



Volume 2 | Issue 6  
November 2020

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

## Excited About Our Future...

Hello and welcome to our updated monthly newsletter format! We hope all of you are doing well and staying safe. I know it has been a while since we sent out a newsletter and updated you. I can promise we have been very busy here at the Senior Council!

Our biggest news is that we purchased a building in September 2020 and are working on opening The Gathering Place 50 Plus Community Center in the Spring 2021! I have enclosed our new brochure for the Center with information on what we will be providing to all of the 50 Plus Community. Feel free if you would like to stop by the Center to see our work in progress!

Our Board of Directors have been very hard at work developing a Three-Year Strategic Plan and looking to prepare our not-for-profit for a prosperous future. The specific updates will be covered in this issue under "Board of Director's News" section.

You can see we are updating our newsletter format to help ensure we are presenting you with an informative and easy to follow structure. We hope you enjoy these changes.

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 20<sup>th</sup> of each month. We hope you enjoy!



GIVE  
THANKS  
FAMILY • FRIENDS • GRATITUDE

*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.*

### ***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*

## **Planning for Our Future...**

Over the past few months, the Board of Directors have been working on restructuring the By Laws and Board structure in order to create a stronger organization. Below is a summary of these changes:

- The Executive Committee has been dissolved and there is now a Board of Directors, which are made up of the Directors from each of the 11 Senior Clubs, along with two Officers of the Board positions, which are the President and Treasurer.
- Kimberly Witkowski is now the Executive Director of the Senior Council and is responsible for the day-to-day operations of the not-for-profit, in consultation and oversight by the Board of Directors;
- The Alternate Directors will only come to monthly meetings if the Director is unable to attend; however, the Alternate Directors are encouraged to participate in the monthly Board meetings via conference calling or Zoom, in order to keep informed. This is to ensure that we can maintain social distancing as well as keep everyone as safe as possible;
- The Board of Directors meet monthly on the 4<sup>th</sup> Monday of each month at 9:30 am. All meetings are now held at the Gathering Place 50 Plus Community Center.
- There is no longer Directors at Large; instead this will be replaced with an Advisory Board made up of community members who are interested in our mission;
- Our mission has been updated to reflect our focus;
- We also now have a Vision Statement to reflect our future.
- The Board has also agreed that it is a good idea to not have Senior Club meetings at this time due to COVID-19. The Board will review this directive at a future meeting and decide when meeting can resume.

The Board is excited to move forward with these positive changes and hope that our members will support them. 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.

The following are a few pictures of the building currently:



Please feel free to stop by and take a peek...127 Kenyon Road, Cobleskill, NY. Center number is 518-823-4338.



**Jefferson Senior Club members were able to get together in July at Gobbler's Knob.** They are left to right: Lois Intendola, Ingrid Zeman, Bonnie McKinze, Marge Albrecht, Faye Harris, Mary Ann Nybeck, Lou DeSimone, Bunny Bjerke.



*Middleburgh Everything Shoppe ladies participated in the annual Scarecrow contest in October 2020.*

## 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.**

**127 Kenyon Road  
Cobleskill, NY 12043**

**Kimberly Witkowski, Executive Director**

**Tel. 518-254-7040 Fax. 518-823-4433**

**[www.schoharieseniors.org](http://www.schoharieseniors.org)**

**Email: [office@seniorcouncilofschoco.org](mailto:office@seniorcouncilofschoco.org)**

## What are the Best Spiritual Activities for Aging Adults

By Luke Redd

As an older American, you can do all kinds of things to get more in tune with your spiritual core. And by doing activities that promote a deeper sense of connection, wholeness, meaning, and purpose, you can awaken new perceptions that renew your outlook and give you inner strength for the rest of your human journey.

Every religion offers spiritual practices that are designed to bring you closer to a sense of the divine. They include activities like praying, chanting, fasting, taking part in rituals, celebrating special milestones, and many other practices. But you don't necessarily need to follow any particular religious practices in order to enliven your spirituality. Anything that you love doing, that makes you feel whole or truly alive, or that gives you a feeling of deeper connection to the world can be considered a spiritual activity. For example, consider pursuits such as:

- **Volunteering:** Providing your time and efforts to a worthy cause can generate many positive emotions that feel deeply rooted in your spiritual core.
- **Spending time with nature:** The world is full of natural wonders—big and small—that can help you sustain an inspiring enchantment with life. Activities can be as simple as watching the night sky, sitting under a large tree, planting some flowers, walking through a garden, listening to ocean waves, or watching or playing with animals.
- **Meditating:** In the Pew Research Center survey referenced earlier, about 53 percent of seniors over 65 said they meditate at least once a week. Among several other benefits, meditation can increase your self-awareness as well as your ability to accept aspects of life that may be out of your control.
- **Participating in prayer groups:** Praying with other people provides a great opportunity for social engagement. But it can also help you stay encouraged and hopeful since you get to witness and be part of a collective spiritual effort.
- **Sharing stories:** Talking about good memories with other people can help you feel more grounded and interconnected.
- **Playing or listening to music:** It's called a universal language for a reason. Music has the power to make almost anybody feel more in tune with the world, especially since it draws people into the present moment. In addition, favorite songs from your past can reawaken positive memories, provide comfort, and renew your spirit.
- **Getting a massage:** Human touch and physical pleasure can strip away your worries and immerse you deeply in the present moment, which is often a good way to experience a sense of unity with the world.
- **Dancing:** Moving in rhythm to stirring music can make you feel one with the universe. And when you dance with other people, that feeling of unity can become even more intense and expansive.
- **Yoga:** Beyond its many physical benefits, the practice of yoga can help you achieve a higher state of consciousness since it requires strong attention on what's happening in the current moment.
- **Reading or writing:** Words often have a lot of transformative power. Reading the thoughts or stories of good writers can open new pathways for your spiritual core to make itself known. And writing down your own words—as part of your personal reflection or storytelling—can enable you to learn more about yourself, your beliefs, your place in the universe, and what gives you meaning.
- **Arts and crafts:** What could be more spiritual than the act of creation? Making something that has never existed before can generate an energizing sense of harmony and possibility. Drawing, painting, sculpting, and many other kinds of arts and crafts offer the chance to experience meditative and transcendent acts of creation.
- **Holding hands or gazing into someone's eyes:** Simple yet intimate acts of interpersonal connection offer the chance to feel unified with the spiritual cores of other people.
- **Doing absolutely nothing:** By freeing yourself of distractions and sitting alone, in silence, you can pay closer attention to your thoughts and feelings, which can provide clues to where your spiritual core may be hiding.

Ultimately, no matter what you believe in, the activities that you enjoy most—or that bring you closer to other people or make a positive difference in the world—are the ones that are likely to feel most spiritual to you. So play, laugh, love, create, and remember that almost everyone, regardless of age, shares the same fundamental questions about the deep mysteries of life.

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## **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. As we are nearing the end of 2020, 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](http://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!

**ACROSS**

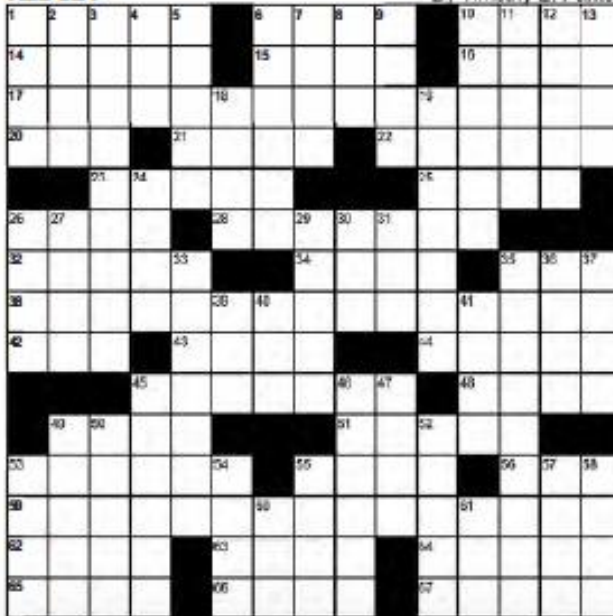
- 1) Butter \_\_\_ (ice cream flavor)
- 6) Neighbor of Libya
- 10) Vegetative state
- 14) Adult insect
- 15) Detest
- 16) Hard knocks cosmetics company?
- 17) Be courageous in spite of one's fears
- 20) Suffix for the extreme
- 21) Cause of much head-scratching
- 22) Hypnotic state
- 23) Bloodsucking creature
- 25) Violent dance pit
- 26) Place for a crowning glory
- 28) Headcount units?
- 32) Did a lawn chore
- 34) Villain's adversary
- 35) Follow everywhere
- 38) Name names
- 42) One of 100 in D.C.
- 43) Can of worms?
- 44) Russian country house
- 45) Zany ones
- 48) Schindler kept one
- 49) Ten C-notes
- 51) Acted as king
- 53) Former French coins
- 55) A head
- 56) Before, of yore
- 59) Be a strict disciplinarian
- 62) Breezed through
- 63) It may be highly decorated in December
- 64) Like shoes
- 65) Bungle (with "up")
- 66) Frau's beloved
- 67) Seemingly bottomless chasm

**DOWN**

- 1) Frosty's mouthpiece?
- 2) Flightless flock
- 3) Ben Cartwright, for one
- 4) Khan's title
- 5) Chivalrous
- 6) Three-step dance
- 7) Currently possess
- 8) Absorbed, as a cost
- 9) Adroit
- 10) Chocolate-yielding plants
- 11) Bake-off requirements
- 12) Borrow with no thought of repaying
- 13) "Green Gables" focus
- 18) Wealthy
- 19) Quite a bit to carry
- 24) Corp. VIP
- 26) White-topped mountains
- 27) Raised rug surface
- 29) Certain sorority member
- 30) Presidents' Day mo.
- 31) Web address
- 33) Corrupt morally
- 35) Without question
- 36) \_\_\_ and ashs
- 37) Buzzing pest
- 39) Small amount
- 40) Sound heard before "Pardon me"
- 41) One sex
- 45) Single-celled organisms
- 46) Thing said before bedtime
- 47) "No \_\_\_ thing"
- 49) Slight amount
- 50) 19th U.S. president
- 52) \_\_\_ apso (canine)
- 53) Film-\_\_\_
- 54) Dickens' Pecksniff
- 55) Anon's partner
- 57) Future fishes
- 58) Reaches a conclusion
- 60) A word with you nuts?
- 61) Hill in San Francisco

**ALL SET**

By Timothy E. Parker



**Solution to July/August's Newsletter – Sudoku Puzzle**

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

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

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

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

## 60's Songs

Find and circle all of the 1960's song titles that are hidden in the grid.  
The remaining letters spell the title of an additional 1960's song.

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

BABY LOVE	ELENORE	MEMPHIS	TEEN ANGEL
BLUE MOON	FINGERTIPS	MY GIRL	THE BOXER
BLUE VELVET	FIRE	MY GUY	THE TWIST
BUS STOP	GALVESTON	PEOPLE	THESE EYES
CARA MIA	GOOD LOVIN'	PUPPY LOVE	VALLERI
CHAIN GANG	GROOVIN'	RESPECT	VOLARE
CHERISH	HAIR	RUNAWAY	WHITE RABBIT
CRAZY	HEATWAVE	SHERRY	WILD THING
CRYING	HEY JUDE	SOUL MAN	WINDY
DIZZY	HOLIDAY	SPOOKY	WIPEOUT
DOWNTOWN	ITCHYCOO PARK	STAY	WORDS
EL PASO	LAST KISS	SURF CITY	YESTERDAY

### Funny for You!

This old lady handed her bank card to the teller and said, "I would like to withdraw \$10". The teller told her, "for withdrawals less than \$100, please use the ATM. The old lady wanted to know why. The teller returned her bank card and irritably told her "these are the rules, please leave if there is no further matter. There is a line of customers behind you!

The old lady remained silent for a few seconds and handed her card back to the teller and said "please help me withdraw all the money I have". The teller was astonished when she checked the account balance. She nodded her head, leaned down and respectfully told her, "you have \$300,000 in your account but the bank doesn't have that much cash currently. Could you make an appointment and come back tomorrow? The old lady then asked how much she could withdraw immediately. The teller told her any amount up to \$3,000. "Well please let me have \$3,000 now". The teller kindly handed \$3,000 very friendly and with a smile to her. The old lady put \$10 in her purse and asked the teller to deposit \$2,990 back into her account.

The moral of the story: Don't be difficult with old people, they spent a lifetime learning the skill.



### Printable Sudoku Puzzles – Hard #1

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

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

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

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

### Our Website has been upgraded!

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

