

# "EXPERIENCE"

August 7, 2022

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

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*"You come from dust, and you will return to dust.*

*That's why I don't dust. It could be someone I know."*  
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**AARP Defensive Driving Class IS BACK! Registration**

**Required.** September 1, 2022, from 9:30AM to 4:00PM, Course fee \$25.00 AARP Members, \$30.00 Non-AARP Member.

Payment by check made out to AARP is strongly preferred. Exact Cash amounts are also accepted. Bring Driver's license & AARP Card if member. There will be a 30-minute lunch break. Please arrive 15 to 30 minutes early for registration process.

**Registration Required 518-295-2001.**  
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**LIFE CHAT – Join us for a Fun and informational Workshop on FALL PREVENTION.**

Being mobile and steady in your home, or out in the neighborhood, is vital to living a happy, healthy life. Explore ways to stay safe & continue to be active & independent. Share ideas with others about beliefs, fears & concerns about falls. Practice a sequence of exercises designed to build the strength, balance & flexibility important to fall prevention Schoharie County Office for the Aging August 31st at 2:00pm. Light refreshments and door prize. Questions or to RSVP contact Deb Dyer at 518-295-2001  
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**Farmers Market Coupons** will be available at the Schoharie County Festival Farmers' Market August 6th from 10:00 AM – 2:00 PM The address is 127 Kenyon Rd in Cobleskill, NY.  
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**Join EPIC to save more with Medicare Part D.** The Elderly Pharmaceutical Insurance Coverage program saves you more money on the cost of your prescription drugs by supplementing your Medicare Part D plan. To receive EPIC benefits, you must be enrolled in a Part D plan. Who can join? A resident of New York State 65 or older with annual income up to \$75,000 if single or \$100,00 if married. An eligible senior with a Medicaid spend down not receiving full Medicaid benefits. EPIC provides seniors with co-payment assistance for Medicare Part D covered prescription drugs after any Part D deductible is met. EPIC also covers many Medicare Part D excluded drugs. For more information call the toll-free EPIC helpline at 1-800-332-3742 or call SCOFA for an application.  
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**Diabetes screenings:** Medicare Part B (Medical Insurance) covers glucose laboratory test screenings (with or without a carbohydrate challenge) if your doctor determines you're at risk for developing diabetes. You may be eligible for up to 2 screenings each year. **Part B covers these screenings if you have any of these risk factors:**

- High blood pressure (hypertension)
- History of abnormal cholesterol and triglyceride levels (dyslipidemia)
- Obesity
- History of high blood sugar (glucose)

**Part B also covers these screenings if 2 or more of these conditions apply to you:**

- You're 65 or older.
- You're overweight.
- You have a family history of diabetes (parents or siblings).
- You have a history of gestational diabetes (diabetes during pregnancy) or delivery of a baby weighing more than 9 pounds.

**Your costs in Original Medicare:** You pay nothing for these screenings if your doctor or other qualified health care provider accepts Assignment.  
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**NY connects** can work with anyone who needs information on long term services and supports – older adults, family members, caregivers, friends/neighbors, veterans and helping professionals. For more information or for assistance in creating a plan for the future, call Jessica or Ashley at 518-295-2001.