



**Volume 2 | Issue 5**  
**July/August 2020**

# Schoharie County Council of Senior Citizens, Inc.

## Monthly Newsletter

### Times They Are a Changing...

Hello and welcome to our updated monthly newsletter format! We hope all of you are doing well and staying safe during this crazy COVID-19 pandemic. We have had a lot of activity going on at the Senior Council. On June 9, 2020, we were able to finally reopen our two Everything Shoppe Thrift Stores in Cobleskill and Middleburgh. Our stores have had a lot of customers and people are very happy we reopened. We are not taking donations currently until August 1<sup>st</sup>, 2020, as a precaution, but we have had plenty of items in storage and have been able to clean out pretty well.

The Executive Committee of the Senior Council was finally able to meet together on June 29, 2020 at the Cobleskill Everything Shoppe. It was decided that the Executive Committee will continue to hold their monthly meetings at the Cobleskill Shoppe as there is ample room and the store is sanitized regularly. We had a lot to discuss since our last meeting in February. There is more about this meeting on Page 2 of this newsletter.

Lastly, the Executive Committee elected to cancel the Regular Board meetings for the remainder of this year to keep everyone safe. They will reevaluate in January 2021. The Executive Committee also recommends that each of the 11 senior clubs hold off meeting as a group in order to keep safe during this uncertain time. In the meantime, if you have any questions or concerns, please feel free to contact the Senior Council office at 518-254-7040 or Kim's cell phone at 518-788-4068. Stay safe and well!

The Senior Council wants you to know that we are here for you during this uncertainty. If you have any questions, or need any assistance, please feel free to contact Kim Witkowski in the Senior Council office at 518-254-7040. If we can't provide you with assistance ourselves, we will refer you to someone who can. Please stay safe and well, and hope to see all of you again soon! The deadline for articles is the 20<sup>th</sup> of each month. We hope you enjoy!



**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:***

***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!***

Embrace uncertainty. Some of the most beautiful chapters in our lives won't have a title until much later.

Bob Goff  
Author

### ***Quote of the Month:***

***If we don't change,  
we don't grow.  
If we don't grow,  
we aren't really living.  
-Gail Sheehy***

EVERYTHING GOOD,  
EVERYTHING MAGICAL  
HAPPENS BETWEEN THE MONTHS OF  
JUNE AND AUGUST.  
*Annex 100*



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

At our Senior Council Executive Committee meeting on June 29<sup>th</sup>, we started discussing where the Senior Council is currently and what the future of our not-for-profit may look like.

With the current structure in place and having an Executive Administrator running the day-to-day operations with the Executive Committee oversight, having two basic board teams is inefficient and unnecessary at this point. Over the next few months we will be looking at restructuring how our board functions and looking at dividing up the two boards. One would be the Executive Board who would ultimately be in charge of running the not-for-profit entity, which is currently what is occurring. This Board would continue to meet monthly and be in regular contact with the Executive Administrator, as well as be able to address any issues that may arise during the month.

The Regular Board would change their focus to become an Advisory Board for the Senior Council. This Board would still have representatives from each of the eleven clubs, along with the Executive Board members and Executive Administrator who would also continue to attend these meetings. The primary focus of the Advisory Board would be to serve to make recommendations and/or provide key information and materials to the Executive Board of Directors. The Advisory Board would play an important public relations role, as well as providing a fresh perspective on programmatic issues. The Advisory Board would provide a tremendous complement to the effectiveness of the Executive Board as it works to carry out specific initiatives.

Since the Executive Board would have ultimate governance authority for the organization, the Advisory Board would be able to focus narrowly on a specific program in order to advise or support the organization. The Advisory Board would receive meeting summaries of the Executive Board meetings and would stay informed of any big developments within the organization.

We believe that restructuring the Board will create a much more efficient and effective management team that will be able to assist in moving the Schoharie County Council of Senior Citizens, Inc. successfully into the future.

We invite anyone to please feel free to contact the Executive Administrator or any of the Executive Committee members with any thoughts, suggestions, or questions. We really would like your feedback on this proposal.

In addition, over the next few months, the Executive Committee will be working on developing a three-year strategic plan, which will help us to create goals to work toward and grow our organization in a positive manner.



***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 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 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 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 Liaison*

## **Protect Yourself from COVID-19 Scams**

### **By The Senior Medicare patrol National Resource Center**

There have been many complaints of unsolicited callers using the fear and uncertainty from the COVID-19 pandemic to prey on Medicare beneficiaries. Here are some small tips to help you stay safe:

#### **How to spot a scam or fraud**

Be wary if you receive an unsolicited phone call that offers:

- To send you COVID-19 testing kits, vaccines, prescriptions, supplies such as masks, creams, and hand sanitizer, or even a COVID-19 treatment package. Beneficiaries who give out their information sometimes get back or orthotic braces in the mail instead.
- A new Medicare card and COVID supplies in exchange for a Medicare number. **Medicare will not call you to offer a new card** or request information in order to issue a new card.
- More Medicare insurance coverage. Insurance companies who do not already have a relationship with a beneficiary cannot initiate a call. Information about changes to Medicare coverage because of the pandemic can be found on this practice tip from the National Center on Law & Elder Rights.

Other examples of potential COVID-19 fraud that SMPs have seen are health care providers improperly diagnosing patients with COVID-19 in order to receive higher payment; people going door to door at senior housing to perform COVID-19 tests; and hospitals attempting to charge for COVID-19 antibody tests.

#### **How to Protect Yourself**

To protect yourself, we recommend that you:

- Contact your own doctor (not a doctor you've never met who calls) if you are experiencing potential symptoms of COVID-19.
- Do not give out your Medicare number, Social Security number, or personal information in response to unsolicited calls, texts, emails, or home visits. Personal information that is compromised may be used in other fraud schemes as well.
- Be suspicious of anyone going door to door offering free COVID-19 testing, supplies, or treatments.
- Carefully review your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB), looking for errors or claims for products or services that weren't received.
- Follow the instructions of state or local government for other actions you should take in response to COVID-19.
- Contact your local SMP for help. Contact and other information for SMPs can be found at [smpresource.org](https://smpresource.org).
- For Medicare coverage questions, contact the local State Health Insurance Assistance Program (SHIP) at [shiptacenter.org](https://shiptacenter.org) or 1-877-839-2675.

**Re-Opening  
Tuesday,  
June 9th!**

# The Everything Shoppe

**New and Gently Used  
Clothing and  
Merchandise**

Summer Clothes, Dishes,  
Glassware, Housewares  
And Much More!

**Homemade  
Hand Crafted  
Items**

*Unable to accept donations until Aug. 1st.*

**Schoharie County Council Of Senior Citizens, Inc.  
Effective Date: June 9th  
Covid-19 Procedures And Protocols  
For The Everything Shoppes  
General Procedures:**

- Everyone must wear a mask when entering the store and while shopping in our store
- Do not enter the store if you are not feeling well
- We are required to take customer's temperatures before allowing you to enter our store
- Maintain at least 6 feet between other customers whenever possible
- Follow all signs indicating the flow of traffic through the store
- We cannot accept donations of any kind at this time; if you can hold your donations and donate them to us when we can accept them, it would be very much appreciated.
- We ask for your patience and understanding during this time with the added protocols.
- We also ask for your patience and respect for our staff as they try their best to accommodate our customer's needs.

*The Everything Shoppes And The Schoharie County Council Of Senior Citizens Appreciates Your Continued Business And Support While We Navigate This New Process. Thank You And We Are Glad To Be Back Open And Serving Our Community!*

If You Have Any Questions Or Concerns About Any Of Our Protocols, Please Feel Free To Contact Kimberly Witkowski, Executive Administrator, At 518-254-7040.

115 Plaza Lane, Cobleskill • 518-254-0181  
OPEN: Tues., Wed., Thurs. & Sat. 10:00 am - 3:00 pm  
Fri. 10:00 am - 6:00 pm

333 Main Street, Middleburgh • 518-827-4548  
OPEN: Tues., Sat. 10:00 am - 3:00 pm

## 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 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.**

**115 Plaza Lane, Store #8 (located inside the Everything Shoppe)  
Cobleskill, NY 12043**

**Kimberly Witkowski, Executive Administrator**

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

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

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



## **The Story of Overcoming My Fear**

By Sean Clarke

So here's how I overcame my fear...Not my fear of heights, not my fear of demonic horror film children, but the fear of day to day life. My story starts as a young boy. Always anxious, always afraid of the 'what if's'. So much so that I missed out on so many opportunities that I might not get again. I was so anxious every second of the day even before I knew what 'anxiety' was or that the feeling even had a name.

I remember thinking to myself 'I'll always feel this way', afraid and feeling lonely. It seemed impossible to me that I could ever change, mainly because anxious thoughts were all I had ever known. I became so fearful through school, college and eventually at work. Always feeling down about myself and unconfident. One day I'd had enough. I didn't know how I'd change the way I was, but I knew there must be a way. Anyone can change right? My ultimate fear was living a life of anxiety and depression.

### **The Fear Was Motivation Enough**

I knew that I didn't want to live the rest of my life the way I had been and so that fear motivated me to change. Instead of letting it cripple me, I harnessed it to swing my mind back around and into a productive state. Here's how I saw it. There were these two options;

1. Be depressed forever; or,
2. Use the fear.

The compounding effect of nearly 20 years of anxiety on my brain reached a critical mass where I didn't care about feeling stupid or exposed anymore. I was going to overcome my fear one way or the other. I was determined. You see, I think everyone needs to reach what I call a 'critical mass' where the way you feel goes beyond depressed and into ridiculousness. When you reach that point like I did, it becomes a joke that you've lived that way for so long. Not a 'haha' joke but more a 'Do I seriously wanna live that way forever?' kind of joke.

When you can step back and look at yourself you can start to get a bit of perspective on things. I overcame my fear of a life of anxiety by doubling down on productive activities. It was only when I took the 'risk' to do what I truly wanted that I felt mentally free. I started to learn that most people are afraid of being judged by others and so they never really try for what they really want.

### **We Get Suppressed Everyday**

I realized when I stepped back to look at my life, I had become side-tracked. I was living on autopilot ignoring what my mind craved. It craved the soul food that it needed to fill its belly. This meant making time for what I was passionate about. Not going to bed late, waking early, going to work, watching TV all evening and repeating the cycle. You have to say enough is enough. A mundane cycle of life is enough to give anyone an anxiety disorder. Yes, we have responsibilities however when I remembered back to my childhood self, I didn't have the same levels of fear that I ended up having in my early teens. I'd forgotten how to play. So that was it. I was going to carve out the life I wanted because I knew that no-one could change my life but me. Not my mum, not my dad, not my boss. Only you can do that. But you have to want it. And why wouldn't you? Why wouldn't you want a fulfilled life? Surely that's what it's all about?

I wasn't going to let my passions in life be suppressed and not be a priority anymore. The things that made me come alive and simply 'feel' needed air time of their own if I was going to find meaning in my life. Here's what I did:

*I listened to my heart and:*

- Embraced the fear of an anxious life to use it to motivate me;
- Starting blogging;
- Started to appreciate the small things;
- Started drawing again;
- Started practicing mindfulness;
- Started to educate myself in what I'd always wanted to learn about.

When I started to make time for myself and stopped pushing down on what my mind craved, I found meaning and became more fulfilled in my life. I also set goals. I started to understand that setting goals and milestones was something powerful in the battle against anxiety and fear. It gives you something to aim for, something in the future to get excited about but also gives you a long term feeling of productivity.

### **It All Starts from Within**

The journey from fearful to productive started from within me. It started by making a decision by saying 'enough to this.'

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

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.

In addition, we hope you will consider supporting our organization with any size gift to help us to continue providing additional programs for all of our senior citizens in Schoharie County.

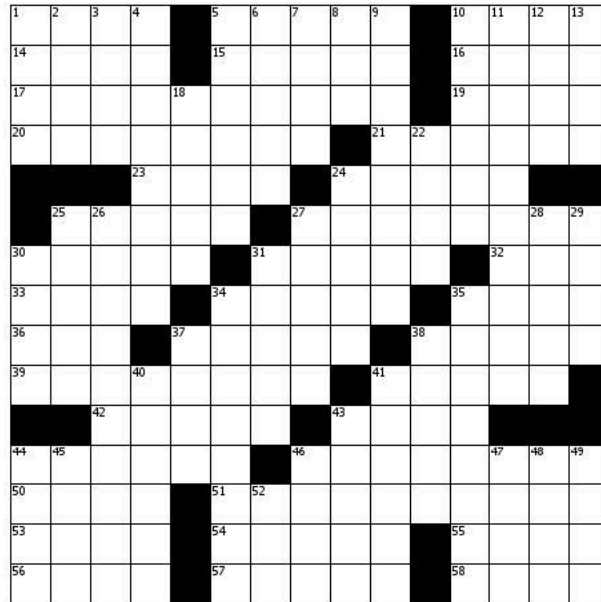


## Free Printable Crossword Puzzle #1

This is the Daily Crossword Puzzle #1 for Jul 13, 2020

### Across

1. Cairo league
5. Letter on a frat house, perhaps
10. Kind of bag
14. Oak support
15. Punic Wars soldier
16. Dude ranch prop
17. Render's suspect
19. Protected, nautically
20. Tom and Dick, but no Harry
21. Fruity-smelling chemical compounds
23. Literary governess Jane
24. Homesteader's stake
25. Jane Smiley's "A Thousand \_\_\_\_"
27. Comes into one's own
30. Which cheek to turn?
31. Percussion instruments
32. Balmoral Castle's river
33. Occasion at Minsky's
34. Cleaners' concern
35. Small price to pay
36. Plumber's connection
37. The Hatfields and the McCoy's, e.g.
38. Teen hang-outs
39. Having a finger in every pie
41. Stockholder of Roy Rogers?
42. Appears
43. Columnist Barrett
44. Common airline carry-on
46. Certain relative
50. Perry's creator
51. Way out West, once
53. Glum drop?
54. More than merely ready
55. Jasmine or morning glory, e.g.
56. Verbalizes
57. Isn't supporting
58. Resurgently



### Down

1. Lessons for the young
2. Gallivant
3. To boot
4. One-upped
5. They may be marching
6. Boxing's Archie
7. Layers of green eggs
8. Some consider it a gift
9. Deer playmate?
10. Without charge
11. They're often emulated
12. Copycat
13. Some are killer
18. Less vocal
22. Talk trash to
24. Smackers
25. Whale of \_\_\_\_
26. Simple task, e.g.
27. Word with up, down or about
28. Edison's park
29. There may be three to a match
30. Neighbor of Provo
31. Mission start?
34. Sneaks a peek
35. Amorously inclined male
37. Asp victim, for short
38. Word with depressive
40. Dissuades
41. Extreme introverts
43. Received, at NASA
44. Cry of concurrence
45. Kind of rug
46. "Roots," e.g.
47. (Has) reclined
48. Teenage problem that breaks out
49. Sigh of relief
52. Tit for \_\_\_\_

## Solution to May's Newsletter – Sudoku Puzzle

SOLUTIONS: Printable Sudoku Puzzles – Medium #5

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

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

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

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

## Beach Bum

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

BAREFOOT	HOLIDAY	STONES
BATHING SUIT	JET SKIS	STROLLING
BEACH BALL	LIFEGUARD	SUNBLOCK
BIKINI	OCEAN	SUNSHINE
BLANKET	PEOPLE WATCHING	SURFING
BOATS	ROCKS	SWIMMING
BUCKET	SANDALS	UMBRELLA
CHAIR	SANDCASTLE	VACATION
CHILDREN	SEASHELLS	VOLLEYBALL
COOLER	SHORELINE	WALKING
DOGS	SHOVEL	WAVES
FLIP-FLOPS	SNACKS	
FRISBEE	SODA	

To answer the question, look for a word or phrase that is hidden in the puzzle, but not the word list.

**Question:** In 2005, the world record for the most surfers on one board was set in Hunting Beach, California. How many surfers rode on this record-breaking board?

**Answer:** \_\_\_\_\_



## Printable Sudoku Puzzles – Medium #6

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

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

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

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

## 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>

