

"EXPERIENCE"

October 18, 2020

Schoharie County Office for the Aging 518-295-2001

Our offices are now open, **BY APPOINTMENTS ONLY**. We need to stress the importance to be patient so not to lose the progress we have made to keep the virus very low in our county. If you need to see us in person, there will be several new protocols in place that help to keep all of us safe:

1. All office visits must be by appointment. This will ensure time for you to meet with us and then give us enough time to disinfect our meeting space before we visit with someone else.
2. All visitors will sign in & out and have your temperature taken. If it is above 100.5*, you will not be able to stay. You will participate in a brief screening regarding symptoms or proximity to COVID exposure.
3. You will need to wear a mask while you are in the building at all times. Staff will be wearing one as well.
3. All visitors will use hand sanitizer when entering the building.
4. Social distancing is mandatory unless it is with those that you are currently living with. There will be signs designating this spacing. Waiting area chairs will be positioned to meet this requirement. When meeting with staff, at first, we will use a large conference table with chairs positioned 6ft apart to continue to promote this safe spacing.
5. The doors remain locked. If you are scheduled for an appt come to the door and call the office number 518-295-2001. There will be a sign on the door with the number in case you forget or don't write it down!

If you have any questions or concerns, please give us a call at 518-295-2001

October is Breast Cancer Awareness Month!

Breast cancer is the most common cancer diagnosed among women in the United States after skin cancer and is the second leading cause of cancer death among women after lung cancer.

Be vigilant about breast cancer detection! Examine yourself regularly and contact your doctor with any concerns. Be diligent about annual exams and mammograms. The following can also help decrease your risk of developing breast cancer:

1. Limit alcohol,
2. Don't smoke,
3. Control your weight,
4. Limit dose and duration of hormone therapy.
5. Having a history of breast-feeding has lowered risk,
6. Avoid exposure to radiation and environmental pollution.

Announcement...Life Chat is coming back!

Due to COVID, we will be holding our Life Chat as a phone-in conference call. Our first Chat will be October 21st at 2:00 pm. October happens to be Cyber Security Month. Our first guest speaker is a local to Schoharie County, John Borst who works in the field of cyber security. The Internet has drastically changed the way that we interact with the world and it's important that everyone understand what the cyber risks are and also know what to do to combat these threats. John Borst, local cyber security awareness advocate, will be providing a great overview of the cyber threats as well and tips and tricks to maintain a safe & secure online life! Call us to RSVP and get the phone number and code for the event! OR keep your eyes on our Facebook page for that information as well.

If you were unable to attend any of our virtual workshops in the NY Connects educational series – we have some videos up on the Schoharie County Office for the Aging Facebook page for you to check out at your leisure!

Drive -Thru Food Pantry Friday, October 30 at 10AM at Cobleskill Elks, 152 Legion Drive Cobleskill, NY.

Distribution will be held in the parking lot rain or shine till we run out of food. The event is a first come, first serve. Food distribution is made possible by Cobleskill Elks and Regional Food Bank of NENY.