

Help Us to Continue Helping Seniors



For five years Helping Seniors of Brevard has taken a lead role in informing, educating, and connecting seniors and those who care for them to needed resources. Public response to our radio, television, and printed media has been overwhelmingly positive. That there is a great need for what we bring to the senior population is evidenced by your

response. We believe that nothing is more important than making good programs available to assist seniors.

In last month's column, I talked about the many resources we have in Brevard to assist those in need. The office received many calls, as did I at home. These calls confirmed my belief that programs like Helping Seniors, North Brevard Sharing Center, our food banks, and others must be funded because they are a lifeline to many in need. Unfortunately, there is not enough government funding available to assist everyone. Government programs and organizations cannot meet all the needs of our senior population.

Helping Seniors does not receive government aid, but we do have a business plan to help fund our work. Ever since our founding in 2011, I have donated my time to develop the organization. But as I approach my 83rd birthday, it is time to hire an understudy to take my place. In order to raise money, we are raffling a donated 1992 V12 XJS Jaguar. If you want to help us promote this raffle or make a donation for tickets on a very beautiful car, I ask you to call Kay at 321-473-7770. She will give you information on how to join this effort to earn our own way and help all in Brevard County.

Senior care, and all that it entails, is a unique topic that can be addressed in a myriad of ways. But perhaps the best way to help our elder citizens is to increase their knowledge. Kay, our information specialist, has guided more than 1,100 people to the resources they need to improve their quality of life. Whatever the issue, be it insurance, health care, home aides, estate planning, grab bars, senior housing, transportation, or veterans' benefits, we do our best to listen and provide answers.

Since it is so important to focus on what we need to know to help us age, the question then becomes, "What is it we do not know?" Believe it or not, almost any situation can be resolved to some extent if we talk about it. Note that I say resolved, but maybe not to the extent you desire. In the living of life we must make compromises, and that perhaps is the most difficult of all lessons to accept.

I realize this is not an ordinary column for me to write, but I assure you that your help now is vital to our continued ability to serve this community. With the wide dissemination of this article in our many written media resources, I pray for your support. If we did not need your help I would not seek it. Please call 321-473-7770 or go to www.helpingseniorsofbrevard.org to help or donate. We will appreciate it.

Joe Steckler is the President of Helping Seniors of Brevard, a non profit 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 **SS**



Family-to-Family

Education Program

FREE for family members, partners, and friends of individuals with:

Major Depression
Bipolar Disorder (Manic Depression)
Schizophrenia and Schizoaffective Disorder
Borderline Personality Disorder
Panic Disorder and Obsessive Compulsive Disorder
Post-Traumatic Stress Disorder (PTSD)
Co-occurring Brain Disorders and Addictive Disorders

A series of 12 sessions structured to help caregivers understand and support individuals with serious mental illness while maintaining their own well-being. The course is taught by a team of trained NAMI family member volunteers who know what it's like to have a loved one struggling with one of these brain disorders. There is no cost to participate in the NAMI Family-to-Family Education Program. Over 300,000 people in the U.S., Canada, Mexico, and Northern Italy have completed this course. We think you will be pleased by how much assistance the program offers. We invite you to call for more information.

The NAMI Family-to-Family program has been shown to lead to positive life changes for participants that enable them to feel more in control of their own lives including:

- Significantly greater overall empowerment as well as empowerment within their family, the service system and their community
 - Greater knowledge of mental illness;
 - A higher rating of coping skills;
- Lower ratings of anxiety related to being able to control conditions; and
- Higher reported levels of problem-solving skills related to family functioning.

Classes Start: September 13, 2016
Circles of Care ALC
2000 Commerce Drive, Melbourne
6:00 – 8:30 p.m.

To register, please contact
(321) 259-8854 eaudelo@cfl.rr.com or
(321) 453-4462 skittles@cfl.rr.com