

# "EXPERIENCE"

June 15, 2025

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

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**Welcome June! Alzheimer's and Brain Awareness Month.**

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**Word of the day** – Flummox: to confuse

**Fun Fact** – Lemons float in water, but limes sink.

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**Laughter Is Good For The Soul**

- How do billboards talk? Sign Language.
- Why are ghosts bad liars? They're totally see-through.
- I could tell you a pizza joke... But it would probably be cheesy.

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**Reminder The Parkinson Support Group** meets on the second Tuesday of every month, at 1PM. The next meeting will be on July 8, 2025, at The Gathering Place, 127 Kenyon Rd. Cobleskill, 12043.

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**Feeling Isolated Or Burnt Out As A Caregiver?**

**Please Join Our Caregiver Support Group "Life Chat" on Wednesday, July 23rd 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. Door prizes and light refreshments will be available. Questions or to RSVP contact Lenore Tsami at 518-295-2001.

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**Aarp Defensive Driving Class Will Be Held July 11, 2025,**

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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**Health Tip: Eat A Balanced Diet:** Focus on a diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Proper nutrition supports your immune system and reduces the risk of chronic diseases.

**Schedule Regular Gynecological Exams:** Ensure you have annual wellness visits with your gynecologist to monitor reproductive health. Discuss screenings for breast cancer, cervical cancer, and osteoporosis

**Get Regular Mammograms:** Mammograms are crucial for early detection of breast cancer. Women aged 40 and older should discuss with their healthcare provider the appropriate schedule for mammograms based on their personal risk factors.

**Stay Active:** Aim for at least 150 minutes of moderate-intensity exercise each week. Activities like brisk walking, swimming, or cycling can improve cardiovascular health, strengthen bones and muscles, and boost mood.

**Prioritize Sleep:** Aim for 7-9 hours of sleep each night. Quality sleep helps regulate hormones, which can impact mood, energy levels, and overall health. For more tips and resources on women health, visit the CDC's Women's Health page.

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**Did You Know?...Blue Whale Heart:** The heart of a blue whale can weigh over 400 pounds and is about the size of a small car.

**Thought For The Week...** Worrying means you suffer twice.