

Family, Friends, and Faith

It is easy to get wrapped around the axle talking about senior care and how to pay for it, types of care, transportation, living accommodations, etc. While these issues do affect our ability to live comfortably and within our means, it is equally important to remember our family, friends, and faith – especially in this age of coronavirus.

For families, they have been separated from loved ones in nursing homes and assisted living facilities that have been in lock down for many months. That is a long time when we are talking about older family members. Though many facilities now connect people by computer, you cannot hold hands or hug electronically. Nor can you help loved ones with feeding or other tasks, taking some of the work load off of facility staff. Still, the use of Skype or



**HELPING SENIORS
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Zoom has opened doors for many, both near and far from family. This same capability can also facilitate communication between well members of a family when travel is limited.

For friends, we need them now more than ever. Sometimes people are reluctant to ask for help, or feel they cannot lean on a friend if they have not been in contact lately. This is not true, and is something that most of us have to overcome. If a person had indicated

that they want to help, then let them. Conversely, if you believe a person to be a friend that you could ask for help in a time such as this, then call them. Well people know that others need help shopping or getting to a doctor, so let them know your status.

Finally we come to faith. Faith can mean many things to many people; I have heard endless variations in my 86 years. But coronavirus has changed things even more dramatically. For instance, I am Catholic and have regularly attended Mass. Now, I watch it on TV. This is a substitute for actual attendance, but it does not satisfy my desire to be there in person, just as a computer cannot satisfy someone who wants to hold a loved one in a nursing home. The important thing to remember is that we do benefit from our faith,

regardless of how we practice it. Do unto others as you would have them do unto you goes a long way, especially in times of crises such as we are experiencing today.

We can get by all this is if we remember family, friends, and faith. They are powerful words and have enabled this great country of ours to be what it is today. A little different article from what I usually write but maybe it is time for all of us to take a hard look at how we are combating coronavirus. Take a moment and reflect on how you might do better. Wear your mask and avoid crowded places.

Contact Helping Seniors at 321-473-7770, at info@helpingseniorsofbrevard.com, or at P.O. Box 372936, Satellite Beach, FL 32937.

Rants

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meaning that they take our money with a promise to help us when we need it the most and then leave us to fend for ourselves. If you are an employer who covers your employee health plan with Blue Cross you should cancel the contract. If you are an individual with Blue Cross you should insure with another company. We need to send a message to Blue Cross that their actions are cruel and inhuman. I wonder if coverage

would have been denied if this little 15 year old girl was a Blue Cross administrator's daughter.

More trash complaints

Amen to the person who wrote saying that people who want trash pickup twice a week should get a second bin. Increasing the cost of service 91% for something we don't need is despicable. Many will find this increase a hardship.

Of all the people I know, not one was a part of any "study". The only council member voting against this action is Jeff Bailey.

Remember this situation in the coming election.

Hyping up the weather

Stop hyping up the weather! The weather people are acting like Tropical Storm Isaias was a Category 4 hurricane. They need to stop hyping up the weather, people are already stressed enough of the virus and you have to wear a mask everywhere. It's already stressful.

I'm not gonna believe anything they say when they do this. A lot of this stuff is political.

R&R on masks

Rant: I feel less safe shopping at higher end stores like Publix where they don't enforce wearing masks than at discount stores that do enforce wearing masks so I have adjusted my shopping requirements accordingly.

Rave: Kudos to Walmart and other stores who do enforce wearing masks and have self checkouts where no one else handles my items!

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