

"EXPERIENCE"

March 9, 2025

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

Word of the day! Kudos: Praise given for achievement.

Fun Fact! No number before one thousand contains the letter A.

Laughter Is Good For The Soul

- The easiest time to add insult to injury is when you're signing someone's cast.
- My wife just found out I replaced our bed with a trampoline. She hit the ceiling!
- Never trust atoms; they make up everything.
- Light travels faster than sound, which is the reason that some people appear bright before you hear them speak.

Medicare is not laminating Medicare cards. There are reports of calls about new Medicare cards, laminated cards, or replacement cards being sent. These are not calls from Medicare. These are scam attempts to get your Medicare information. Please report these calls to the NYS Senior Medicare Patrol at 800-333-4374.

Reminder The Parkinson Support Group meets on the second Tuesday of every month, at 1PM. The next meeting will be March 11, 2025, at The Gathering Place, 127 Kenyon Rd. Cobleskill, please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions.

March Life Chat: Please join us for a presentation on Healthy Nutrition by Sarah Ereio, RD., Dietitian for Schoharie County Office for the Aging and Cobleskill Regional Hospital at The Gathering Place, 127 Kenyon Road, Cobleskill, N.Y. at 10:00AM on Friday, March 28, 2025. Door prize and light refreshments. For questions or to RSVP contact Lenore Tsamis at 518-295-2001.

Health Tip: Healthy relationships enhance our emotional health and contribute to physical and mental well-being. Here are a few tips for maintaining a healthy relationship:

- Communicate openly: always express your thoughts and feelings honestly and listen actively.
- Spend quality time together: make time for loved ones, whether it's through shared activities or simply spending quality time together.
- Show support: encourage each other's goals and dreams and be willing to compromise when necessary.
- Show appreciation and affection: small gestures can significantly strengthen connection.

It's Spring Clean-up Time. OFA, in conjunction with the Schoharie County Youth Bureau, is offering Spring Cleanup Day on April 26, 2025. The deadline to register is April 4, 2025. To receive the benefits of this service a member of the household must be 60 or older and be a Schoharie County resident. To sign up please contact Crystal or Amanda, at Office for the Aging at 518-295-2001

Did you know? Your brain burns 400-500 calories a day.

Thought for the Week... "Keep your face to the sunshine and you cannot see a shadow." (Helen Keller)