

# "EXPERIENCE"

August 2, 2020

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

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Our offices are now open, **BY APPOINTMENTS ONLY**. We need to stress the importance to be patient so not to lose the progress we have made to keep the virus very low in our county. If you need to see us in person, there will be several new protocols in place that help to keep all of us safe:

1. All office visits must be by appointment. This will ensure time for you to meet with us and then give us enough time to disinfect our meeting space before we visit with someone else.
2. All visitors will sign in & out and have your temperature taken. If it is above 100.5°, you will not be able to stay. You will participate in a brief screening regarding symptoms or proximity to COVID exposure.
3. You will need to wear a mask while you are in the building at all times. Staff will be wearing one as well.
4. All visitors will use hand sanitizer when entering the building.
5. Social distancing is mandatory unless it is with those that you are currently living with. There will be signs designating this spacing. Waiting area chairs will be positioned to meet this requirement. When meeting with staff, at first, we will use a large conference table with chairs positioned 6 ft. apart to continue to promote this safe spacing.
6. The doors remain locked. If you are scheduled for an appt come to the door and call the office number 518-295-2001. There will be a sign on the door with the number in case you forget or don't write it down!

**If you have any questions or concerns, please give us a call.**

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There are quite a few changes to Medicaid under the New York State 2020 budget that will greatly impact the lives of many NYS residents. Particularly, older American's & disabled individuals who are receiving health care services in the community are likely going to face more challenges in receiving such services. If you have any questions about upcoming changes and how it will affect you or your loved one, don't hesitate to call our office & ask for Christie and/or Jessica.

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**HOT HOT HOT Safety Tips** – Stay hydrated by drinking lots of water. Other beverages are not as effective as water. Heat emergencies may include cramps in the legs, arms, abdomen and can progress to heat exhaustion with symptoms of profuse sweating, nausea, weakness, headache, and dizziness. If you don't remove yourself from the heat it could lead to heat stroke which could lead to seizures and possible death. The body is unable to cool itself down. Keep safe by wearing breathable, lightweight, light colored clothing. Limit exposure to the sun, use sunscreen. Do not leave children pets or elderly in a parked car in the sun for a lengthy time. Again drink lots of water.

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**Farmer's Market Coupons are here.** Income guidelines are \$1,968/mo. for a one-person household and \$2,658/mo. for a two-person household. Each eligible adult, 60 or older, can receive a book. New this year: Proxies are permitted with written permission from the eligible older adult. Call Linda G. for additional info. at 518-295-2001. We will add more sites around the county as we finalize arrangements with the other hosts. **Keep your eyes peeled for dates and locations soon!**

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Please do your part to help support us by filling out your Census information. The funding we receive is directly proportional to the number of older adults counted in our county. Filling out just a few questions will help to provide much needed funding for the programs and services we provide. Thank you!