

"EXPERIENCE"

July 27, 2025

Schoharie County Office for the Aging 518-295-2001

Word Of The Day – Factoid: A brief and usually unimportant or trivial fact.

Fun Fact – **Donald Duck Only Wears Pants In The Swimming Pool.** As part of the fab five at Disney, one of the biggest mysteries in life is why Donald Duck doesn't wear pants with his sailor top. It's like he's perpetually half-dressed, which can seem a bit gross, to be honest. All the other characters have their bottoms covered. However, there's ONE occasion where he does don bottoms, and it's ironic. Donald wears swimming trunks in the pool. Think about that for a hot minute.

Laughter Is Good For The Soul

- What do you call a cow with no legs? Ground Beef.
- Why don't some couples go to the gym? Because some relationships don't work out.
- Why don't skeletons fight each other? They don't have the guts.

Farmers Market Coupon Information:

This year coupons will be \$5.00 each for a total benefit of \$25.00 per booklet.

Income Eligibility Guidelines:

Household size	Annual	Monthly	Weekly
1	\$28,953	\$2,413	\$557
2	\$39,128	\$3,261	\$753
3	\$49,303	\$4,109	\$949

Each additional family member add \$10,175 annually

Issuance of Farmers Market Coupons is targeted to individuals 60 years or older, who are, or affirm that they are, low-income based on above. Call OFA 518-295-2001.

Health Tip: As we enjoy the sunny days of summer, it's important to remember that ultraviolet (UV) radiation from the sun can pose serious risks to our skin and eyes. Here are some essential tips to stay safe:

- **Wear Sunscreen:** Apply a broad-spectrum sunscreen with at least SPF 30. Reapply every two hours, or more often if swimming or sweating.
- **Wear Protective Clothing:** Long-sleeved shirts, pants, and wide-brimmed hats can provide additional protection. Look for clothing with a UV protection factor (UPF).
- **Use Sunglasses:** Protect your eyes with sunglasses that block 100% of UVA and UVB rays.
- **Avoid Tanning Beds:** Tanning beds emit harmful UV radiation that can increase the risk of skin cancer.

To learn more, visit the EPA page for Sun safety tips.

Reminder The Parkinson Support Group meets on the second Tuesday of every month, at 1PM. The next meeting will be on August 12, 2025, at The Gathering Place, 127 Kenyon Rd. Cobleskill, 12043.

Schoharie County Office For The Aging Invites You To:

Join Our Caregiver Support Group "Life Chat" On

Wednesday, August 27th, at 1:00 pm for our monthly meeting where we will share life events and caregiving. This month we will present "Trealta". Trealta is an online evidence-based caregiver training and support platform packed with educational resources, planning tools, and tips to help families build skills to manage loved ones of any age. The Gathering Place, 127 Kenyon Road, Cobleskill, N.Y. Door prizes and light refreshments will be available. Questions or to RSVP contact Lenore Tsami at 518-295-2001.

Aarp Defensive Driving Class Will Be Held August 8, 2025,

from 9:00 AM to 4:00 PM, 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.

Thought For The Week... "I learned a long time ago that worrying is like a rocking chair. It gives you something to do but it doesn't get you anywhere." National Lampoon's Van Wilder