

# "EXPERIENCE"

June 4, 2023

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

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### Laughter is good for the soul

"My friend told me she wouldn't eat beef tongue cause it came out of a cow's mouth. So, I gave her an egg."

"If you think your boss is stupid, remember you wouldn't have a job if he was any smarter." John Gotti

"Worry is like a rocking chair...always in motion but not going anywhere." Joyce Meyer

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**SAVE THE DATE** for our annual NY Connects forum "Ready, Set, Connect...Connecting the Dots of Long Term Services and Supports" on September 28 at the Gathering Place in Cobleskill! Stay tuned for more details!

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**Life Chat FALL PREVENTION** Schoharie County Office for the Aging invites you to The Gathering Place on June 20th at 1:00 pm. Being mobile and steady in your home, or out in the neighborhood, is vital to living a happy, healthy life. Join us to 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. Light refreshments and door prize. Questions or to RSVP contact Deb Dyer at 518-295-2001.

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**AARP Defensive Driving Class will be held July 14, 2023**, from 9:00AM to 4:00PM, Course fee \$25.00 AARP Members, \$30.00 Non-AARP Member. Payment by check or Money Order Only made out to AARP. **No Cash payments will be accepted.** Bring your Driver's license & AARP Card if member. There will be a 30-minute lunch break. Please arrive 15 to 30 minutes early for the registration process. Registration Required 518-295-2001.

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### **State Health Insurance Assistance Programs help you navigate the complexities of Medicare.**

The State Health Insurance Assistance Programs (SHIPs) provide local, in-depth, and objective insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers.

#### **Help for yourself or your loved ones.**

#### **Considering making coverage changes during Medicare's Annual Election Period (Open Enrollment)?**

- Contact your SHIP for one-on-one assistance with reviewing health or prescription drug plan options.

#### **Worried about the out-of-pocket costs associated with Medicare?**

- Contact your SHIP to find out about assistance programs you or your loved one might be eligible for.

#### **Unsure about Medicare's eligibility criteria?**

- SHIPs can help you understand the guidelines.

#### **Wondering what Medicare does and doesn't cover?**

- Medicare can be complicated. Contact your SHIP for answers.

#### **Confused about who pays first, Medicare or another insurance?**

- SHIPs can explain how Medicare works with supplemental policies, retiree coverage, Medicaid, and other insurers.

#### **Uncertain of yours or your loved one's rights, under Medicare?**

- Contact your SHIP for assistance.

#### **Can't find your SHIP?**

- Use the SHIP Locator or call 1-877-839-2675. SHIPs are federally funded by the U.S. Administration for Community Living.