

# Staying connected is vital to the older community

What do I mean by such a title? With all that has personally happened since August 2020, those words are tremendously important to me. Devoting much of the past eight months to my own physical health, I withdrew from work, friendships, church, and many things I did for others through Helping Seniors.

Like the 166 others who were in the rehabilitation center with me, it was difficult to stay connected physically due to the pandemic. I found it hardest to be isolated from my wife. Initially there were no visits, then 15-minute family visits were permitted outside. This was a good way to stay connected unless you had no one to visit you. With good planning, we can help alleviate this lack of support.

There was also much use of FaceTime to visit virtually with family or friends. I



**HELPING SENIORS OF BREVARD**  
**JOE STECKLER**

looked forward to my daily (well, more than daily) calls to my wife. Sitting at home, chairs close to each other, and talking over the TV are a daily occurrence for most of us. This changes when one or the other is sick or no longer with us.

When I was Director of the Brevard Alzheimer's Foundation, we had a program where we made 20 calls daily to single people who were elderly, frail, needed help, or just wanted someone to talk to. We eventually expanded the program to make

doctors' appointments and arrange for grocery shopping or other tasks. This was one of our most memorable programs, for it was truly meaningful and needed.

Unhealthy isolation affects everyone, not just the elderly. We read about rising depression, suicides, and even all the horrible shootings and wonder why these occur so frequently. Perhaps staying connected might have a positive impact on our actions. I have taken many phone calls from people in need over the years, and most just need someone to listen.

When I first became Director of the Alzheimer's Foundation, an elderly couple came to our office and asked to see me. They sat in front of my desk for over an hour holding hands and explained the reason they were there. As they talked, I realized they just wanted an affirmation of the plans they had made to live and prepare

for death. I interrupted only three times to ask a question. When they finished, the husband said I was the first person who did not tell them what to do. Those words and the time we shared made a lasting impression on me. Listening is a skill we have forgotten and a wonderful way to stay connected.

It is always amazes me how just talking about a topic can inspire others to do something about it. As president of Helping Seniors, I can implement a calling program and enable many to stay connected. Maybe you know a shut-in that needs such a service. If so, please call us at 321-473-7770 and tell Kim you need this service or know someone who does.

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.

## Calendar

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and restore Green Gables and save history, but time is of the essence. Please visit our website at [greengables.org](http://greengables.org) and watch our documentary entitled "Forgotten Enchantment".

Learn more at - <http://www.greengables.org>.

Questions? Email Sue Fallon at [sue.greengables@gmail.com](mailto:sue.greengables@gmail.com) or call (321) 536-6357.

The Green Gables at the Historic Riverview

Village is located at 1501 S. Harbor City Blvd. in Melbourne.

**Mini Book Sale:** The Friends of the Melbourne Public Library will hold their next mini book sale on May 1st.

It will be held in 2 locations. One of the locations will be outside the library from 9:30 to 12:30, weather permitting. The other location will be at the used bookstore in the library itself from 9 a.m. to 5 p.m. Hard covers will be on sale for \$1 each. Paperbacks are .50 cents each, and if you buy one we'll give you another one for free!

**Hook Kids on Fishing:** Fishing lessons for kids 5 to 15. Taught by professional guides and knowledgeable anglers, this hands-on, conservation-minded and educational fishing program teaches children casting, knot tying, fishing safety, tackle box essentials, catch and release tactics, fishing habits, conservation practices and more! FREE rod, reel, and tackle box. All children must be accompanied by an adult.

Upcoming Events:

-May 1: Palm Bay Parks and Recreation

-May 8: Tarpon Springs Recreation Division  
Registration opens 6 weeks prior to event. Registration is limited and required. Register

at: <https://www.anglersforconservation.org/hook-kids-on-fishing/>

Anglers for Conservation is a 501c(3) non-profit whose mission is to inspire new generations of marine stewards through education, conservation and fishing.

**Monday May 3 through Friday May 7**

**EnergyWhiz:** This is a renewable energy-focused virtual event for students to demonstrate their science, technology, engineering, art and math (STEAM) capabilities through project-based learning activities. The virtual

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<sup>1</sup>According to the Centers for Medicare & Medicaid Services (CMS) Medicare Advantage (MA) Membership Reports, April 2021. Space Coast. CarePlus is an HMO plan with a Medicare contract. Enrollment in CarePlus depends on contract renewal. Referrals and/or authorization may be required for certain specialists. This plan covers certain services received from out-of-network providers in Brevard and Indian River counties in Florida. Except in emergency or urgent situations, non-contracted providers may deny care. You will pay a higher copay for services received by non-contracted providers. Out-of-network/non-contracted providers are under no obligation to treat CarePlus members, except in emergency situations. Please call our Member Services number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services. Every year, Medicare evaluates plans based on a 5-star rating system. CarePlus Health Plans, Inc. complies with applicable Federal Civil Rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, marital status, or religion in their programs and activities, including in admission or access to, or treatment or employment in, their programs and activities. Any inquiries regarding CarePlus' non-discrimination policies and/or to file a complaint, also known as a grievance, please contact Member Services at 1-800-794-5907 (TTY: 711). From October 1 – March 31, we are open 7 days a week, 8 a.m. to 8 p.m. From April 1 – September 30, we are open Monday – Friday, 8 a.m. to 8 p.m. You may always leave a voicemail after hours, Saturdays, Sundays, and holidays and we will return your call within one business day. Español (Spanish): Esta información está disponible de forma gratuita en otros idiomas. Favor de llamar a Servicios para Afiliados al número que aparece anteriormente. Kreyòl Ayisyen (French Creole): Enfòmasyon sa a disponib gratis nan lòt lang. Tanpri rele nimewo Sèvis pou Manm nou yo ki nan lis anwo an.