

"EXPERIENCE"

May 16, 2021

Schoharie County Office for the Aging 518-295-2001

COVID VACCINE UPDATES:

- The Albany VA is now vaccinating all enrolled veterans! If you know a veteran that is not enrolled and wants to be either have them call the Albany VA at 518-626-5000 and push 0 and ask to speak to the business center or have them reach out to Eilene Fisher, Veteran Services, at 518-255-9762 and she will help them sign up.
- CVS is now making appointments over the phone. Follow the automated prompts.
- Walgreens is now making appointments over the phone. Follow the automated prompts.
- Pharmacies in the area that are offering the vaccine are: Price Chopper, CVS, Walgreens, Walmart, Hannaford. Visit their websites to schedule appointments.
- Anyone over the age of 16 or over is now eligible to receive the vaccine. You can now just walk into a State vaccination site without an appointment. This applies only to the State sponsored sites. The closest State site in our area are SUNY Oneonta, Crossgates Mall, lower level, former Lord and Taylors and the Washington Armory in Albany. If it is not one of these sites an appointment will be necessary.

MAY IS MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness month and the pandemic has highlighted the challenges many people are facing. This week we will give you some ways to help control your moods. The good news is there are things you can control and ways to cope with the additional stress of the current environment.

Below are some examples

- Take care of your body; eat healthy, well-balanced meals, exercise regularly.
- Take deep breaths, stretch, or meditate and get plenty of sleep.
- Avoid excessive alcohol, tobacco, and substance use.
- Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
- Get vaccinated with a COVID-19 vaccine when available.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations.
- While social distancing measures are in place, try connecting online, through social media, or by phone or mail.

Next week we will give you warning signs someone may need help.

The May Life Chat for Schoharie County Office for the Aging will be a Zoom Power Point presentation guided by the Prevention Educators at SCCASSA. The goal is to raise community awareness of problem gambling and the effects it can have on individuals. This session will allow participants to understand what problem gambling is, how it affects individuals, the community, and families. Presentation is May 20th at 2:00 pm. The link is: <https://us02web.zoom.us/j/86961257462?pwdWjFGa3RORzBZOFJCCw1Uk1130G1vQT09> **Meeting ID:** 869 6125 7462 **Passcode:** 999496
Phone number to dial in: 1-929-205-6099

HOME REPAIR GRANTS

WCCRC was able to receive grant funding for repairs for seniors in this area. They have secured funding from two grants which we are now able to share with the community at no cost to them. The service area includes Southern Schoharie County towns such as Blenheim, Broome, Conesville, Gilboa, Fulton, Jefferson, and Summit.

Grants are available from ACCESS to HOME for accessibility modifications for disabled or senior persons with difficulty getting around. Types of modifications can include roll-in showers, grab bars, raised toilets, widened doorways, wheelchair ramps, etc. They also have funding from RESTORE, which is emergency repairs on homes of residents over 60 years old and with moderate income. This would be broken hot water heaters, electrical violations, cracked windows, holes in the roof, etc.

There is a Public Information Meetings being held on May 24th at 9:30 am at Stamford Village Apartments in Stamford, NY. At the meeting they will present the grant opportunity and begin taking applications.

Interested people can also call 607-652-2823.