

"EXPERIENCE"

April 11, 2021

Schoharie County Office for the Aging 518-295-2001

COVID VACCINE UPDATES:

** The Albany VA is now vaccinating all enrolled veterans! If you know a veteran that is not enrolled and wants to be, either have them call the Albany VA at 518-626-5000 and push 0 and ask to speak to the business center or have them reach out to Eilene Fisher, Veteran Services, at 518-255-9762 and she will help them sign up.

** CVS is now making appointments over the phone. Follow the automated prompts.

** Walgreens is now making appointments over the phone. Follow the automated prompts.

** Pharmacies in the area that are offering the vaccine are: Price Chopper, CVS, Walgreens, Walmart, Hannaford. Visit their websites to schedule appointments.

** Anyone over the age of 16 or over is now eligible to receive the vaccine.

Schoharie County Department of Health is working to conduct Vaccine Clinics based on guidance and receipt of vaccine from NYS. If you would like to get notified about DOH clinics, visit <https://www2.schohariecounty-ny.gov/PublicWebSiteApp/faces/CovidSignup/entry.xhtml>

or call 518-295-8390 and provide as much information as you can so that we can ensure you are notified properly of clinics.

This Public Signup for COVID Contacting form is NOT for scheduling an appointment! Due to the limited amount of vaccine, we CANNOT schedule appointments for you, as that would indicate preference for specific people – and all Schoharie County Residents MUST have an equal opportunity to schedule an appointment.

Food Drive! Farmers to Families

Where: Village of Middleburgh 109 Baker Ave.

When: Tuesday, April 20, 2021 from 9:30 AM to 12:00 PM
The Capital District YMCA is providing community access to the fresh and wholesome food we need during the COVID 19 national emergency. Each box is approximately 25 lbs. and contains the following: assorted fruits and vegetables, pre-cooked meats, dairy: cheese, yogurt, and 1 gallon of milk. Ingredients subject to changes based on availability. Free and open to the community.

April is Parkinson's Disease Awareness month!!

Parkinson's disease has four main symptoms:

- Tremor (trembling) in hands, arms, legs, jaw, or head
- Stiffness of the limbs and trunk
- Slowness of movement
- Impaired balance and coordination, sometimes leading to falls
- Other symptoms may include:
 - depression and other emotional changes
 - difficulty swallowing, chewing, and speaking
 - urinary problems or constipation; skin problems
 - sleep disruptions

Contact your primary doctor if you have symptoms or are concerned/worried you may have Parkinson's.

Life Chat for this month is April 21st at 2:00 pm. April is Parkinson's Awareness Month and Office for the Aging will be featuring a video and resources on their Facebook page.

Watch out for scams: Medicare will never call you uninvited and ask you to give us personal or private information. Scam artists may try to get personal information, like your Medicare Number. If someone asks you for your information, for money, or threatens to cancel your health benefits if you don't share your personal information, hang up and call us at 1-800-MEDICARE (1-800-633-4227).

Get started with Medicare

Getting Medicare is a major milestone. Here's where you can get the information you need, no matter where you are in your Medicare journey. **5 important facts:**

1. Some people get Medicare automatically, and some have to **SIGN UP**. You may have to sign up if you're 65 (or almost 65) and not getting Social Security. Call Social Security at **1-800-772-1213** or go online at www.ssa.gov to enroll.
2. There are certain times of the year when you can sign up or change how you get your coverage.
3. If you sign up for Medicare Part B when you're first eligible, you can avoid a penalty.
4. You can choose how you get your Medicare coverage.
5. You may be able to get help with your Medicare costs.

For assistance with Medicare plan choices or getting help with Medicare costs, you can call Office for the Aging for assistance at (518)295-2001.