

"EXPERIENCE"

June 20, 2021

Schoharie County Office for the Aging 518-295-2001

The New York State Office for the Aging (NYSOFA) in partnership with The Association on Aging in New York (AgingNY) and GetSetUp is offering 50,000 classes, featuring more than 300 different course options developed by and for older adults. Instructors are trained to help older adults learn by doing, not just watching, and all learners are encouraged to become creators by leading their own interest groups.

GetSetUp classes are organized into four broad categories: *Digital Divide/Connectivity* (orientation to Zoom and how to use various devices). *Physical Health* (i.e. Tai Chi/Yoga/Healthy Cooking). *Mental Health* (i.e. Dementia/Coping with Stress/Meditation), and *Social Health* (i.e. Book club/Gardening/Pets/Travel/Brain Games). The GetSetUp platform offers more than 40 classes each weekday, and more than ten classes each weekend. They recently launched "GetSetUp TV" for hesitant older adults to get a flavor of the GetSetUp platform without having to fully participate. Classes are rotated regularly to offer the widest variety of programming for older adults in the four main categories. Go to <https://www.getsetup.io> to sign up!

June is Alzheimer's and Brain Awareness Month. There are more than 5.5 million people in the world who are over 65 and have Alzheimer's disease. Every 3 seconds someone else in the world develops some form of dementia. There are now more than 50 million people worldwide living with dementia. This number is expected to double every 20 years. For more information call Ann Marie Thayer of the NE Alzheimer's Association: 1-607-547-1650.

Cancer Services Program: Free Mammograms, Breast Exams Pap tests and Pelvic Exams to eligible uninsured and underinsured woman 40 or older, Insurance billed for those with insurance. Get your screening on the Mobile Coach that will located at the Middleburgh Bassett Clinic on Tuesday June 29th 2021. There is also a Colorectal Cancer Screening take-home kit to eligible uninsured and underinsured men and women 50 or older. You need to call 1-888-345-0225 for your free appointment.

The Emergency Rental Assistance Program assists households behind on their rent that have experienced financial hardship due to COVID-19 and are at risk of homelessness or housing instability. In addition, the program can provide temporary rental assistance and assistance with unpaid utility bills.

DO I QUALIFY? Eligible residents must meet the following criteria:

- Household gross income at or below 80 percent of area median income, which varies by county and household size.
- A member of the household received unemployment benefits or experienced a reduction in income, incurred significant costs or experienced financial hardship, directly or indirectly, due to the COVID-19 pandemic.
- The applicant owes past due rent at their current residences

HOW DOES IT WORK? HOW DOES IT WORK?

This assistance can pay up to 12 months of past due rent and for some households, pay up to 3 months for future rent. The program can also pay for up to 12 months of overdue electric or gas bills. Please note, payments will always be issued directly to the landlord or utility provider.

HOW CAN I APPLY?

- Applications can be submitted online beginning June 1st at otda.ny.gov/ERAP or call 844-691-7368
- Or Contact Catholic Charities, 489 Main St., Cobleskill, NY at 518-234-3581