

"EXPERIENCE"

October 13, 2024

Schoharie County Office for the Aging 518-295-2001

We will be Closed Monday October 14, 2024 for Columbus Day. No Home Delivered Meals will be served. We will resume daily operations on Tuesday October 15th. October is National Breast Cancer awareness month.

Laughter is good for the soul

- They said follow your dreams. So I went back to bed.
- What did the beach say when the tide came in? Long time no sea.
- How much does it cost to swim with the sharks? An arm and a leg.

October Life Chat: Schoharie County Office for the Aging invites you to attend our Life Chat on Multiple Sclerosis (MS) presented by Kathy Slater RN, BSN at The Gathering Place, 127 Kenyon Rd., Cobleskill on Wednesday, October 23rd. For Questions or to RSVP contact Lenore Tsamis at 518-295-2001.

HEAP programs opens November 1st: Applications for older adults who are new to the program will be available after November 1st at Office for the Aging or you can call to be put on mailing list 518-295-2001.

AARP Defensive Driving Class will be held **November 8, 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 next meeting will be November 12, 2024 at The Gathering Place, 127 Kenyon Rd. Cobleskill, please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions.

Medicare Open Enrollment for 2025 will be from October 15th to December 7th, 2024.

The Open Enrollment period is the time when senior citizens and the disabled on Medicare are able to determine whether or not their current Medicare coverage is working for them. Each year plans change what they cost and what they cover. Now is the time for people with Medicare to review the changes being made by their current plan and compare it to others to make sure it still meets their needs. Those who don't have prescription drug coverage can also enroll in a drug plan during open enrollment. All people with Medicare can do this one of the following ways:

- www.medicare.gov
- 1-800-MEDICARE (1-800-633-4227) TTY 1-877-486-2048
- Review the changes to your current plan and contact plan with questions.
- Call SCHOHARIE OFFICE FOR THE AGING for an appointment at (518)-295-2001.

Thought for the Week – "Sometimes you Never know the value of a Moment until it Becomes a Memory." (Dr.Seuss)