

"EXPERIENCE"

January 22, 2023

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

Laughter is good for the soul!

*Did you hear about the guy who invented the knock-knock joke?
He won the "no-bell" prize*

Life Chat Schoharie County Office for the Aging is holding a workshop on Mobility Challenges, Strengthening, Coordination, and Preventive Fitness. Come join us at the Gathering Place, 127 Kenyon Rd., Cobleskill on January 27th at 2:00PM. Presented by Ashley Martin Pro-Active Physical Therapy and Athletic Training RSVP to Deb Dyer 518-295-2001. This workshop is free and open to all ages!

Medicare General Enrollment Period (GEP) The General Enrollment Period runs from January 1 through March 31 of each year. Previously, coverage for individuals who enrolled in Medicare using the GEP would not begin until July 1. Starting in 2023, people who enroll in Medicare during the GEP will have their coverage begin the first of the month following the month they enroll. For example, if someone enrolls in Medicare in January, their coverage will begin February 1.

We are preparing income taxes again this year! The process will be very similar to last year; a drop off appt, copies and intake left here for volunteers to complete, and then a pick-up appt to review and approve for e-filing. Appointments will be taken for a February 6th start date. Please note we have screening questions we must ask everyone. Please call for appointment 518-295-2001.

Important Tax Prep Update: Our tax site will now have an income threshold for the year 2022, your income must be under \$60,000

Grab and Go Meals are now available for people 60 Years + at the Gathering Place, Kenyon Rd., Cobleskill. These meals are provided by Office for the Aging. All orders for these meals must be called in by 2:00PM for the following day. Please call to speak with our home delivered meal team 518-295-2001.

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 Ashley or Cheryl at 518-295-2001.