

# Designing the way we grow old

In this series, I have talked about physical fitness for seniors, the challenges associated with growing old, and the importance of a workout routine. No matter what we do to slow the process, we will grow old (if we are lucky). What matters, then, is the effort we direct to accepting or changing the aging process. For some, this process will go along as the body tells it to. But we can do some things to help combat the way the body wants to age. In other words, we can build our own plan to tell our body how we want it to develop.

With the help of a very good therapist, I put together a daily workout regimen that I follow religiously every day. One challenge was to be nimble enough to easily roll over



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

in bed. If you think this is simple at 88, try it. This might be more of a challenge than you think. Or see how many sit-ups you can do. If you find that you can not do a regular sit-up, try lying on your bed with the back of your legs against the side of the bed. I did 35 that way this morning, increasing my daily tally from 15 to 35 over a three-week period. Even a modified sit-up will help

tighten your stomach, keep your body flexible, and reduce aches and pains.

I can honestly tell you that by forcing my body to respond to the exercises, I have gained some freedom of movement and decreased pain. The real gain is the knowledge I have learned in using my knuckles to massage the tendons in my legs and lower back, though I caution you to consult an experienced therapist before you try this. I assure you that this is possible because I do a 45-minute daily workout before I get out of bed, and it works.

To gain some insight into the comments in this article, read the September issue of the AARP magazine article titled "Roll Away Pain". See how a tennis ball and a

hard foam roller can be used right in your home to develop your own exercise program that will produce results most pleasing to you.

We will age, but the manner in doing so may be largely controlled by you. Give some serious thought to my words today, for there are ways in which every reader can help themselves age with dignity, even if it is only controlling the type and amount of food ingested. Still, the exercises will help more.

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.

## Crime

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arrested Sept. 27 and charged with possession of cocaine, and felony possession of a controlled substance while in physical control of a motor vehicle.

Johnathan Smith, 25, of Miami, was arrested Sept. 27 and charged with felony battery (2nd or subsequent offense), and robbery by sudden snatch without firearm or weapon.

Gregory Sorensen, 35, of Melbourne Beach, was arrested Sept. 27 and charged with possession of cocaine, driving under the influence (3rd violation in 10 years), possession of drug paraphernalia, refusal to submit to DUI test after license suspended, and keeping building/shop/vehicle for drugs (subsequent offense).

Rontabious Torbert, 33, of Cocoa, was arrested

Sept. 27 and charged with possession of cocaine, possession of a controlled substance, and possession of drug paraphernalia.

Debra White, 42, of Cocoa, was arrested Sept. 27 and charged with fleeing and eluding a police officer, resisting officer without violence, possession of a controlled substance, and possession of drug paraphernalia.

Alexandra Winters, 24, of Cocoa, was arrested Sept. 27 and charged with driving while license suspended (habitual offender), driving under the influence, and failure to register a motor vehicle.

Michael Armbuster, 45, (homeless/address not listed), was arrested Sept. 28 and charged with possession of cocaine, and resisting officer without violence.

Deshay Gaston, 28, of Cocoa, was arrested Sept. 28 and charged with possession of a controlled substance.

Jason Gingras, 44, of Cocoa, was arrested Sept. 28 and charged with use/possession of ID of another without consent, and scheme to defraud less than \$20,000 as false pretenses.

Dwight Moore, 48, of Boynton Beach, was arrested Sept. 28 and charged with two counts of grand theft larceny over \$5,000 and less than \$10,000, driving while license suspended (habitual offender), and fleeing and eluding police officer.

Carol Murray, 55, of Titusville, was arrested Sept. 28 and charged with possession of cocaine, and possession of drug paraphernalia.

Destiny Sierra, 23, of Cape Canaveral, was arrested Sept. 28 and charged with use/possession of ID of another without consent.

Rodney Smith, 28, of Edgewater, was arrested Sept. 28 and charged with possession of a controlled substance, and driving under the influence.

Shawn Snow, 44, of Satellite Beach, was

arrested Sept. 28 and charged with battery on a person 65 years of age or older, and battery as domestic violence.

Julia Whalen, 19, of Cape Canaveral, was arrested Sept. 28 and charged with use/possession of ID of another without consent.

Jeremy Baker, 34, of Titusville, was arrested Sept. 29 and charged with possession of a firearm/ammunition/weapon by a convicted felon, and resisting officer without violence.

Christopher Russell, 36, of Paducah, KY, was arrested Sept. 29 and charged with failure to redeliver hired vehicle.

Reggie Scott, 52, of Palm Bay, was arrested Sept. 29 and charged with possession of cocaine.

Renwick Tucker, 22, of Mims, was arrested Sept. 29 and charged with possession of a firearm/ammunition/weapon by convicted felon, driving while license suspended with knowledge, and possession of drug paraphernalia.

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**"House on Foggy Bluff"** is a ghost walk of the 19th century ghosts, classic monsters and spirits located within the walls of the House and it's grounds, located in Melbourne, Florida.

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