

"EXPERIENCE"

August 31, 2025

Schoharie County Office for the Aging 518-295-2001

Word Of The Day – Ramshackle- describes things that are in a very bad condition and need to be repaired, or that are carelessly or loosely constructed.

Fun Fact – A teaspoon of honey represents the lifetime work of 12 bees.

Laughter Is Good For The Soul

- What did the janitor say when he jumped out of the closet?
Supplies.”
- Hear about the new restaurant called Karma? There's no menu:
You get what you deserve.

Reminder The Parkinson Support Group meets on the second Tuesday of every month, at 1PM. The next meeting will be on **September 9, 2025**, at The Gathering Place, 127 Kenyon Rd. Cobleskill, NY, 12043.

AARP Defensive Driving Class will be held September 12, 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.

Schoharie County Office For The Aging Invites You To: Join Our Caregiver Support Group "Life Chat" On Wednesday, September 24, at 1:00 PM for our monthly meeting where we will share life events and caregiving.

This month is **Sepsis Awareness Month**. Please Come Join us as HCR Home Care has a discussion on SEPSIS. 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.

Farmers Market Coupon Are Only Available Until September 30th. If you have not received them, and would like to get the coupons this year, please call OFA at 518-295-2001. 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.

Health Tip: Falls are a leading cause of injury among older adults. You can reduce your risk by taking a few simple steps:
Check Your Medications: Some prescriptions and supplements can cause dizziness or drowsiness. Review them regularly with your healthcare provider.

Make Your Home Safer: Remove clutter, secure loose rugs, improve lighting, and install grab bars in bathrooms and stairways.

Wear Proper Footwear: Choose sturdy, non-slip shoes that fit well and support your feet.

To learn more about fall prevention visit the Mayo Clinic's page on Fall prevention.

Did You Know? ... You can't move or touch William Shakespeare's bones. William Shakespeare's legacy doesn't stop at his plays and how many words he created – but even in the afterlife, he leaves a lasting display of his wit. Buried in 1616, the playwright was said to write his tombstone inscription which reads: "Good friend, for Jesus' sake forebeare, To digg the dust enclosed heare; Bleste be the man that spares thes stones, And curst be he that moves my bones."

Thought For The Week.... "You have power over your mind, not outside events. Realize this, and you will find strength."
– Marcus Aurelius.