

# "EXPERIENCE"

November 17, 2024

## Schoharie County Office for the Aging 518-295-2001

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**November is National Caregiver Month**  
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**We are closed on Thursday 11/28 and Friday 11/29 for Thanksgiving Day, home delivered meals will not go out on those days. We will reopen Monday, December 2nd.**

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**Laughter is good for the soul**  
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- My boss said "dress for the job you want. Not for the job you have." So I went in as Batman.
- What do you call a criminal landing an airplane?  
Condescending.
- Did you know corduroy pillows are in style? They're making headlines.

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**HEAP program opened November 1st.** Applications for adults over 60 years old can be picked up at Office for the Aging or you can call to have one mailed to you. 518-295-2001.  
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**37th Annual Thanksgiving Dinner - Thursday, November 28, 2024. Don't forget to make your reservations by noon on Friday, November 22nd.** Reservations can be made by calling the Schoharie County Office for the Aging at 518-295-2001.  
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**December Life Chat:** Schoharie County Office for the Aging invites you to attend a presentation from the Joshua Project, at **The Community Library in Cobleskill in the upstairs community room, 110 Union Street, Cobleskill, NY 12043** on December 6th, at 1:00pm. The Joshua Project is a non-profit group of faith-based volunteers working for social justice in our communities by improving the lives of those who are most vulnerable. Through education, guidance, support and existing services, our goal is to be the heart and hands of Christ, building self-reliance, dignity and self-sufficiency in our brothers and sisters, thereby creating hope for generations to come. The Joshua Project focuses on the neediest in our communities and works to make the common good a reality. Rooted in neighborhood parishes and ecumenical groups working together on projects such as our summer backpack program, Thanksgiving baskets and Christmas gifts, home visits for the elderly and many other programs. Door prize and light refreshments. For Questions or to RSVP contact Lenore Tsamis at 518-295-2001.  
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**AARP Defensive Driving Class** will be held **December 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 you are a member. There will be a 30-minute lunch break. Please arrive a few minutes early for the registration process. Registration Required 518-295-2001.  
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**Reminder The Parkinson Support Group** meets the second Tuesday of every month, at 1PM, the next meeting will be December 10, 2024 at The Gathering Place, 127 Kenyon Rd. Cobleskill, please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions. network, you may pay more for your drugs.  
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**Health Tip:** November is National Chronic Obstructive Pulmonary Disease (COPD) awareness month. COPD is a chronic disease that makes it more difficult to breathe and affects 11.7 million Americans. According to the American Lung Association, early detection and treatment is very important. **If you are experiencing any of the following symptoms, you should discuss COPD with your doctor:?**

- Chronic cough?
- Shortness of breath while doing everyday activities?
- Frequent respiratory infections?
- Blueness of the lips or fingernail beds?
- Fatigue?
- Producing a lot of mucus?
- Wheezing?

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**Thought for the Week** – One day, the mountain that is in front of you will be so far behind you, it will barely be visible in the distance. But the person you become in learning to get over it, that will stay with you forever – and that is the point of the mountain.  
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