

"EXPERIENCE"

April 28, 2024

Schoharie County Office for the Aging 518-295-2001

Laughter Is Good For The Soul

- What did the drummer name her twin daughters?
Anna 1, Anna 2.
- How many tickles does it take to make an octopus laugh?
Ten-tickles.
- How does the moon cut his hair? Eclipse it.

Schoharie County Office for the Aging presents; **A Matter of Balance Workshop at the Jefferson Community Center**

Please join us for an award-winning workshop designed to help manage concerns about falls, improve balance, flexibility and increase your activity level. Feel better, be in control, do the things YOU want to do. **Workshop Dates:** Tuesday & Thursdays, May 7, 9, 14, 16, 21, 23, 28, 30, 2024

Time: 10:00AM – 2:00PM for 4 Weeks, 2 X each week.

Location: Jefferson Community Center, Register Now-Space is limited, 8-12 participants to hold a class. Light refreshments will be served, participants will receive a certificate of completion. To register Call 518-295-2001, Ask for Chrystal or Meg.

Life Chat: May 14, 2024, Ann Thayer from The Alzheimer's Association® Presents; **Communicating Effectively** an education program that teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. This program teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals. **This program will cover information for families and individuals dealing with Alzheimer's disease or a related dementia issue.** Please join us at The Gathering Place on Tuesday, May 14th from 1 to 2pm. All are welcome!

Medicare Reminder - Appealing the Part B late enrollment penalty. If you were without Part B or job-based insurance for more than 12 months while eligible for Medicare, you may face a Part B late enrollment penalty (LEP). The penalty is 10% of the Part B premium (\$174.70 in 2024) for every 12-month period you did not have Part B or job-based insurance that allowed you to delay enrollment. This amount is added to your monthly Part B premium. **Note:** You can eliminate your penalty if you are eligible for a Medicare Savings Program (MSP).

Appealing the LEP

Everyone has a right to file an appeal with the Social Security Administration (SSA) regarding their LEP determination. To appeal, follow the directions on the letter informing you about the penalty. If you do not have an appeal form, you can use SSA's request for reconsideration form. You can appeal to remove the penalty if you think you were continuously covered by Part B or job-based insurance. You can also appeal to lower the penalty amount if you think it was calculated incorrectly. Unfortunately, being unaware of the requirement to enroll in Part B is unlikely to be a successful argument for an appeal. However, there are reasons to appeal that may result in the elimination or reduction of your penalty. The appeal deadline is 60 days from the date you received the letter informing you about the penalty. If you miss this deadline, you can write a letter explaining why you had good cause, or a good reason—like serious illness—that prevented you from appealing on time. Attach this letter to your appeal.

Be sure to pay the LEP while SSA reviews your appeal. If your appeal is successful, you will be refunded for LEP payments you made while your appeal was being reviewed.

Thought For The Week- You arrived into this world without goods or money. You will also leave this world without goods or money. Your first bath? Someone has washed you. Your last bath? Someone will wash you. This is life. So why so much malice? Why so much envy? Why so much hate? Why so much resentment? Why so much selfishness? Be good to each other. Do the right things. We have limited time on earth. Do Not waste it on useless things. –Anonymous