



## We Need Your Help

by Joe Steckler, President Helping Seniors of Brevard County, Inc.

This could be one of the most important articles that I have ever written. I say that to let you know that I am asking for your help. On April 27th, we are holding our 3rd annual car raffle from 6-9 PM at the American Muscle Car Museum on Sarno Road. Your donation of \$25 for one ticket or \$100 for five tickets includes your admission to the event, refreshments, and a chance to win a car. This year, the lucky winner gets to choose one of three cars – a Dodge Challenger, a Mazda convertible or a Dodge Ram truck – all vehicles made available by Boniface-Hiers dealerships. What is more important is that your donation will help support Helping Seniors of Brevard. Here is one reason why we need to keep this organization alive.

On March 12th, two seniors in Dallas, Texas, called us seeking assistance for their two elderly family members here in Brevard, one of whom is being treated for brain cancer. Both families were distraught because they were so far apart, but were able to locate Helping Seniors from an Internet search. I called the local family and learned that one member had suffered seven strokes, chemo had been stopped, and that a case worker was going to call them later. I contacted the social worker and encouraged a live versus telephone assessment, which helped both families relax a little bit and gave the social worker a much better appreciation of the situation. Still, there are significant financial, health,

and emotional issues involved, which will require major adjustments for both families.

A second case involved a disabled lady who has been living in her home for 30 years without complaint. Her margin of home payment when compared to her fixed income is \$197 to pay transportation, food, clothing, and personal needs. She also gets \$108 in food stamps. How many reading this article could live on such an income? I talked with someone about the case who asked why she didn't sell her home and move into Trinity Towers. She would if there wasn't a two-year waiting list, as is the case for almost all affordable housing in Brevard. The lady has never been able to work and until now has struggled to make her way. I directed her to assistance she did not know about, such as help with cleaning, Meals on Wheels and other programs for people who cannot perform a certain number of activities of daily living.

Why is this important? Why is Helping Seniors important to many of the thousands of seniors in Brevard who face similar situations? These are real life examples, not some case study in a social worker class. Most importantly, these are examples of people we assist through your support of our car raffle and sponsorship of our programs. I hope you will see from my article today why your support is so important to many in our community and how your donation could be a major factor in helping our neighbors.

SS

### ALCOHOL continued from pg 21

state reformatory-proof that the problems of heavy drinking were now as much the province of the medical profession as the church or the state. America's "Great Experiment" with prohibition between 1920 and 1933 succeeded in reducing the average alcohol consumption of Americans, but – like the Gin Craze before it – prohibition also turned production and consumption into an unregulated black market.

The second half of the 20th century saw another revolution in the medical and moral framing of drinking. In 1939 two reformed alcoholics – Bill Wilson, a stockbroker, and Bob Smith, a physician – published Alcoholics Anonymous. Taking their cues from Benjamin Rush, Wilson and Smith argued that alcoholics should not be stigmatized. They were suffering from an illness that could be treated, though not cured, with a 12-step program and regular meeting with other alcoholics, rooted in the notion that the drinker's own mind. The approach proved popular but remains controversial, and in recent years doctors have deployed behavioral therapies and drugs like naltrexone in the treatment of chronic alcoholism.

The health and fitness boom of the 1970s and 1980s, along with the identification of fetal alcohol syndrome in 1973, has deepened awareness of the health risks associated with heavy drinking. Since the mid-1980s alcohol sale, both in U. S. and U. K., have risen, with a parallel increase in alcohol-related mortality. All campaigns, though, face the same key question: what does individual choice mean in a society where cheap alcohol, advertising, and opportunities to drink are pervasive? **SS**

## SUDOKU

By Linda Thistle

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### DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging

♦♦♦ HOO BOY!

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