

"EXPERIENCE"

May 25, 2025

Schoharie County Office for the Aging 518-295-2001

Word of the day – Exculpate: to prove that someone is not guilty of doing something wrong.

Fun Fact – Reindeer eyeballs turn blue in the winter to help them see at lower light levels.

Laughter Is Good For The Soul

- I have no brothers or sisters, but this man's father is my father's son. Who is the man? The man is my son.
- What has cities, but no houses; forests, but no trees; and water, but no fish? A map.
- What is harder to catch the faster you run? Your breath.

Feeling isolated or burnt out as a caregiver? Please join our Caregiver Support Group "Life Chat" on Wednesday, May 28th at 1:00 PM for our monthly meeting, at The Gathering Place, 127 Kenyon Road, Cobleskill, N.Y. This month we will share life events and caregiving. In addition, Kathleen A. Reinhart, LMHC, Licensed Staff Clinician with Schoharie County Mental Health will be discussing Mental Health Awareness. Door prizes and light refreshments will be available. Questions or to RSVP contact Lenore Tsami at 518-295-2001.

Schoharie County Office for the Aging & NY Connects Presents: Ready, Sets, Connects!!

Please join us for a day of learning how to connect the dots of Care services and supports.

Place: The Gathering Place 50 Plus Community Center
127 Kenyon Road, Cobleskill, NY 12043

Date & Time: May 29th, 9:30AM – 12:30PM Registration at 9AM Brunch will be provided Open to the Public. RSVP to 518-295-2001 Suggested Audience- Caregivers, Professionals, Area Agencies on Aging Staff, Family Members...etc.

Reminder The Parkinson Support Group meets on the second Tuesday of every month, at 1PM. The next meeting will be June 10, 2025, at The Gathering Place, 127 Kenyon Rd. Cobleskill, 12043.

HEALTH TIP May is Healthy Vision Month. Below are some tips to help you keep your vision sharp:

Eat a Nutritious Diet: Incorporate foods rich in vitamins and minerals that support eye health. This includes leafy greens, citrus fruits, and fish high in omega-3 fatty acids.

Get Regular Eye Exams: Schedule comprehensive dilated eye exams to detect eye diseases early, even if you don't have symptoms.

Stay Active: Regular physical activity can help reduce the risk of conditions that affect your vision, like diabetes and high blood pressure.

Quit Smoking: Smoking increases the risk of eye diseases such as cataracts and age-related macular degeneration. Quitting smoking can greatly improve your eye health. To learn more about healthy vision visit the American Academy of Ophthalmology.

Did you know? Your heartbeat changes & mimics the music you listen to!

Thought for the Week... "The older I get the more I realize that the things that cost nothing hold the most value."