

"EXPERIENCE"

November 2, 2025

Schoharie County Office for the Aging 518-295-2001

We will be closed Tuesday, November 4th for Election Day.
No home delivered meals will be delivered that day.
We will resume Wednesday, November 5th.

We are also closed on Tuesday, November 11th for Veterans Day, home delivered meals will not go out that day.
We will reopen Wednesday, November 12th.

November is National Family Caregiver Month -

We honor everyday heroes who sacrifice to help their loved ones. These acts of love, commitment and compassion enable their family members to receive the support they need to live a life with dignity. This month we recognize our caregivers who wake up every single day to do this physically and emotionally demanding yet vitally important work. Caregiving also means caregiving around the clock, working tirelessly to keep older loved ones in their homes for as long as possible because of hands-on care. We hope you'll spread the love and show your support for a family caregiver.

Word of the day – A cappella: When a song is performed a cappella, it is sung unaccompanied by instrumental music.

Fun Fact – Half of all bank robberies in the U.S. are done on a Friday. According to 2011 government statistics, bank robberies in the U.S. take place most often in mid-morning, on Fridays and in the southern and western states. Out of the total US\$43 million stolen in 2011, only a measly US\$8 million was recovered.

Laughter Is Good For The Soul

- Pumpkins circumference divided by a pumpkins diameter = pumpkin pi
- Why was the jack o'lantern so sad? He felt hollow inside.
- My family told me to stop telling Thanksgiving jokes, but I told them I couldn't just quit "cold turkey."
- Thanksgiving is the only holiday where you eat the mascot.

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 17th: 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.

Health Tip: Gratitude is about a lot more than saying "thank you" when someone does something nice for us. It's a powerful health tool that entails focusing on all of the good in one's life. Spending just 15 minutes a day for a minimum of six weeks thinking about what you're grateful for can have lasting effects on your physical health and mental well-being.

Some Specific Benefits Include:

Lessened depression; Reduced anxiety; Relieving stress; Supporting heart health; Improving sleep

To Incorporate More Gratitude Into Your Daily Life, Try These Tips:

- Write down what you're grateful for each day in a designated gratitude notebook.
- Pause and reflect on exactly what you are thankful for the next time you say "thanks" to someone.
- Redirect your thoughts to a positive aspect of a difficult situation.
- Share your gratitude by writing someone a quick thank you note or expressing what you're grateful for at the dinner table each evening.

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? Martin Luther King Jr. paid Julia Roberts' hospital bill. There are a lot of interesting facts about Martin Luther King Jr., but this one is definitely up there. Back in 1967, MLK Jr. and Coretta Scott King covered the cost of Julia Roberts' hospital birth. It turns out Roberts' parents couldn't afford the bill, and the Kings' gesture was a heartfelt payback. Julia's parents, who ran a theater school in Atlanta, welcomed the King children as students when they had trouble finding a place that would accept them because they were Black.

Thought for the Week: "Christianity, if false, is of no importance, and if true, of infinite importance. The only thing it cannot be is moderately important." — C.S. Lewis