

# **“EXPERIENCE”**

**February 8, 2026**

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



**February is American Heart Month**  
**Happy Valentine's Day February 14th**



### **Laughter Is Good For The Soul**

- Nothing tests a relationship like sharing a box of chocolates evenly.
- Cupid has one job and still uses a blindfold. Suspicious.
- Love is patient. Love is kind. Love also steals the blankets and eats your fries.

### **Reminder The Parkinson Support Group** meets the second

Tuesday of every month, at 1PM, the next meeting will be February 10, 2026, at The Gathering Place, 127 Kenyon Rd. Cobleskill, please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions.

**We will be offering Grab & Go meals HERE** at Office for the Aging, 113 Park Place Suite 3, Schoharie – Tuesday-Thursdays in the Community Room from 11 am – 1 pm. Please call us to reserve a meal! 518-295-2001.

**Fun Fact!** Valentine's Day candy hearts weren't always romantic. They originally said things like "Yes," "No," and "Married"- basically the 1800s version of texting...with way more sugar and commitment.

**Life Chat: In recognition of American Heart Month,** Schoharie County Office for the Aging invites you to learn some great information on Heart Health and Healthy living, presented by Tracy Vanderveen LPN, Physician Liaison for HCR-Homecare.

**Wednesday, February 25, 2026, 1PM**, at the Office for the

Aging, 113 Park Place, Suite #3, Schoharie, NY 12157.

Door prize and light refreshments! Questions or to RSVP contact Lenore Tsamis at 518-295-2001.

**Health Tip** - Winter weather brings cold temperatures, icy conditions, and increased health risks. Taking a few precautions can keep you safe, warm, and healthy throughout the season.

### **Below are a few key tips to stay safe during this winter:**

Limit time outdoors during extreme cold to reduce the risk of hypothermia and frostbite. Heat your home safely, avoid using stoves or ovens for heat, and keep space heaters at least 3 feet from flammable materials.

Prepare your car for winter, check antifreeze levels, tire pressure, and keep an emergency kit in the vehicle.

**Thought for the week...**Real love isn't grand gestures-it's letting someone eat the last chocolate and not holding a grudge.