

"EXPERIENCE"

October 19, 2025

Schoharie County Office for the Aging 518-295-2001

Word of the day – The Scottish have 421 words for snow. Yes, 421! Some examples of words used for snow in Scotland include: **sneesh** (to start raining or snowing); **feefle** (to swirl); and **flindrikin** (a slight snow shower). Weather is very important to the Scots.

Fun Fact – Dogs sniff good smells with their left nostril.

This is a fascinating dog fact: Dogs normally start sniffing with their right nostril, then keep it there if the smell could signal danger, but they'll shift to the left side for something pleasant, like food or a mating partner. Why? It has to do with which side of their brain is processing the info from the scent.

Laughter Is Good For The Soul

- Why didn't the skeleton ever go on dates? He didn't have the guts to ask anyone.
- Why do ghosts like to take the elevator? It lifts their spirits.
- What do you call a skeleton with only a head? A nobody.

Schoharie County Office For The Aging Invites You To: Join Our Caregiver Support Group "Life Chat" On

Wednesday, October 22, at 1:00 PM for our monthly meeting where we will share life events and caregiving. We will also discuss programs to watch for this fall including: HIICAP & HEAP. 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.

Health Tip: Depression can affect your energy, motivation, and overall well-being. Lifestyle changes can be a small part of a treatment plan that helps you feel better over time. Below are some steps that can support your mental health:

Get Moving: Even light exercise like walking can boost your mood and energy levels.

Sleep Well: Stick to a regular sleep schedule and create a calming bedtime routine. Aim for 7–8 hours of sleep each night.

Connect with Others: Spend time with friends or family, or join a support group. Social connection is key to emotional health.

Practice Mindfulness: Try meditation, deep breathing, or journaling to help manage stress and negative thoughts.

Set Small Goals: Break tasks into manageable steps and celebrate small accomplishments. Remember that you should still have your doctor's help treating depression. In addition to trying lifestyle changes, continue working with your doctor to treat your mental health. To learn more visit the WebMD's page on depression.

The Medicare Open Enrollment for 2026 will be from October 15th to December 7th, 2025, so mark your calendar!

The Open Enrollment period is the time when senior citizens and the disabled on Medicare are able to determine whether or not their current Medicare coverage is working for them. Each year plans change what they cost and what they cover. Now is the time for people with Medicare to review the changes being made by their current plan and compare it to others to make sure it still meets their needs. Those who don't have prescription drug coverage can also enroll in a drug plan during open enrollment. All people with Medicare can do this one of the following ways:

- www.medicare.gov
- 1-800-MEDICARE (1-800-633-4227) TTY 1-877-486-2048
- Review the changes to your current plan and contact plan with questions.

Call SCHOHARIE OFFICE FOR THE AGING for an appointment at (518)-295-2001.

38th Annual Thanksgiving Dinner 2025: Schoharie County Office for the Aging is Now taking reservations for the 38th Annual Thanksgiving Dinner 2025 (Delivery in Schoharie County ONLY). Please call 518-295-2001 by noon on Friday, November 21st.

Reminder: The Parkinson Support Group will not meet in November. We will resume Tuesday, December 9, 2025 at The Gathering Place, 127 Kenyon Road, Cobleskill, N.Y.

Questions or to RSVP contact Lenore Tsami at 518-295-2001.

HEAP Program opens November 3rd: Applications for adults over 60 years old who are new to the program will be available after November 3rd at Office for the Aging or you can call to be put on the mailing list 518-295-2000.

AARP Defensive Driving Class will be held **November 14, 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.

Did you know? A one-way trip on the Trans-Siberian Railway involves crossing eight time zones. Not only is the Trans-Siberian Railway the longest railroad in Russia, but at 5,771 miles long, it's also the longest single-rail system in the world. The journey takes seven days, during which time passengers pass through eight different time zones.

Thought for the Week: "The faster that you do the hard things you want to avoid, the faster you will receive the good things you actually want, and that has changed my whole perspective."
–Elon Musk