



## Problem Solving & the 6 P's

by Joe Steckler, President  
Helping Seniors of Brevard

If we are honest with ourselves, most of us can relate to the shortcomings & vulnerabilities of others. Since writing about the problems of increased opioid use & pain management, I have been contacted by many who do understand the need to address these issues. And, while we can't solve all problems, doing something to assist a few is a step in the right direction.

I have written for many years about the need to develop an Aging Plan for Brevard. My efforts to generate real grass roots interest in doing so seem to fall on deaf ears. Does this mean that such a plan is not needed? Not at all. Timing is everything. Even though 50% of all Brevard County residents are over age 50, we seem quite happy to continue failing the 6 Ps: Proper Prior Planning Precludes Poor Performance. You can always add one more P, but I'll let you figure that out.

Another failing that can be attributed to poor planning is the ill timed act of our Commissioners to defund the Community Based Organizations program. Those of us who work with the elderly population will surely feel the negative consequences of this decision. For instance, several newly opened adult daycares in Brevard are in danger of closing simply because there is no seed money available from the County, United Way, or federal sources to help them attract customers. Whether we want to admit it or not, many of those needing daycare do not have the funds to pay the cost, which exceeds \$50 per day. This is another reason why

a certain portion of the County budget should be allocated to helping seniors.

Having said the above, we can at least do something on a small scale to help those in our community who suffer from poor pain management & ignorance concerning their ailment & treatment options. Consider for a moment that you have lived in pain for years, taking over the counter medications when you could have received reliable medical advice. Why not become better informed by listening to others who have similar problems? Info is important, but only when we obtain this info from controlled sources.

I think back to my own medical problems, & they are considerable. We have become a pill society & in some cases that can not be helped. But what if you have been misinformed? Don't you owe it to yourself to find info that can help you identify your problem? At least think about my words today. Attending a support group might not work for you, but I can assure you that failure to take any action will result in a status quo.

Pain is not fun, nor is poor health. To become part of a pain management / fibromyalgia support group with Helping Seniors, call us at 321-473-7770 or email info@helpingseniorsofbrevard.org. As soon as we can identify the best group time, the support group will start – I hope you will join us. **SS**

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which is heavy on pancakes, eggs & sausage for breakfast; & meat, potatoes, gravy & bread for dinner. Working on the farm can burn off those calories, but all the fat & salt & carbs still take a toll.

The most powerful weapon in the Amish long-life arsenal, however, may be genes. The Amish population in the U.S. is about 300,000, descended from just 200 families that immigrated in the 1700s. They mostly marry within their own communities, which means the genes that existed when their ancestors got to America have remained. That can be a dangerous thing if bad genes are hidden in the mix but a good thing if the genes are sound. While no community is without genetic problems, the Amish seem to have gotten a lucky draw.

While much of the Amish advantage is unique to the Amish themselves, there is one long-life lesson they can teach everyone else. Almost all elderly people in the Amish community are cared for at home, by relatives. This isn't always realistic or possible in the non-Amish world, but when it is, it pays huge health dividends. One study estimated that aging in place has the same longevity benefits as quitting smoking. In all communities, it seems, the power of family may trump the power of medicine. **SS**

## 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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