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Seniors and Coronavirus

ince my last column, our country and state have experienced changes like none I have witnessed before. Many of us who lived during World War II did not experience some of the current restrictions; even in time of war we were able to attend the religious service of our choice. Social distancing has radically changed the way we conduct business and live our lives. And, it has hindered the ability of nonprofits to raise funds for needed services.

I have been asked about the conduct of our car raffle. It has been necessary to delay the grand drawing (originally scheduled for April 25) until the American Muscle Car Museum is cleared to host large crowds. I



HELPING SENIORS OF BREVARD JOE STECKLER

know the majority of ticket donors want to to see the museum as well as have an opportunity to win a car and assure you that the raffle will take place as soon as possible.

We will continue to sell tickets at all Boniface-Hiers dealerships, online at www.Help-

ingSeniorsCarRaffle.com, or by calling 321-473-7770. I regret the postponement but know that you understand that we too must follow the safe distancing rules set forth by the Governor. We do appreciate those who have continued to make tickets donations and ensure our ability to continue operations.

One thing the pandemic has shown us is that we were not prepared to cope with such an event. Fear caused many people to hoard toilet paper and other products. Even in World War II few items were hoarded, but then ration books helped prevent such an occurrence. I do hope that this virus has taught us some lessons about how to live and share with others.

The experiences of the past month also have exacerbated ongoing issues with which we all should be concerned. Affordable housing, accessible transportation, and fully stocked food pantries are not just items to be addressed in a county aging plan. These concerns require the immediate attention of our elected officials, not just advisory panels or under funded nonprofits, which are dependent on charitable giving to maintain their

We have much to do to assure that assistance is available in times of crisis. The Senior Advisory Council is part of the solution, so as soon as we get cleared to conduct the first meeting, you will be informed. In the interim, please keep making your ticket donations and designate Helping Seniors when making your Amazon Smile purchases. Because businesses, as well as people, are vulnerable from COVID-19. STAY SAFE.

Contact Helping Seniors at 321-473-7770, at www.HelpingSeniorsofBrevard.org, or at P.O. Box 372936, Satellite Beach, FL 32937.





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Notes

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manage symptoms of anxiety and improve disturbed sleep.

One such tool that will be utilized is the MyStrength application. Health First recently teamed up with Livongo, a healthy living platform, to offer a support line that provides people with a safe, supportive place to call during the crisis. Livongo is also pitching in with stress relief efforts by offering free

access to MyStrength, a website tool that can be used as an additional option for support and resources.

Associates and members of the community can call the COVID-19 Stress Support line by dialing 321-434-7700, or by visiting https://bh.mystrength. com/healthfirst

Posey Announces 2020 **Congressional Art Competition** Winners

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