

# And now, 2023

The year 2022 was anything but simple for most of us. The offer of Dr. Deligdish of OMNI Healthcare to give us 5,500 sq. ft. of office space in which to start a Senior Resource Center proposes a unique challenge for Helping Seniors of Brevard. Developing and managing a plan to bring together organizations that will work under nonprofit leadership to serve seniors is a task of huge proportions. If you think this task will be easy to accomplish, then I urge you to become involved as a volunteer, funding sponsor, or private donor.

Establishment of a viable Senior Resource Center will not just happen. Assembling senior service providers will take effort, as every organization involved will care about the way it provides services. For years Brevard has needed a volunteer driving program that serves the whole county. Yes, it will be difficult to put in place, just as it will be challenging to organize affordable housing. Note that I said organize and not build, even though the building of



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

affordable housing is a huge need in Brevard.

Here is a scenario that shows what can be done. An 87-year-old man called us after his rental home of 10 years was sold, requiring him to move into living accommodations which were affordable and suitable to him. It took a directed effort, but it was accomplished. Consider what might be achieved if we had a team of volunteers working together to locate places where those in need could live. The same could be said about a team of volunteers working together to take those in need to medical or other appointments.

Another need is help for seniors navigating

the health care system. This would include scheduling times and locations of medical appointments and activating medical services as soon as possible. I have experienced the delays caused by medical office staff who are overwhelmed by calls for help, for questions to be answered. Too often we are told to go to the emergency room. For seniors, these experiences are frustrating and can cause anxiety attacks, increased blood pressure, and other debilitating risks.

One of the main challenges for a Senior Resource Center will be to fund its operation. A good plan is to bring together county funding (for a Center will take a huge burden from county responsibility), private donors, senior business providers that can advertise through the Center, and a major public fundraiser. Concurrently, it would be to the advantage of both seniors in Brevard County (about 165,000) and the many thousands who support and care for seniors to have a well-managed Center.

It has been my observation over a 32-year period of working with seniors that we fail to recognize the many ways we can build private resources to assist those in need. While saying this, I fully recognize the need for honesty in building, managing, and operating programs to assist seniors, especially ones that involve collection and disbursement of money. To make a Center work, I believe a Foundation to be a necessary tool, and I will discuss that in an associated article.

For now, consider and reflect on my words and, if you want to be part of a Senior Resource Center that does assist seniors, please call 321-473-7770 to volunteer or to make a donation to the Center. Help is needed and will be appreciated.

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.

## *An Ounce of Prevention...Create a nightly routine that helps you sleep*

Stress is one of the main culprits that can inhibit our ability to unwind at the end of each day and ease into a restful sleep. Finding ways to make a nightly routine that reduces your stress at night can improve your sleep quality. Find what nighttime stress-relievers you can incorporate into your nightly routine, such as yoga, deep breathing exercises, a warm bath, aromatherapy, or unplugging from electronics.



### **BREVARD MEDICAL DERMATOLOGY**



### **Brevard Medical Dermatology welcomes patients of all ages!**

- Acne • Eczema • Psoriasis • Skin Rashes
- Skin Cancer Screening and Surgery

Friendly Staff • Timely Appointments  
Most insurances accepted including:  
Medicare, Tricare & Health First  
*Call to request an appointment today!*

<b>Viera</b> 7960 N. Wickham Rd Suite 103 321-428-4737	<b>Merritt Island</b> 695 Cone Park Ct Merritt Island, FL 32952 321-453-3360	<b>Titusville</b> 800 Century Medical Dr Suite B, Titusville, FL 32796 321-567-7530
-----------------------------------------------------------------	---------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------

[www.BrevardMD.com](http://www.BrevardMD.com)

**If It's On Your Skin, We'll Get You In!**



### **Candy Downs**

Sr. Multimedia Marketing Specialist  
[CDowns@HometownNewsMediaGroup.com](mailto:CDowns@HometownNewsMediaGroup.com)

**321-831-5554**

- TIK TOK MARKETING
- TV COMMERCIALS
- LOCAL & STREAMED RADIO
- GOOGLE MARKETING & SEO
- TARGETED DIGITAL MARKETING
- SOCIAL MEDIA MANAGEMENT
- LOW COST INSERTS
- PRINT MARKETING
- LOW COST WEBSITES
- VIDEO MARKETING
- EVENT MARKETING

**DYNAMIC RESULTS! TARGETED HIRING PACKAGES!  
TRACKABLE MARKETING OPTIONS!**