

"EXPERIENCE"

October 14, 2018 (518) 295-2001

This October, Schoharie County OFA is proud to participate in National Breast Cancer Awareness Month. Breast cancer is the most common kind of cancer in women after skin cancer. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that most women can survive breast cancer if it's found and treated early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

Schoharie Fifty Plus Club will meet Tuesday, October 16th at Noon at the Presbyterian Church Hall in Schoharie. Summit Seniors will meet Tuesday, October 16th at Noon at the Summit Fire House.

Conesville MountainTop Seniors will meet Thursday, October 18th at Noon at the Firehouse in Conesville.

Long Term Care questions?! We are the "No Wrong Door". Please call and ask for Christie if you are concerned about how you are going to plan your future needs

HEAP's early outreach has begun!! Make sure when you submit your application that you have all the required documentation. If you need help going through the application process, please don't hesitate to call our offices!

Open enrollment starts in October. We have started to take appointments and would be happy to see you between October 15th till Dec 7th when the staff are available. Make sure to call ahead to schedule with one of the Insurance Counselors.

Save the Date for our Caregiver Month Chat on November 20th! At 2 pm at Office for the Aging. Guest presenter/refreshments.

Free Mammograms, breast exams, pap tests and pelvic exams for uninsured and under insured women aged 40 and over. Colorectal cancer screening Take Home Kits for uninsured and underinsured men and women 50 and older Tuesday October 23, 2018 from 9 am – 230 pm at Bassett healthcare Middleburgh. Consumers must call 1-888-345-0225 to make their free appointment.

OFA wants to remind readers that anyone over 6 years of age should get a flu vaccination to protect themselves and others during the upcoming flu season. Flu season usually starts in October and continues through May.