

Construyendo resiliencia en nuestros niños

Por Renee Ruffin-Price
Para AL DIA TODAY

Saber qué decir o hacer cuando nuestros hijos pequeños enfrentan decepciones en la escuela o con sus amigos puede hacer que un padre o abuelo tenga dificultades para apoyar a su hijo sin “resolver” el problema por ellos. Leí un artículo escrito por la consejera Anna Bassett titulado “5 maneras de construir resiliencia en los niños”, que proporciona algunas pautas básicas. Los consejos están diseñados para ayudar a nuestros hijos

a recuperarse de los desafíos que encontrarán en la vida, la escuela y las relaciones.

Enséñales a “replantear” los desafíos: Las decepciones son inevitables; son simplemente parte de la vida. Luego de darles el espacio para expresar sus sentimientos sobre lo sucedido, animelos a reflexionar sobre lo que pueden aprender de esa experiencia negativa sin enfocarse demasiado en el problema en sí.

Una relación positiva y de apoyo con un adulto: Tener una relación continua y de calidad con un adulto

puede brindar una base sólida a un niño mientras crece y enfrenta situaciones inesperadas y decepcionantes.

Modelar la resiliencia: Cuando un niño ve que el adulto que lo apoya maneja sus propias frustraciones y decepciones de una manera que le permite “recuperarse” de la situación desafiante, se puede inspirar a confiar en que las decepciones son una parte normal de la vida y que las personas pueden superarlas de manera positiva y seguir adelante con éxito.

Para obtener más información, puede leer el



Renee Ruffin-Price, Community Advocate for Children

artículo de la consejera Bassett siguiendo este enlace: 5 maneras de construir resiliencia en los niños.



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Building resiliency in our children

Knowing what to say or do when our younger children face disappointments at school or with their friends can cause a parent/grandparent to struggle with how to support their child without “fixing” the problem for them. I read an article written by Counselor Anna Bassett titled “5 Ways to Build Resilience in Children” which provided some basic guidelines. The tips are intended to help our children bounce back from the challenges that they will encounter because of life, school, and relationships. Teach them how to “reframe” challenges: Disappointments are inevitable; it’s just a part of life. So after giving them the space to express their feelings about what happened, encourage them to look at what they can learn from that bad experience while not dwelling on the problem itself. A positive and supportive relationship with an adult: Having an ongoing, quality relationship with an adult can provide a consistent foundation for a child as they are growing up and encountering unexpected and disappointing situations. Model resiliency: When a child sees that their supportive adult manages their own frustrations and disappointments in a way that enables them to “bounce back” from the challenging situation, they can be inspired to trust that disappointments are a normal part of life, and that people can work through them in positive ways and still thrive. To learn more, check out Counselor Bassett’s article by following this link: <https://annabassett.co.uk/2018/03/12/5-suggestions-to-build-resilience-in-children/>

Honoring Joe Steckler: A Legacy of service to seniors

By Javier Molinares
Al Día Today

We begin by expressing our heartfelt gratitude to Joe Steckler, who published his insightful and impactful column every month in Al Dia Today since 2016. We will always remember and cherish his dedication to sharing vital information and advocating for seniors in our community through this platform. Joe’s words in Al Dia Today became a source of guidance and inspiration for many as he tirelessly worked to highlight the needs of seniors in Brevard County and beyond.

“Only a life lived in the service to others is worth living.” – Albert Einstein.

Joe Steckler embodied this truth fully, dedicating his life to serving seniors in Brevard County, Florida. He spent decades serving others without seeking recognition while creating a lasting impact on many people through his advocacy work on behalf of seniors living in the Space Coast area. We pay tribute to Joe who died at 91 in January 2025 by expressing our deepest respect and gratitude for his lifelong dedication to championing the needs of individuals over 50.

Joe penned numerous insightful editorial articles for Al Dia Today over the course of more than ten years to expose the challenges and victories faced by seniors. He stood as an advocate who tirelessly fought for the voiceless throughout his life. Programs and initiatives throughout Brevard County demonstrate his lasting influence as they continue to serve seniors today.

Joe established Helping Seniors of Brevard in 2011 and passionately led the non-profit organiza-

tion from the start. His vision for the organization was clear: The organization aimed to establish a solid network of services and resources that would enable seniors to experience their best possible lives. Under his leadership, Helping Seniors expanded rapidly, establishing the Senior Resource Center of Brevard and the Senior Information Helpline, which now receives over 4,000 calls annually, offering assistance to seniors and their families.

Joe’s work extended far beyond the walls of his organization. He was instrumental in founding the Brevard Alzheimer’s Foundation and establishing Joe’s Clubs, vital spaces that continue to provide support and care for families affected by Alzheimer’s. His legacy also includes pioneering programs such as AmeriCorps Project Elder-serve and Florida’s Project R.E.L.I.E.F., both of which have had lasting effects on senior care in the state.

Joe extended his tireless advocacy beyond behind-the-scenes work. His media work which included hosting the long-running Helping Seniors Radio program and producing nearly 100 episodes of Helping Seniors TV made him a well-known figure to many people. Through his programming, Joe connected with thousands of Brevard residents who gained information and hope about aging complexities. Through the Helping Seniors website and newsletters Joe provided seniors with necessary details regarding health-care options and community assistance as well as updates on legislative developments.

Joe demonstrated his dedication to serving others through his personal



life beyond his professional achievements. After recovering impressively from a severe stroke at age 82 Joe shared his journey on television to inspire those with similar health challenges. Joe’s commitment to service and unwavering strength served as the fundamental elements that shaped his entire way of life.

Joe earned extensive recognition and several notable honors including Temple Beth Shalom’s “Crown of the Good Name” award alongside the “Super Senior” and “Senior Media Vision” awards from the Florida Council on Aging and the Lumen Gentium Tribute from the Diocese of Orlando because of his influential impact. Joe found the most joy in knowing his work created meaningful improvements in other people’s lives.

The Joseph L. Steckler Foundation will uphold Joe’s legacy by supplying future generations with necessary resources to sustain the mission of Helping Seniors of Brevard. The endowment based on his successful model from the Brevard Alzheimer’s Foundation secures his legacy for upcoming generations.

Joe’s memory teaches us about the impact that individual commitment can have in creating pos-

itive change. His life is a testament to the difference one individual can make, and his work will continue to inspire all of us to serve others with the same passion and commitment that Joe did.

Joe Steckler’s legacy lives on through the many programs he founded and the countless lives he touched. His contributions will be forever remembered, and his example will continue to guide us as we work together to support seniors in our community.

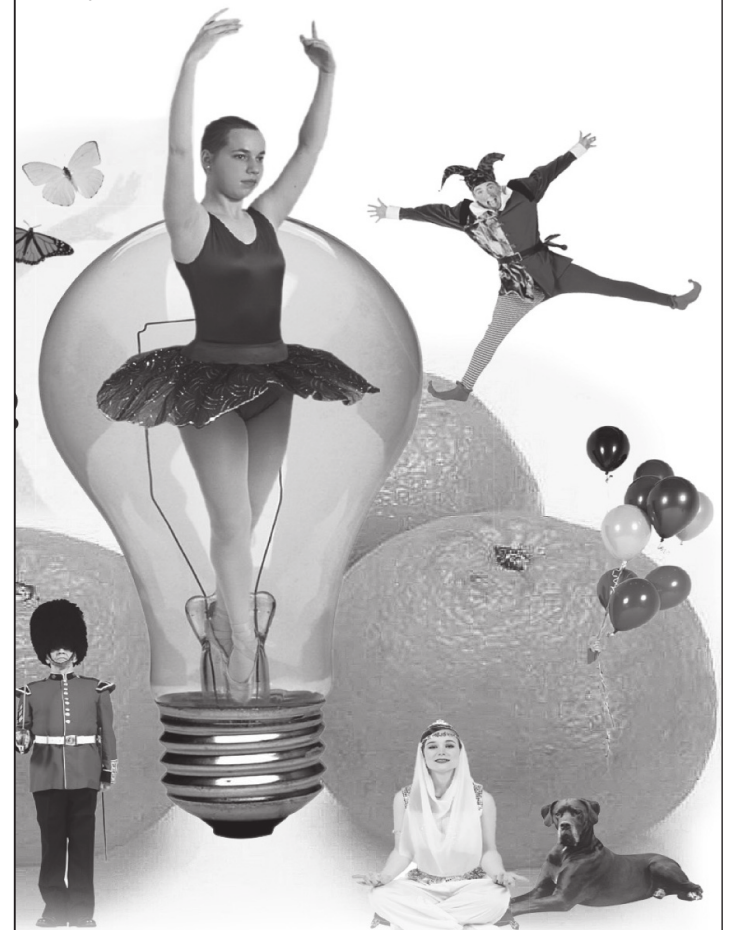
Our sincere condolences go out to Joe’s family and his team at Helping Seniors of Brevard. Their loss is immeasurable, but the work Joe began will carry forward, and we will continue to honor his memory by serving the community he loved so much.

In honor of Joe’s life and work, his family encourages donations to the Helping Seniors of Brevard County, Inc., which will be directed to the Joseph L. Steckler Foundation. Contributions can be made at HelpingSeniorsofBrevard.org or by calling (321) 473-7770. These donations will help ensure that Joe’s vision for a better future for seniors in Brevard County continues to thrive.

Rest in peace, Joe. You have left us a legacy that will never be forgotten.



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