroke, and implement tips to healthier living. While a stroke can hit anyone at anytime, it certainly pays to do what you can to prevent the life-threatening illness that, according to the National Heart Association, effects 795,000 people a year. Understanding the signs can help you save another person's life, but ultimately, the life you save might just be your own!

HealthSouth Sea Pines Rehabilitation Hospital is Brevard County's only acute rehabilitation hospital. A Joint Commission Accredited hospital for stroke rehabilitation, Sea Pines is a 90-bed medical rehabilitation hospital that offers comprehensive inpatient and out-patient rehabilitation services.



Have you taken the Helping Seniors 2015 Advocacy Survey?



Visit www.HelpingSeniorsofBrevard.org
and be heard in this important survey today.



Would you like to donate? Look for our DONATE tab at
www.HelpingSeniorsofBrevard.org
or send to: Helping Seniors of Brevard
P.O. Box 372936 - Satellite Beach FL 32937