

"EXPERIENCE"

September 15, 2024

Schoharie County Office for the Aging 518-295-2001

Laughter Is Good For The Soul

- What do you call a bear with no teeth? A gummy bear.
- I told my wife she was drawing her eyebrows too high. She looked at me surprised.
- Two artists had an art contest. It ended in a draw!

**Schoharie County Office for the Aging host an education program presented by the Alzheimer's Association. ®
A Quick Look at Alzheimer's & Dementia.**

This 60-minute program explains the difference between Alzheimer's & Dementia, describes the three stages of Alzheimer's, provides effective communication strategies, and tips on how to cope with dementia related behaviors. Program Information; Tuesday, September 10, 2024, 10:00 am - 11:00 am Schoharie County Office for the Aging, 113 Park Place, Schoharie, NY. Call to register: 607-206-4514.

September is Healthy Aging Month

Healthy Aging Month is observed every September to highlight the ways in which people can take an active role in maintaining their health and well-being as they age. For older adults, striving to meet targets for physical activity can help with everyday tasks like cleaning and grocery shopping, reduce pain and other health problems, and minimize the risk of falling and the risks of injuries from falls.

Health.gov encourages older adults to try to work in 150 minutes of moderate-intensity aerobic exercise a week, as well as two days of muscle-strengthening exercises a week. Mixing in activities that improve balance can help reap the most benefits from exercise. If these targets feel out of reach, start slow and small with what you can do. Even a little exercise has real health benefits.

AARP Defensive Driving Class will be held September 13, 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.

Reminder The Parkinson Support Group meets the second Tuesday of every month, at 1PM, The Gathering Place, 127 Kenyon Rd., Cobleskill, please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions.

September Life Chat: Schoharie County Office for the Aging invites you to attend our Life Chat on Helios Care presented by Kelly McGraw at The Gathering Place, 127 Kenyon Rd., Cobleskill on Wednesday, September 25th For Questions or to RSVP contact Lenore Tsamis at 518-295-2001.

Farmers Market Coupon Information: The Farmers Market Coupons are here. This year coupons will be \$5.00 each for a total benefit of \$25.00 per booklet. Eligibility guidelines: Must be 60 Years or older. Monthly income is at or below: \$2,322/month for a one-person household. \$3,152 month for a two-person household, \$3,981/month for a three-person household. If you haven't already received them and would like to get the coupons this year, please call OFA at 518-295-2001.

Thought for the Week – "Extraordinary things are always hiding in places people never think to look." – Jodi Picoult