



Council of Senior Citizens
Schoharie County

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January/February 2021

Schoharie County Council of Senior Citizens, Inc. & The Gathering Place 50 Plus Community Center Monthly Newsletter

Here's to 2021...

Hello and welcome to our first monthly newsletter of the year! We hope all of you are doing well and staying safe. I am sure you are all happy to have 2021 behind us and I know things will improve with 2021. We have been very busy here at the Senior Council and the Gathering Place working on getting everything together toward our Grand Opening date in late Spring 2021! While we have had a few challenges with our contractors and the updates we need to have done to the building before it can be officially opened to the public, we still are moving forward at a nice pace. We have had our lighting all replaced with LED lighting which makes it feel like daylight inside. We have also had most of our electric heaters replaced with brand new, energy efficient units which now match the color of our walls and blend in quite nicely.

We have also had a few people stop by to take a quick tour of our new center. Feel free if you would like to stop by the Center to see our work in progress!

Our Board of Directors have continued to work hard to prepare our not-for-profit for a prosperous future. The specific updates are covered in this issue under "Board of Director's News" section.

Please stay safe during these continued trying times. If you have any questions or need any assistance, please feel free to contact me (Kim Witkowski) at 518-254-7040. If we can't provide you with assistance ourselves, we will refer you to someone who can. Remember, deadlines for articles is the 20th of each month. We hope you enjoy!

The Senior Council would like to send out a HUGE THANK YOU to everyone who donated to our not-for-profit during our first ever Year End Annual Fund Drive. We raised approximately \$4,000 for our new Center. The Board of Directors cannot thank you enough for your generosity and your continued support of our mission to provide our 50 Plus Community with a place where we can provide cultural, social and recreational activities and support to help them to stay happy and active throughout their lives.

Thank you, Thank you, Thank you!



Our Mission is to provide cultural, social, and recreational activities, and help meet the needs of the 50 Plus Community in Schoharie County and surrounding areas.

News from Our Board of Directors...

Upcoming Senior Trips and Events:

At this time, there are no future events or trips scheduled due to the COVID-19 Pandemic.

We will make up for this in 2021!

Quote of the Month:



The Senior Council also provides the following services to seniors in Schoharie County:

Advocacy Services for 50 Plus population with questions about programs and services in our County

Lifeline – offering medical alert emergency response service to eligible seniors

Highway Hero Program – the Senior Council will reimburse any senior citizen who voluntarily surrenders their driver's license for a photo id card

Discretionary Emergency Funds – available to aid seniors who do not qualify for other funding sources

Provide support to all 11 county-wide Senior Citizens Groups

The Board of Directors have continued to meet, although mostly by ZOOM and conference calling to ensure safety for everyone. The following is an update:

- The Board of Directors and Alternate Directors meet monthly on the 4th Monday of each month at 9:30 am. All meetings are now held at the Gathering Place 50 Plus Community Center and conducted with the use of ZOOM.
- The Board continues to recommend Senior Club meetings should not meet at this time due to COVID-19. The Board will review this directive at a future meeting and decide when meetings can resume. In the meantime, if you think your club members could use ZOOM, the Senior Council has a license for use and we can help you set a meeting up. Just contact Kim Witkowski if you are interested.
- The annual financial audit is nearing completion and will be reviewed at the next Board meeting.
- Kim is continuing to look into funding opportunities to help offset some of the loss of funding last year due to the pandemic and the closing of the Shoppes and County.
- A Fundraising Committee and a Building and Grounds Committee was established and will be meeting in January and February to develop plans for the year and address any current issues.
- The Everything Shoppes have been doing well again. We just hope and pray that we do not have to shut down again due to the pandemic.
- Kim is working on the Policies and Procedures for The Gathering Place, as well as the Membership form and Building Use form and will be reviewed at the next Board meeting.
- The Board adopted an updated new logo for our organization. It is pictured on the first page of this newsletter.

The Board continues to move forward with these positive changes.

Please feel free to contact your Club Director or the Executive Director if you have any questions about any these changes.



The Senior Council does have limited availability for assisting with Life Alert Medical Devices. If you have any questions or would like any additional information, please feel free to contact the Schoharie County Council of Senior Citizens' office at 518-254-7040.

The Gathering Place 50 Plus Community Center Opening Spring 2021

Current Board of Directors:

Betty Karlau, President

**Judi Sherman, Vice President &
Director of Schoharie 50 Plus
Senior Club**

Lorraine Wood, Treasurer

**Patricia MacNeil, Secretary &
Director of the Cobleskill Young at
Heart Senior Club**

**Faye Harris, Corresponding
Secretary & Director of the
Jefferson Senior Club**

**Shirley Koser, Director of the
Carlisle Senior Club**

**Anna Slavinski, Director of the
Central Bridge Senior Club**

**Dottie Pickett, Director of the
Conesville Mountain Top Senior
Club**

**Willie Karlau, County Liaison &
Director of the Middleburgh Golden
Agers Senior Club**

**Vern Hall, Director of the
Richmondville Senior Club**

**Pauline Brown, Director of the
Sharon Springs Silver and Gold
Senior Club**

**Elsa Varrecchia, Director of the
Summit Senior Club**

**William Olewnick, Director of the
Wright Friendly Seniors Club**



We are working hard to get the renovations done to our new center, as well as putting together the classes and activities which we will be providing. This new center will provide resources, programs, meeting spaces, and many classes and activities all dedicated to enhancing the lives of our 50 Plus population in Schoharie County and surrounding areas.

The new center will provide a wonderful opportunity to serve our community in a variety of ways. The center will include a reception area, a creative arts room, a recreation area, a small library, a computer lab and help desk, as well as providing special events.

Construction has begun. We now have a doorway between the two sections, as well as our heating units replaced and updated. We also have new lighting throughout the center. The following are a few pictures of the building currently:



New Doorway between



New Refrigerator in our kitchen



Our Coffee and Beverage area



Our Reception area



Who Are the Senior Council Members:

The Senior Council Board is made up of representatives of all 11 Senior Groups from the individual towns in Schoharie County. Contact Information for these clubs is as follows:

- Carlisle Seniors: Meet 2nd Wednesday @ 12:30pm at the Carlisle Fire House. Contact Shirley Koser at 518-868-4683.
- Central Bridge Seniors: Meet 2nd Tuesday @ 12:00pm at the Methodist Church. Contact Sharon Aitchison at 518-234-7861.
- Cobleskill Young at Heart Club: Meet 2nd Wednesday @ 1:30pm at St. Vincent Church. Contact Janice Desandos at 518-234-7888.
- Conesville Mountaintop Seniors: Meet 3rd Thursday @ 12:00pm at the Firehouse. Contact Carolyn Brown at 518-827-6282.
- Jefferson Seniors: Meet 2nd Wednesday @ 1:00pm at the Community Center. Contact Mary Ann Nyback at 607-397-8094.
- Middleburgh Golden Agers: Meet 1st Saturday at 12:00pm at the Methodist Church. Contact Matthew Coltrain at 518-231-8489.
- Richmondville Seniors: Meet 1st Wednesday @ 12:00pm at the Firehouse Hall. Contact Vern Hall at 518-705-0159.
- Schoharie Fifty Plus Club: Meet 3rd Tuesday @ 12:00pm at the Presbyterian Church Hall. Contact Betty Karlau at 518-295-7781.
- Sharon Silver and Gold Club: Meet 2nd Friday @ 12:00 pm at the Senior Center/Fire House. Contact Anne Lennebacker at 607-547-9055.
- Summit Seniors: Meet 3rd Tuesday @ 12:00pm at the Summit Fire House. Contact Elsa Varrecchia at 607-588-7452.
- Wright Friendly Seniors: Meet 2nd Thursday @ 12:00pm at the Lutheran Church in Gallupville. Contact Connie Skinner at 518-295-7734.

**Schoharie County Council of Senior Citizens, Inc. &
The Gathering Place 50 Plus Community Center**

**127 Kenyon Road
Cobleskill, NY 12043**

**Kimberly Witkowski, Executive Director
Tel. 518-254-7040 Fax. 518-823-4433**

www.schoharieseniors.org

Email: office@seniorcouncilofschoco.org

Coping Strategies and Tips to Help with Getting through the Pandemic

We are all feeling anxiety and stress throughout this very challenging time we are in. There is so much going on in our world and a lot of negative information being thrown at us on a daily basis. It is enough to make you feel depressed and out of control. That is why it is important to ensure that you take the necessary steps to take care of YOU! When you start to feel overwhelmed and isolated, try using some of these coping strategies below to help gain your perspective back:

- **Take breaks from the news.** A constant stream of negative or frightening news can bring you down even further. Try to limit your news intake to help you stay on a more even keel.
- **Create a routine.** Sticking to a regular routine can establish a feeling of normalcy, which can be comforting in a time that's definitely not normal. You may find that scheduling even just a few activities at set times can help ward off some of the depression.
- **Use an app to connect with other people.** Modern technology has brought us options like FaceTime, Skype, WhatsApp, and Zoom to connect with other people in real time. Talking to a friend, family member, or neighbor may help you feel a little less lonely. You might even want to schedule regular calls to check in.
- **Exercise.** Exercise isn't just good for your physical health. It's also a proven mood lifter. It can help you relax and feel less anxious. Take a walk around your neighborhood, try some home workouts, or pull up a YouTube video that will lead you through some yoga poses or dance moves.
- **Take a virtual tour.** Log on to the internet and take a leisurely tour through any number of other museums and gardens around the world. Not sure where to start? Try Google Arts & Culture's list of the top 10 museums to explore. Bonus: You don't have to put on your shoes or stand in any long lines!
- **Create something.** Remember that old hobby you abandoned a few years ago? It might be time to pull out the stained glass, sewing machine, or paint brush and get reacquainted with it. You don't have to be an accomplished artist, gardener, tailor, or chef to make something with your hands. It's more about the process than the end result.
- **Meditate.** There's really no one definite way to meditate. Just pick whatever helps you relax and feel more centered. Or simply practice some deep breathing exercises when you feel yourself getting anxious.
- **Call a friend.** Pick up the phone and call a friend or family member. Especially if you do not have access to the internet, using the old-fashioned way to communicate is still a viable option.

In addition to the above, please do not hesitate to reach out to the Senior Council or the Office for the Aging if you are in need of assistance of any kind. Know that you are not alone and that we will all get through this challenging time. We have so much to look forward to in our near future and we all need to focus on that, rather than all the negative information that seems to flow around all of us non-stop. The Gathering Place 50 Plus Community Center's telephone number is 518-823-4338 or 518-254-7040, or the Office for the Aging telephone number is 518-295-2001.

YOUR DONATIONS TO SCHOHARIE COUNTY COUNCIL OF SENIOR CITIZENS, INC. ARE WELCOME AND TAX-DEDUCTIBLE!

With everything that has happened in 2020, not-for-profits are definitely facing some challenging times ahead. The Schoharie County Council of Senior Citizens has been in existence for almost 50 years. During this time, we have continued to be committed to helping our 50 Plus Community age well.

There are many ways you can help us continue to make a significant difference in Schoharie County and surrounding areas. Please understand that every penny counts and helps us to help others. No gift is too small. The Senior Council would ask that you help us in whatever way you can to help us continue to improve aging in our 50 Plus Community.

Here are just a few ways you can help:

- Go to our website, www.schoharieseniors.org and click the “Donate” button at the top of the page. You can easily make a one-time donation, or set up a monthly donation, through our PayPal account.
- Amazon Smile: We are thrilled to let you know that we have become members of the AmazonSmile.com initiative. When you shop at Amazon, you simply make sure you go to Amazon Smile and pick Schoharie County Council of Senior Citizens, Inc. as your not-for-profit charity. Each quarter, the AmazonSmile Foundation will make donations to us based on your purchases which will help us to continue to bring new programs into Schoharie County to help all of our Senior Citizens.



- Drop off or mail your donation to: 127 Kenyon Road, Cobleskill, NY 12043
- Drop off your clean returnable cans and bottles to us at 127 Kenyon Road, Cobleskill, NY 12043.

We appreciate your continued support and look forward to bring even more services and opportunities to our 50 Plus Community!

January 2021 Crossword

ACROSS

- 1) Modeling wood
- 6) Not quite decided
- 10) Cooking meas.
- 14) From the Far East
- 15) Imaginary narrative
- 16) Cold coating
- 17) Begin anew (with "Go")
- 20) Maintenance cost
- 21) Seeking relief from a pitcher?
- 22) Mall occupant
- 25) They're not final releases
- 26) One voice singing
- 30) Do some snacking
- 32) Valentine figure
- 35) Napoleon relative?
- 41) Close social group
- 43) Barbecue offerings
- 44) "Fathers and Sons" author
- 45) Trade requirement?
- 47) Talk laryngitically
- 48) Midshipman's counterpart
- 53) Sloppy-landing sound
- 56) Language in "The Passion of the Christ"
- 58) End a computer session
- 63) Mysterious Atlantic Ocean locale
- 66) Frank in a diary
- 67) Lead-in for "go brag"
- 68) Retail markdowns
- 69) Third out of three
- 70) Traversing the deep
- 71) Sound from the birdcage

DOWN

- 1) Hindu "sir"
- 2) "Quickly!"
- 3) Salt deposit
- 4) "For goodness' ___!"
- 5) Poker-pot starters
- 6) "___ a Small World"
- 7) Online help page
- 8) Piccolo cousins
- 9) Opposite of nah
- 10) When repeated, a calming expression
- 11) Push from beneath
- 12) Saint Nick
- 13) Hunts (with "on")
- 18) ___ out (withdraw)
- 19) Genesis bone
- 23) Catch ___ (start to get)
- 24) Yuletide landing site
- 26) Cul-de-___ (dead-end roads)
- 27) Skip over
- 28) Traditional teaching
- 29) Whale type
- 31) Frau's partner
- 33) Source of a bugle call
- 34) Student's trial
- 36) One of 20 in a pack, for short
- 37) Look from a creep
- 38) Noted tutor
- 39) 13th of April, e.g.
- 40) Party thrower's request
- 42) House of cards?
- 46) Academy Awards
- 48) Group of plotters
- 49) Boxing site
- 50) Mends, as socks
- 51) Pismire
- 52) Letter-shaped cross
- 54) "I am the greatest" boxer
- 55) Melba or French
- 57) It's better than a mere thought
- 59) Chew, beaver-style
- 60) See 37-Down
- 61) Run away
- 62) "Gab" or "slug" follower
- 64) No-win situation?
- 65) Molecular biologist's study

SHAPELISSNESS

By Rob Lee

1	2	3	4	5	6	7	8	9	10	11	12	13	
14					15				16				
17				18					19				
20						21							
			22		23	24			25				
26	27	28	29		30			31					
32			33	34				35	36	37	38	39	40
41								42					
43						44							
				45	46					47			
48	49	50	51	52		53			54	55			
56					57			58		59	60	61	62
63							64	65					
66					67					68			
69					70					71			

Solution to November's Newsletter – Sudoku Puzzle

2	3	1	5	7	4	8	9	6
4	7	5	6	9	8	3	1	2
6	8	9	1	3	2	4	7	5
5	2	6	4	1	3	9	8	7
3	4	7	8	5	9	6	2	1
1	9	8	2	6	7	5	4	3
8	5	4	7	2	6	1	3	9
9	6	2	3	4	1	7	5	8
7	1	3	9	8	5	2	6	4
6	1	8	2	3	7	9	5	4
5	3	4	6	9	8	7	2	1
9	2	7	1	4	5	8	3	6
4	6	3	8	7	2	1	9	5
7	5	9	4	1	6	3	8	2
1	8	2	9	5	3	4	6	7
3	7	1	5	2	9	6	4	8
2	4	6	3	8	1	5	7	9
8	9	5	7	6	4	2	1	3

8	1	4	2	7	8	6	9	3
2	3	7	6	9	1	4	8	5
9	8	6	5	4	3	2	1	7
4	6	3	8	1	9	5	7	2
1	2	9	7	6	5	8	3	4
8	7	5	4	3	2	9	6	1
6	4	8	1	2	7	3	5	9
3	5	1	9	8	4	7	2	6
7	9	2	3	5	6	1	4	8
9	7	5	2	3	1	6	4	8
4	1	3	9	6	8	7	5	2
2	8	6	7	5	4	9	3	1
7	5	1	6	8	2	4	9	3
8	4	9	3	1	5	2	7	6
6	3	2	4	7	9	1	8	5
5	2	7	8	9	6	3	1	4
1	9	4	5	2	3	8	6	7
3	6	8	1	4	7	5	2	9

WORD SEARCH!

WINTER FUN

FIND AND CIRCLE THE WORDS ON THE LIST...WORDS MAY BE FOUND ACROSS, DOWN, OR DIAGONALLY
--FORWARDS, BACKWARDS, AND SOMETIMES OVERLAPPING. HAVE FUN!

WORD LIST

BOBSLED
DOGSLED
HOCKEY
HUNTING
ICE FISHING
ICE SKATE
SHOVEL
SKI
SKIJORING
SLED
SLEIGH RIDE
SNOW
SNOW ANGEL
SNOWBALL
SNOWBLOWER
SNOWBOARD
SNOWMAN
SNOWMOBILE
SNOWSHOES
TOBOGGAN

W	I	I	Z	H	U	N	T	I	N	G	L	S
Z	K	I	D	O	G	S	L	E	D	C	E	A
L	S	N	O	W	B	O	A	R	D	O	V	G
E	N	L	O	D	E	L	S	B	O	B	E	E
V	O	E	E	D	I	R	H	G	I	E	L	S
O	W	T	R	D	G	M	D	E	L	S	B	N
H	A	A	G	E	S	U	L	I	N	N	I	O
S	N	K	R	P	W	N	B	T	R	A	B	W
N	G	S	K	I	J	O	R	I	N	G	W	B
O	E	E	E	T	M	C	L	M	W	G	O	A
W	L	C	F	W	B	L	A	B	A	O	N	L
M	M	I	O	S	W	E	N	L	W	B	S	L
A	C	N	X	G	U	Y	E	K	C	O	H	S
N	S	N	O	W	S	H	O	E	S	T	N	T
I	C	E	F	I	S	H	I	N	G	O	O	S



Funny for You!

Best Ever Senior Citizens Joke!

A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I cannot figure out how to get started". Her neighbor asks, "What is it supposed to be when it is finished?" The little silver haired lady says, "According to the picture on the box, it is a rooster". Her neighbor decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table. He studies the pieces for a moment, then looks at the box, then turns to her and says, "First of all, no matter what we do, we are not going to be able to assemble these pieces into anything resembling a rooster". He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then", he says with a deep sigh...

"Let's put all the Corn Flakes back in the box!"



This was a picture of the Gathering Place 50 Plus Community Center back in December when we got 30" of snow!

Printable Sudoku Puzzles – Hard #2

	4	3	1					
7		9	4	6				
8		6			3		1	
9		2			7			
	6						4	
			3			9		7
	7		6			2		5
				2	4	6		1
					1	4	3	

			5				3	4
			4			7		
	1			7	3		5	
5	3		8		1			
1			2	4	5			8
			9		7		1	5
	2		3	8			7	
		1			9			
4	8				6			

	6		4				8	
		1		8	6			2
8				9		1		6
	8	2		4	5			
			1	3		8	4	
1		6		5				8
4			6	2		5		
	9				7		2	

6				3	8	5		
	8		6		7	3		
			5				6	
7		8	4			6		
1								2
		9			1	4		7
	1				5			
		2	7		6		8	
		3	2	1				5

Check Out Our Website!

If you get a chance, check out our updated website for the Senior Council. The website address is: <http://www.schoharieseniors.org>

