



The State of One's Health

By Joe Steckler, President, Helping Seniors of Brevard County

Those of you who have followed me know that I place great emphasis on physical fitness. If you take care of your body, eat correctly, and exercise, your body will respond favorably. The best way to explain what I am saying is to use my own experiences.

At age 86, which included nine years of football plus bouncing around on ships and submarines during my 38 years of Navy life, my knees just gave out. I had surgery on my left knee first with no complications. But when I tried to stand, the pain was intense, and the knee would not support me. I have spent the last three years trying to walk again. My knees will not get me to a standing position unless I have a walker or similar device—and that will only last for a minute or two. I have tried water therapy, in-home and outpatient therapy, and my own workout exercises, all to no avail.

While I am not a therapist, I know what helps me and what does not. Often, the limiting factor is the way Medicare dictates the times and duration of weekly therapy. In both the in-home and outpatient therapies, I started with visits three days a week, then two, then one, then it ended. I asked if I could continue at my own expense but was refused.

My last outpatient therapy session got me on my feet with a walker, but the dwindling sessions did not give me the PUSH I needed to stay out of the wheelchair. My current in-home therapist is outstanding, doing hard leg exercises that will help me stand and walk short distances. At age 90 I think this is a good goal.


The problem now is that I can only get four more weeks of in-home therapy, then Medicare dictates that I move to outpatient therapy. For both in-home and outpatient therapy, Medicare has a one-size-fits-all plan that includes a certain number of sessions per week, for a set number of weeks based on patient progress as determined by an assessor. In my own case, I would prefer to get five sessions a week to start off and then have my therapist decide on cutbacks based on his/her assessment.

Compounding the problem is that every assessor visit counts as a patient care visit. Since I have physical therapy (leg) and occupational therapy (upper body), both OT and assessor visits count against physical therapy visits, thereby lessening the number of care visits for my legs.

When you are in a wheelchair fighting to get back on your feet, having to work through all the system nuances, you might wonder at the way we help people. It is frustrating to have a type of care work for you and then have it limited. The real problem is that the system does not work for everyone, and I happen to be one of the exceptions. Fortunately, my doctor understands the problem and is helping me get the care I need. ☺

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


Quality Pharmacy Care Is More Than Just Prescriptions!



*Caring beyond prescriptions.*SM

We offer FREE Prescription Delivery Service

For a Healthy Dose of Care



NOW OFFERING A FULL LINE OF CBD PRODUCTS*

- CBD is a Natural alternative support for overall well-being gaining rapid popularity
- A remarkable response from customers for uses including: sleep, mood, pain and memory
- Our product is Non GMO, Gluten Free, Third Party Lab tested quality
- Stop in and talk to our pharmacist about any questions or concerns

321.242.2440

2176 Sarno Rd, Melbourne
HRS: Mon-Fri 9-6 & Sat 10-1
Melbourne.MedicineShoppe.com

- Now accepting United Healthcare and Health First insurance
- COVID Vaccines/Boosters available
- Preferred Pharmacy for Health First
- United Healthcare Pharmacy Provider

*These statements have not been evaluated by the FDA. CBD is not intended to diagnose, treat, cure, or prevent any disease. It is advised you check with your physician before starting any new dietary supplements



SENIOR SCENE MONTHLY TRAVEL TIPS

Brightline Information From Senior Travel



Senior Travel Agent Chris Morse has over 35 years travel agent experience.

Brightline Information:

1. Stops: 6

Orlando, West Palm Beach, Ft. Lauderdale, Boca Raton, Adventura, Miami

- a. Orlando and Miami are the largest stations with food and beverage, very nice terminals
 1. breakfast and lunch menus with full bar
 2. Premium and Smart Lounges

2. Major Stations:

Orlando- MCO airport, terminal C. 10705 Jeff Fugua Blvd. Orlando, FLK 32827. Parking at the station for \$21.00 per day

Miami- 600 NW 1st Avenue, Miami, FL 33136. Parking at the station, call 831-539-2901 for location and pricing.

- a. Security: All stations have security programs in place. Your luggage will be scanned before entering terminal.

3. Types of fares:

- a. Can buy tickets through Senior Travel 818-430-1480 or at the kiosks located at each station.
- b. Smart Tickets, like coach seating on an airplane
 1. Smart guests have free Wi-fi, can pay for snack carts on the train or in the terminal, bags are \$20 each, free carry-ons, each seat has USB and plug in for computers and phones
 2. Seats are very large (can fit a 6'7" person with ease) and have two drop down tray tables (one for drinks, one for computers. There is seating for families with two seats facing each other with a table in between.
- c. Premium Tickets, like first class, all food and drinks are complimentary,
 1. premium gets wi-fi, free bags, free snacks, free beverages, free uber at both Orlando and Miami up to 5 miles, USB and plugs at each seat.

Brightline Information continued on page 44

Tired of missing out on your favorite food? Dr. Chenet has a solution to help you enjoy eating again!



"Dr. Chenet and staff provided me with the utmost professional service I ever experienced in a dental office." - Arthur G

Dr. Chenet
Retired US Air Force Dental Officer

- Serving Brevard County for over 17 years
- Over 2000 five star verified reviews
- 97.9% of our patients would refer friends and family to us!

Let our team take care of your Dental Health. CALL TODAY.



321-319-8738

336 BABCOCK ST,
MELBOURNE, FL 32935
www.dentalexcellencemelbourne.com

CEDRIC C. CHENET DDS, PA

Excellence in Dental Healthcare

2 Locations to Better Serve You

321-369-9103

7331 OFFICE PARK PL. STE 100
MELBOURNE, FL 32940
www.ChenetDental.com



THE 4TH ANNUAL FOUNDATION CRUISE HELPING SENIORS OF BREVARD

June 9-16 2024 - 7-Night Cruise Round Trip Port Canaveral

Great Family Cruising!



Sail with your friends - and bring your whole family! Meet your Helping Seniors friends from Brevard County on the luxurious MSC Seashore! Make Summer 2024 special on our 7-night sailing to the Ocean Cay Marine Preserve, Costa Maya, Cozumel and more!



4th Annual Helping Seniors Foundation Cruise

- * Cabin * All Port Charges * All Taxes
- * Gratuities * Meals * Drink Package
- * Wi-Fi * Special Events
- * Private Cocktail Party * Admin Fee
- * Donation - Helping Seniors of Brevard
- * Work-Out Facilities * World Class Spa
- * Great Dancing

Balcony - As low as \$1,320 pp including Gratuities
Outside - As low as \$1213 pp including Gratuities
Inside - As low as \$963 pp including Gratuities
 (based on double-occupancy)

Contact:
Helping Seniors of Brevard Travel Club
Chris Morse 818-430-1480 Cell



Helping Seniors of Brevard is a Florida 501(c)(3) Nonprofit. Helping Seniors of Brevard - P.O. Box 372936 - Satellite Beach, 32937PO. Box 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.