

# "EXPERIENCE"

January 12, 2025

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

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### Laughter Is Good For The Soul

- Did you know that ants are the only animals that don't get sick? It's true! It's because they have little antibodies.
- Two antennas decided to get married, the ceremony was pretty boring, but the reception was great!
- "A guy knocked on my door today and asked for a small donation towards the local swimming pool. I gave him a glass of water."

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**Reminder The Parkinson Support Group** meets the second Tuesday of every month, at 1PM, the next meeting will be January 14, 2025, at The Gathering Place, 127 Kenyon Rd. Cobleskill, please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions.

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**January Life Chat:** Topic will be Evidence based Tai Chi for fall prevention. January 29th, at 1:00pm., The Community Library in Cobleskill in the upstairs community room, 110 Union Street, Cobleskill, NY 12043. Schoharie County Office for the Aging invites you to attend our Life Chat Presented by Lenore Tsami, Certified Tai Chi Instructor will present information about the benefits of Tai Chi. For Questions or to RSVP contact Lenore Tsamis at 518-295-2001.

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**Social Security Statements:** Just a Friendly reminder, the new Social Security Income Statement for 2025 will be sent out to you shortly, keep them handy, this is a very important document you sometimes need throughout the year.

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**Important Tax Info:** Our tax site will now have an income threshold for the year 2024, your income must be under **\$65,000** to be completed at Office for the Aging. We have started taking calls for appointments. The process will be very similar to last year; a drop off appt, copies and intake left here for volunteers to complete, and then a pick-up appt to review and approve for e-filing. Appointments will be made for a February 3rd start date. Please note we have screening questions we must ask everyone. Thank you for your patience. For an appointment call 518-295-2001.

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**HEAP Applications** for adults over 60 years old can be picked up at the Office for the Aging or you can call to have one mailed to you. 518-295-2001.

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**HEALTH TIP:** It's that time of year again, when people are setting goals and motivated to achieve them. Oftentimes this motivation wains within the first three months of the year though. To help you be successful in what you would like to accomplish in 2025, consider the S.M.A.R.T strategy for goal setting laid out by the Mayo Clinic Health System:

- **Specific:** Aim for specific goals instead of general ones, like drinking water before each meal, or going to the gym for 30 minutes three times a week.
- **Measurable:** Make your goal one you can measure. Spending more time outside is not measurable, but going outside each day for 15 minutes is!
- **Attainable:** Avoid aiming too high or too low.
- **Realistic:** Choose realistic goals that you can meet. Your visible progress will motivate you to keep going.
- **Trackable:** Choose specific, measurable goals so that you can track your progress over time. Write down your daily or weekly efforts or track them electronically so you can see how far you've come!

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**Thought for the Week...** "Patience is not simply the ability to wait – it's how we behave while we're waiting." Joyce Meyer