



Volume 2 | Issue 3
March 2020

Schoharie County Council of Senior Citizens, Inc.

Monthly Newsletter



Finally, we are entering March. Even though it is still technically winter, by the time March comes, there is at least hope that spring is close. The Senior Council is also looking for new programs and services which we can provide our senior citizens here in Schoharie County. If you have any thoughts or suggestions, we would love to hear them. Just contact Kim Witkowski at the Senior Council office and we will add them to our list of possibilities. The purpose of this newsletter is to keep you updated on the Senior Council events, as well as becoming a resource for you to find out current information. If you have any ideas that you would like to see in this newsletter, please feel free to contact the Senior Council's office at 518-254-7040.

The deadline for articles is the 20th of each month. We hope you enjoy!

Remember...Sunday, March 8th is Daylight Savings Time. Set your clocks an hour ahead!



Our Mission is to provide cultural, social, and recreational activities, and help meet the physical needs of the senior citizens in Schoharie County.

*Upcoming Senior Trips and
Events:*

Save the Date!

This year's Senior Celebration is scheduled for Thursday, June 25, 2020 at Sablewood. The theme this year is "The Roaring 20's"! More information will be coming in the next couple of months. Stay tuned!



Quote of the Month:

*"A Good Friend is like a 4-
Leaf clover: hard to find
and Lucky to have! "
-Author Unknown*

Remember that Tuesday,

March 17, 2020 is:



Poem About the Future

The following poem was shared with me to put it in our newsletter.

The Optimist

By Beryl in Keizer, Oregon

“Why live to one hundred?” asked my friend. “Isn’t ninety enough to make a good end?”

“I think of the things I would miss”, I replied, “If at ninety, I stopped and simply died.”

Thousands of mornings to see the sun rise. In a glorious blaze in the eastern skies. Moons to wax and wane anew. Trillions of stars in the midnight blue.

Ten springs to see the lilacs bloom. As their fragrance drifts across my room. To see new leaves on the maple tree. As birds return and sing to me.

Ten summers to feel the ocean breeze, as whales cavort in blue-green seas. To watch the hawks on the thermals rise into the blue of summer skies.

Ten more harvests to celebrate. Of apple and peach and pear and date. To anticipate the winter’s wines. From fresh new grapes on ancient vines.

Ten more autumns in which to see the change of color on every tree. Russets and golds and reds ablaze. To brighten the ever-shortening days.

Ten winters of freshly fallen snow. On mountains above and valleys below. Of cherry-cheeked children on skis and sleds. Of blazing hearths and soft warm beds.

Ten Christmas seasons of church bells rung. Of mince pies eaten and carols sung. Of families gathered to celebrate. The wonder of that age-old date.

Ten more New Years to welcome in. To wonder what the year will bring. Will there be a new baby for me to see? A great-grandchild on my family tree?

I strive for another decade of living, of hoping and praying, and loving and giving. And, if I reach one hundred, what then?

Why, I’d plan to live to one hundred and ten!

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

Advocacy Services for seniors citizens with questions about programs and services in our County

Lifeline – offering an 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 the Office of the Aging to aid seniors who do not qualify for other funding sources

Provide monetary gifts to all 11 county-wide Senior Citizens Groups

Support and resources for all senior citizens in Schoharie County

Sponsors events throughout the year for all seniors in our community

Operates the Everything Shoppes in Cobleskill and Middleburgh

Current Executive Committee Members:

Betty Karlau, President

Judi Sherman, Vice President

Lorraine Wood, Treasurer

Patricia MacNeil, Secretary

Faye Harris, Corresponding Secretary

Anna Slavinski, Executive Committee Member

Pauline Brown, Executive Committee Member

Willie Karlau, County Liason

Happy 92nd Birthday to Louis Desimione!



Louis Desimione's 92nd birthday party. Seniors among the many well-wishers are left to right: Russ Danforth, Teresa Mulliken, Mary Ann Nyback, Faye Harris, Stephanie Ruquet, Margaret DeFilippo. Ingrid Zeman missed the picture.

Everything Shoppes are Going Green!

Well, we actually are going blue! Remember, beginning March 1st, you will need to bring your reusable bags with you when you go shopping at all retail stores!



What Do Senior Citizens Do at the Senior Club Meetings?

For anyone who is curious as to what our local seniors do at their club meetings, we invite you to contact one of our clubs and be a part of their monthly meetings. Our Senior Clubs not only have a business meeting monthly, but they also have guest speakers on interesting topics, talk about current concerns and issues in the community, go out to eat at one of our local restaurants, do potluck lunches, play games, organize and go on Senior Bus Trips, make donations to local charitable organizations, and provide a welcoming social environment where seniors can be in the company of other seniors.

If you know of any seniors who might not be aware of our senior clubs, or would like to join them for monthly activities, please feel free to contact the individual clubs (contacts listed on next page) or contact the Senior Council office at 518-254-7040 for more information.



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 William Anderson at 607-643-7383.
- Middleburgh Golden Ageds: 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 Betty Cozzolino at 518-294-7131.
- 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.

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Cobleskill, NY 12043

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Are You Afraid of Falling? If So, You Are Not Alone.

By Travis Hyer

As both a Healthcare and Fitness Professional for over 25 years now I can honestly say one of the most common “fears” I have had clients bring up in conversation is their fear of falling. Unfortunately, this fear can almost “paralyze” them into living a very sedentary lifestyle. Especially when they live alone.

When given the following statistics I get where they are coming from:

- More older Americans are dying or being severely injured in falls, says a report issued by the U.S. Senate Special Committee on Aging (*AARP, 12/19*).
- In 2017, more than 31,000 older Americans suffered fatal injuries from falls, almost twice as many as a decade earlier (*AARP, 12/19*).
- Falls are the leading cause of fatal and nonfatal injuries for adults 65 and older (*AARP, 12/19*).
- 1 in 3 older adults fall each year! Experts attribute the rise to the growing elderly population but also to the increasing use of medications and inactivity (*Senior Safety Review website*).

In the article “*Afraid of Falling? Here's What You Can Do*” published on the *Senior Safety Review* website, they go on to say, “As more seniors live alone and practice an inactive lifestyle, falling is one of the greatest risks to their health and independence.” (I provided the link at the end of this newsletter). In this same article they provide the following quick guide with some helpful resources on how seniors can stay independent, stay in their homes longer and continue to be active inside and outside:

1. Take a Course on Fall Prevention.

2. **Modify Your Home:** For older adults, their homes should be free and clear from potential fall-causing hazards, creating a balance between convenience, safety and mobility.

3. **Review Your Medications:** Many medications can cause light headedness, dizziness, or drowsiness all leading to an increased risk of falling.

4. **Check Your Eyesight Annually:** As we age, our eyesight can deteriorate rapidly. Older adults are susceptible to macular degeneration, cataracts, diabetic retinopathy, dry eye, glaucoma and retina detachment. The American Optometric Association recommends anyone 60 years and older get an eye examination annually.

5. **Review Your Health With Your Doctor:** Your overall health is a significant predictor of your ability to avoid falls. Get an annual check-up with your doctor and discuss anything that bothers you and discuss resources that could help you.

6. **Personal Emergency Response Systems (PERS).** Despite your best efforts to prevent a fall, sometimes it happens anyway. Medical alert systems or life alert as some people also call them, made popular by the famous “I’ve fallen and can’t get up” commercials, can be a huge help in limiting the damage.

In conclusion I would like to mention that if you or someone you know has an increased risk of falling, we are here to help. At Power-Up we offer an 8-week program called “F.I.T. For Life”. F.I.T. being an acronym for “Functional Integration Training”. In this program we integrate balance training, strength training, reactive training, range of motion/flexibility training and total body functional movement training. All of which assist in reducing the potential of falls.

If you would like to learn more about our “*F.I.T. For Life*” program please feel free to contact me directly at 315-717-5712 or visit our website at www.power-up-training.com and click on the “Senior Fitness” tab.

So, what should you do? Start exercising!! As always, consult with your doctor before starting any exercise program.



Resources

Senior Safety Review website: <https://www.seniorsafetyreviews.com/afraid-falling-heres-can/>

AARP website: aarp.org/bulletin (December 2019)

ST. PATRICK'S DAY WORD SEARCH

FREE PRINTABLE



St. Patrick's Day Word Search



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



- | | | |
|-------------|------------|-------------|
| CLOVER | IRELAND | PARADE |
| COINS | IRISH | PATRICK |
| CORNED BEEF | LEPRECHAUN | POT OF GOLD |
| TRADITION | LUCK | RAINBOW |
| GREEN | MARCH | SHAMROCK |



Printable Sudoku Puzzles - Medium #4

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

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

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

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



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.

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

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

Solution to the
February 2020
Sudoku Puzzle.

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

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

Our Website is in the Process of being upgraded!

If you get a chance, check out our revised website for the Senior Council. It is still being worked on, but we hope that this will be a valuable resource to everyone. The website address is: <http://www.schoharieseniors.org>

