

"EXPERIENCE"

May 5, 2024

Schoharie County Office for the Aging 518-295-2001

Laughter Is Good For The Soul

- What's the best way to catch a squirrel? Act like a nut.
- How did people see in the dark in medieval times? They used knight lights.
- I met a giant once. I didn't know what to say, so I just used big words.

Schoharie County Office for the Aging presents; A Matter of Balance Workshop at the Jefferson Community Center
Please join us for an award-winning workshop designed to help manage concerns about falls, improve balance, flexibility and increase your activity level. Feel better, be in control, do the things YOU want to do. **Workshop Dates:** Tuesday & Thursdays, May 7, 9, 14, 16, 21, 23, 28, 30, 2024 **Time:** 10:00AM – 2:00PM for 4 Weeks, 2 X each week. **Location:** Jefferson Community Center, Register Now, Space is limited, 8-12 participants to hold a class. Light refreshments will be served, participants will receive a certificate of completion. To register Call 518-295-2001, Ask for Crystal, or Meg.

Life Chat: Tuesday, May 14, 2024 at 1PM Schoharie County Office for the Aging and The Alzheimer's Association® Presents, Speaker: Ann Thayer; **Communicating Effectively** an education program that teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. This program teaches how dementia affects communication, including tips for communicating well with family, friends, and health care professionals. **This program will cover information for families and individuals dealing with Alzheimer's disease or a related dementia issue.** Please join us at The Gathering Place, 127 Kenyon Rd., Cobleskill, NY 12043. All are welcome!

AARP Defensive Driving Class will be held June 14, 2024, from 9:00AM to 4:00PM, Course fee \$25.00 AARP Members, \$30.00 Non-AARP Member. Payment by check or Money Order Only made out to AARP. No Cash payments will be accepted. Bring your Driver's license & AARP Card if member. There will be a 30-minute lunch break. Please arrive a few minutes early for the registration process. Registration Required 518-295-2001.

Advance Directives & Long-term Care

Advance directives explain how you want medical decisions to be made when you're too ill to speak for yourself.

Types of Advance Directives

A **health care proxy** is a document that names someone you trust to make health decisions if you can't. This is also called a durable power of attorney. A **living will** tells which treatment you want if your life is threatened, including dialysis and breathing machines; resuscitation; tube feeding; and organ or tissue donation after you die. **How to get advance directives?** Get an advance directive from any of these:

- **Your health care provider**
- **Your attorney**
- **Your local Area Agency on Aging**
- **Your state health department**

Thought For The Week – The good news is I've made it to the Golden Years. The bad news is, there ain't no gold.