



# Family, Friends, and Faith

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

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 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. And, many facilities now have visiting hours for family and close friends.

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 87 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, and it has enabled many of us to get through this pandemic. 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, reflect on how you might do better and possibly help someone in need.

Contact Helping Seniors at 321-473-7770, at [www.HelpingSeniorsofBrevard.org](http://www.HelpingSeniorsofBrevard.org), or at P.O. Box 372936, Satellite Beach, FL 32937. ©

**DRIVE-THRU  
SENIOR EXPO**

**Tuesday, March 23**  
**9 a.m - 11:00 a.m.**  
**Melbourne Auditorium Parking Lot**

**How to participate:**

- Seniors are asked to stay in their cars as they drive thru the expo.
- Stop at each station to receive information and goodies
- Seniors and vendors will be wearing masks
- Free goody bags for the first 400 cars
- FREE coffee, snacks & refreshments

**FREE BAG**

**FREE COFFEE**

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**For Info call: 321-773-1454**



# 2021 FOUNDATION CRUISE HELPING SENIORS OF BREVARD

Oct 17th - Oct 24th 2021 - 7-Night Cruise Round Trip Port Canaveral

**NEW DATES FOR A SAFER CRUISE**



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.

### BACK TO SEA SPECIAL:

Limited Time Offer

Book an Inside Cabin & receive FREE Upgrade to BALCONY CABIN!



### SPECIAL 7 NIGHT CRUISE TO HELP OUR SENIORS

Interior Deluxe Stateroom	\$ 790.00 per person
Ocean View Stateroom from	\$ 890.00 per person
Ocean View Balcony Stateroom from	\$ 930.00 per person
Junior Suite from	\$1320.00 per person
Quad & Triple Cabins Available	CALL FOR PRICING

Original Birth Certificate & Photo ID Required -or- Passport

### 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 Oct 17th Leave Port Canaveral at 6:00PM • Monday Oct 18th Ocean Cay Private Island
- Tuesday Oct 19th Ocean Cay Private Island • Wednesday Oct 20th Fun Day at Sea
- Thursday Oct 21st Cozumel Mexico • Friday Oct 22nd Costa Maya Mexico
- Saturday Oct 23rd Fun Day at Sea • Sunday Oct 24th Arrive Port Canaveral

**EARLY BOOKING INCENTIVE - Book inside & receive free upgrade to Balcony**

### Payment Information

Initial deposit \$400.00 per couple  
 Final payment July 15, 2021  
 Cancellation: \$35.00 Admin fee  
 After 07/15/21 You will get Future Cruise Credit



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 # 2000881-10 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.