



Senior Health

By Joe Steckler, *President,*
Helping Seniors of Brevard County

Recently I had a personal reason to be reminded of the rapid growth of the modern medical profession and its ability to help people. In particular, I would like to discuss my recent knee replacement, as it is especially pertinent to older people.

For many years I tried almost every treatment known to man to delay or prevent knee replacements. With every advancing treatment I knew that my "pain management journey" was soon coming to an end. Since I had to be transported everywhere, I knew that if I wanted to walk I had to face the inevitable – replace the knees.

Having made my decision, I was catapulted into a different part of the medical field, elective but necessary surgery. My next step was to pick a surgeon. Flooded by advice from friends, I finally looked one doctor in the eye and asked, "Who would you use?" I got the answer and today am happy with my choice. Then I had to get blood tests, which turned up new 86-year-old problems that had been lurking awhile despite my best attempts to follow a good health regimen.

Once these hurdles were past, I was operated on and faced the inevitable pain. By now I have the discomfort and swelling in hand and can see the light at the end of the tunnel.

However, I have one more knee to replace and am building the will to get that done, especially if I am to get back out promoting Helping Seniors and our car raffle. Here I might add that while I have the help I need, Helping Seniors serves those who do not have help, so your support of our major fundraiser will be most appreciated.

Here are some key take-away points from my article:

1. When delaying elective surgery, consider the health implications of doing it at an older age. This is so important in your ability to recover.
2. Conduct research when selecting a surgeon. Listening to friends is good but may not be so in your case. Talk to a doctor you like and ask him or her who they would select.
3. If pain is not under control after surgery, tell your doctor. This happened to me after I returned home and a call to the doctor's office resulted in new medication.

Your active participation in your own health care is vital. Be open with the team you have selected and, if what you were told to expect does not happen, then respectfully let your team know. Doctors can help you, so be honest with them as they work with you.

Now to the second knee operation – while I am not looking forward to it, I am sure thankful for the effective medical care we enjoy in the U.S.

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

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2021 FOUNDATION CRUISE HELPING SENIORS OF BREVARD

Feb 21st - 28th 2021
7-Night Cruise Round Trip Port Canaveral



Sail with friends and family from Brevard County! Special Exclusive Helping Seniors Programs on board plus Special Musical Guest Lorri "I'd Like to Teach the World to Sing" Hafer, Jazz/Big Band Singer, who has toured the world with the Glenn Miller Orchestra, The Tommy Dorsey Orchestra and Les Brown's Band of Renown.



SPECIAL 7 NIGHT CRUISE TO HELP OUR SENIORS

Interior Deluxe Stateroom	\$ 760.00 per person
Ocean View Stateroom from	\$ 860.00 per person
Ocean View Balcony Stateroom from	\$ 900.00 per person
Junior Suite from	\$1320.00 per person
Quad & Triple Cabins Available	CALL FOR PRICING

Passport or Original Birth Certificate & Photo ID Required

Price Includes...

- Cabin * All Port Charges * All Taxes * Travel Insurance
 * Gratuities * Admin Fee * Fundraising Donation – Helping Seniors of Brevard * Special Seminars
 * Private Cocktail Party * World Class Casino * Comedy Shows * All Meals * All Entertainment
 * Work-Out Facilities * World Class Spa * Great Dancing * Live Bands

Price does not include...

- Wine, soda, specialty coffee, bottled water or liquor drinks • Alternative Restaurants • Parking • Excursions

Itinerary...

- Sunday February 21st Leave Port Canaveral at 5:00PM • Monday February 22nd Ocean Cay Private Island
- Tuesday February 23rd Ocean Cay Private Island • Wednesday February 24th Fun Day at Sea
- Thursday February 25th Grand Cayman • Friday February 26th St. Thomas
- Saturday February 27th Fun Day at Sea • Sunday February 28th Arrive Port Canaveral

**EARLY BOOKING INCENTIVE: BOOK BEFORE 10/20/2020
& RECEIVE FREE INTERNET & \$50.00 PER CABIN ON BOARD CREDIT**

Payment Information

Initial deposit \$400.00 per couple
Final payment December 10, 2020
Cancellation: \$35.00 Admin fee • After 12/10 No Refunds

Contact: Helping Seniors of Brevard Travel Club Office 321-978-5211
or Chris Morse 818-430-1480 Cell

Cruising the Sea of Excellence



Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit. Helping Seniors of Brevard - Senior Resource Center - 1894 S Patrick Dr - Indian Harbour Beach, FL 32937. The Helping Seniors Travel Club is operated by Senior Travel division of The Travel Center - CST # 20000881-10 FST # 14672 - who is solely responsible for all travel arrangements. A portion of travel commissions from Helping Seniors Travel Club Members travel funds the Helping Seniors Endowment.

The Helping Seniors 2020 Car Raffle

- (1) Choose your car!
- (2) Get your Car Raffle tickets!
- (3) Get Ready to Win!
- (4) Watch the Grand Drawing!



Grand Drawing
Facebook Live/YouTube Live
Saturday - October 10th 2020
(Broadcast from American Muscle Car Museum)



All funds raised support the work of
Helping Seniors of Brevard.

Please note: Due to Covid-19 Restrictions, the
October 10th Grand Drawing Event at the American
Muscle Car Museum will not be open to the public.

Your ticket, however, will be valid for an "Admit One"
complimentary visit to the American Muscle Car
Museum at a future date to-be-announced as
Covid-19 Restrictions allow.

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