

"EXPERIENCE"

August 25, 2024

Schoharie County Office for the Aging 518-295-2001

Laughter Is Good For The Soul

- Why do hummingbirds hum? Because they don't know the words!
- What does a baby computer call his father? Data!
- I found a book called How to Solve 50% of Your Problems. So I bought 2

Schoharie County Office for the Aging host an education program presented by the Alzheimer's Association®

A Quick Look at Alzheimer's & Dementia This 60-minute program explains the difference between Alzheimer's & dementia, describes the three stages of Alzheimer's, provides effective communication strategies, and tips on how to cope with dementia related behaviors. Program Information; Tuesday, September 10, 2024, 10-00 am – 11:00 am Schoharie County Office for the Aging, 113 Park Place, Schoharie, NY Call to register: 607-206-4514.

Farmers Market Coupon Information: The Farmers Market Coupons are here. This year coupons will be \$5.00 each for a total benefit of \$25.00 per booklet. Eligibility guidelines: Must be 60 Years or older. Monthly income is at or below: \$2,322/month for a one-person household. \$3,152 month for a two-person house-hold, \$3,981/month for a three-person household. If you haven't already received them and would like to get the coupons this year, please call OFA at 518-295-2001.

AARP Defensive Driving Class will be held September 13, 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.

Reminder The Parkinson Support Group meets the second Tuesday of every month, at 1PM, The Gathering Place, 127 Kenyon Rd. Cobleskill, please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions.

August Life Chat: Lenore Tsamis and Schoharie County Office for the Aging invites you to The Gathering Place, 127 Kenyon Rd., Cobleskill on August 30, 2024 at 1PM. for an informative presentation about all the services that The Office for the Aging has to offer. Questions or to RSVP contact Lenore Tsamis at 518-295-2001.

Medicare Remainder: An Annual Notice of Coverage (ANOC) is sent out by your Medicare Advantage Plan or Part D plan, and provides information about changes to your coverage in the upcoming year. It's usually sent out around September, since it can help you decide if you want to make changes to your coverage during Medicare's Fall Open Enrollment period, which runs from October 15th to December 7th.

There are three kinds of changes to look for in an ANOC:

- Changes to your plan's costs like premiums, deductibles, and copays.
- Changes to the plan's network that might affect coverage for your current providers and pharmacies.
- Changes to the plan's formulary that might affect coverage of your current drugs or their prices.

After you've read about the changes to your coverage coming up in the new year, you can decide if your plan will still meet your needs or if you'll want to change it during Fall Open Enrollment.

Thought for the Week – Opportunities are usually disguised as hard work, so most people don't recognize them.