

Freedom from the Donut Hole

Recently I was sitting in my doctor's office waiting for my annual wellness check. As I looked at the electronic screens discussing various medical topics, one really caught my attention. Did I know that 30% of all medical scripts were not filled? It asked. While I knew people broke pills in half and that some prescriptions were not filled, that 30% statistic really unsettled me.

This made me think again about the donut hole and the overall cost of medicine both to developer and user. I thought about the monthly cost of the few prescription drugs I use, and quickly realized that if I weren't retired military, I would be paying more than \$12,000 annually for them. When I checked back over the years, I saw some of these medicines were quite costly. I am fortunate that my military benefits have covered any medication prescribed to me.



**HELPING SENIORS
OF BREVARD**
JOE STECKLER

My thoughts then turned to those who do not have military or other paid benefits. There are VA benefits, but those are not always easy to come by. Many private medical benefits have disappeared. With more than 600,000 residents in Brevard (75,000 of whom are VA eligible), there are a whole lot of people with donut hole problems as well as those who simply can not afford the monthly cost of prescription drugs. So what can we do about it?

Those who have insurance plans with prescription drug clauses are most fortunate.

But there are other resources: generic drugs can be used at a lower cost, many food and pharmacy chains offer cost saving prescription drug cards, and doctors may have free samples from drug company reps that they can give to patients.

Low income people and senior citizens living on fixed incomes that can not keep pace with the increased costs of daily living are most at risk. Does this mean that we must accept that these medications can not be accessed? Absolutely not – we can and should do better.

Helping Seniors was founded to provide seniors with the information they need to live well and with dignity. People should not have to break pills in half or forego needed medications. Non-availability of medicine is like not having access to affordable housing. We have disabled people in our community who need housing, medicine, and more. It is

for people like them, as well as those who need information that might keep them from a similar situation, that we have Helping Seniors. If you need help, call our helpline today at 321-473-7770.

On July 4th we celebrated the Declaration of Independence that set us free from the British Empire. I doubt the men that wrote and signed that piece of paper ever gave thought to the myriad type problems that their descendants would face many years later. Certainly not the breaking of pills that affected one's health. Considering the number of men and women who have given their lives to maintain our freedom, let those of us who enjoy it ensure that no one has to lack for affordable housing or life saving health care.

Contact Helping Seniors at 321-473-7770, at www.HelpingSeniorsOfBrevard.org, or at P.O. Box 372936, Satellite Beach, FL 32937.

Calendar

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two years of being held virtually, weVENTURE Women's Business Center in the Bisk College of Business is hosting their annual leadership development conference, the IMPACT Summit, in person on August 25th. I invite you to join us and network with your sisters in business/support local woman-owned small businesses. The IMPACT Summit will take place from 8:30 am – 12:30 p.m. at the Hilton Garden Inn in Cocoa Beach. Join our 300 guests for a morning of

inspiration and training that you can apply to your business and career. Our keynote speaker is Shari Elia, head of business development for Amazon Web Services, who will talk about ways businesses of all sizes can foster a culture of innovation. Participants can then pick which breakout sessions to attend based on three tracks: Personal Development, Communication, or Business Strategy. In addition, our lineup of fantastic presenters includes Florida Tech Alumnus Nicole Simpson, CEO of Global Aesthetics Group, providing training on how to scale up your business. The morning will conclude with an intimate conversation with not one

but two local entrepreneurs who each dove into the Shark Tank, as seen on TV, and emerged with a golden ticket! Kelley Higney, CEO of Bug Bite Thing, and Meghan Wolfram, CEO of Swift Paws, are fantastic examples of women on a mission to bring their idea to the world. You can view more details of the event here <https://weventure.fit.edu/events/impact-summit/>.

Ongoing Events

Platinum Show Chorus: The Platinum Show

Chorus, a chapter of Sweet Adelines International, is always looking for new women who love to sing. They meet Thursday nights at the Unity Church, located at 2401 N Harbour city Boulevard in Melbourne at 6:30 p.m. Come visit and hear what they are all about.

July

Green Gables Open House: Green Gables will be continuing Open House each Saturday in July. The dates are July 2nd, July 9th, July 16th, July 23rd, and July 30th from 10 a.m. See **CALENDAR**, page 7



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