



# Growing Old Is a Challenge

By Joe Steckler, President, Helping Seniors of Brevard County

My 80-year-old brother once said to me, "Brother, you are old". I thought about that and then replied, "Yes, I am". Since I can't change the fact that I am old, the real challenge is how I handle it. In my last Navy assignment, I worked with 550 retired military personnel, only one of whom was younger than me. I learned a lot from them that influenced my ability to age well, then picked up additional skills in the ensuing 36 years. Now I want to pass along my knowledge in the hopes of helping others in their own aging processes.

One part of the aging equation that is often missing is knowledge of the care necessary for seniors to live safely and receive care when dementia or other disabilities set in. When a person can no longer manage activities of daily living, case managers can help locate the type of help they need, whether it is inside or outside the home. In the main, these resources can all be managed by professionals who know the system and can assemble the necessary care team.

But what about the person who needs care but, regardless of the difficulties, wants to remain where he or she is most comfortable? We often assume that those who need care are ready to receive it. There are many seniors not yet ready to give up the fight. With a little assistance, they may still be able to live as they choose. This foregoing thought is very important in helping the person changing their lifestyle to understand.

Try to avoid pushing or forcing a person to be placed. Letting such a person say, "I am ready, or, I think I may need more help" enables him or her to accept the use of a case manager to access the care required. A respectful and empathetic approach can really affect how the change in lifestyle is received. Too often I have encountered situations where family members did not understand the need for the older person to accept their living transition; they were just told, "You are old." It happens.

It would be a wonderful world if we did not have to talk about getting old. We do, but how we address such fact is an indication of our individual beliefs, the desire to help others, and our knowledge of the aging process and the tools we have to address that process. 💰



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.

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## SENIOR SCENE MONTHLY TRAVEL TIPS

# Trips That Seniors Need to Take as Soon as You Retire *Part 2*



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

**Y**ou are retired or getting close! — and if you're reading this, you probably love to travel. With the youngest baby boomers turning 59 this year, and the first group around age 77, most of us are likely retired or semi-retired. According to AARP's 2023 Travel Trends survey, the majority of travelers over age 50 (67 percent) planned to travel in 2024, taking at least four trips throughout the year. And since 2023 has brought record-breaking travel numbers, it's likely that even more boomers are hitting the road this

year. And while older travelers were more likely to plan a domestic trip last year, about 43 percent of people ages 50 and up planned to travel both within the U.S. and abroad.

### Southeast Asia River Cruise

Many of us have been on great river boat cruises in Europe. Now it is time to do the same in Asia! If this part of the world is new to you, a river cruise will offer adventure, luxury, and convenience, with all the arrangements made for you. Several

companies, including AmaWaterways, offer Mekong River cruises that stop in Phnom Penh, Cambodia's capital. The seven-day cruise in southern Vietnam and Cambodia can be extended to include Ho Chi Minh City, Hanoi, Halong Bay, and Angkor Wat in Siem Reap.

With an extension, you'll spend a few days in Hanoi, Vietnam's capital city, and enjoy a blend of ancient temples and modern skyscrapers. An excursion to Halong Bay follows, where you'll board a ship to sail among the magnificent limestone rock formations and spend the night in modern comfort.

Next, you'll take a short flight south to Siem Reap in Cambodia for a visit to Angkor Wat, a massive temple complex built in the early 12th century to honor the Hindu god, Vishnu. After exploring Angkor Wat, board your river ship for the seven-day Mekong River cruise.

### China

So far away and with such a huge expanse of land (and several major cities) to explore, China may have been a destination you waited to visit. And now, you have the time.

Start your trip in Hong Kong, where you'll find great shopping, delicious dining, and stunning views of the skyline and harbor from the top of Victoria Peak. Ride the Star Ferry to Kowloon to see more of the iconic harbor.

*Trips That Seniors Need to Take... continued on page 21*

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