

# "EXPERIENCE"

April 14, 2024

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

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### Laughter Is Good For The Soul

- What do you call a cow with a twitch? Beef Jerky.
- What do you call a religious person who sleepwalks? A roamin' Catholic.

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**Life Chat** April 16, 2024, at 1PM, at the Gathering Place, 127 Kenyon Rd., Cobleskill NY 12043.

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**Chair Yoga For Holistic Wellness** - Reconnect the body, mind and spirit through gentle movements, breathwork and deep relaxation. We'll work on flexibility, balance, and core strength with options to build or modify your practice. All movements will be done seated or standing with a chair for support. All are welcome to enjoy the benefits of yoga – regardless of physical ability or limitations. Instructor: Judi England, RN, licensed massage therapist, and professionally certified Kripalu yoga instructor. Judi has offered programs in wellness, yoga, meditation, and stress management for over 30 years throughout the Capital Region. She is an Independent Health Educator for individuals, businesses, and organizations.

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**Aarp Defensive Driving Class** will be held April 19, 2024, 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 a few minutes early for the registration process. Registration Required 518-295-2001.

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**Extra Help** is a federal program that helps pay for some to most of the out-of-pocket costs of Medicare prescription drug coverage. It is also known as the Part D Low-Income Subsidy (LIS).

**Extra Help Eligibility:** If your monthly income is below \$1,903 in 2024 (\$2,575 for couples) and your assets are below \$17,220 (\$34,360 for couples), you may be eligible for Extra Help.

The Extra Help program (also called the Part D Low-Income Subsidy) offers the following benefits:

- Pays for your Part D premium up to a state-specific benchmark amount.
- Lowers the cost of your prescription drugs.
- Gives you a Special Enrollment Period (SEP) once per calendar quarter during the first nine months of the year to enroll in a Part D plan or to switch between plans.
- Eliminates any Part D late enrollment penalty you may have incurred if you delayed Part D enrollment.

If you are enrolled in Medicaid, Supplemental Security Income (SSI), or a Medicare Savings Program (MSP), you automatically qualify for Extra Help regardless of whether you meet Extra Help's eligibility requirements.

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**Thought for the Week-** Don't be so quick to believe what you hear, because lies spread faster than the truth.