



Staying Connected

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

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 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, or at P.O. Box 372936, Satellite Beach, FL 32937. ©



The Helping Seniors 2021 Car Raffle Choose Your Winning Car:



2021 Dodge Challenger



2021 Chevrolet Camaro



2021 Mazda Miata



2021 Kia Sportage

1 ticket for \$25 or 5 tickets for \$100 Donation.

For Tickets: www.HelpingSeniorsofBrevard.org

Call 321-473-7770 and/or get yours at all Boniface Hiers Dealerships.

Helping Seniors Car Raffle Grand Drawing - Saturday October 9th 2021
Grand Drawing will be at the American Muscle Car Museum.



Base model provided. Upgrade at winner's cost/discretion. Need not be present to win. See Official Rules for complete details. Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit.



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 # 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.