

"EXPERIENCE"

October 20, 2024

Schoharie County Office for the Aging 518-295-2001

October is National Breast Cancer awareness month.

Laughter is good for the soul

- What do you call a woman with one leg? Eileen
- I loaned \$500 to a blind man. He told me he would pay me the next time he sees me.
- What is the cop doing at the beach? He's waiting for a crime wave.

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. Save the date November Life Chat will be on November 15th at 1:00 pm.

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**

If you are enrolled in a Medicare Advantage Plan or a Part D plan, look in your mailbox for your Annual Notice of Coverage, usually mailed in September. It will provide you with important information about changes in coverage that your plan is identifying for 2025. With so many changes in drug prices and access to physicians and hospitals, it is important to review and make an informed decision about your coverage options for next year. Questions to consider:

- Is your plan changing costs like premiums, deductibles, and copays?
- Is your plan changing its provider network?
- Is your plan to change its drug formulary that might affect coverage of your current prescriptions or their prices.

You don't have to work through this alone - call our office for one-on-one assistance with a plan comparison during the the Medicare Open Enrollment period, which runs from October 15th to December 7th. Schoharie County Office for the Aging (518) 295-2001.

2024 Free Flu Clinic Schedule – Vaccines are available for anyone 6 months old or older. Please bring your card if you are a Medicare recipient. If you have any questions, please contact 518-295-8474.

- Broome Fire Dept (453 SR-145) – October 21st from 1pm – 3pm
- Schoharie Central School – October 23rd from 3pm – 5pm
- Early Woodlands Apartments (111 Woodland Dr) – October 24th from 1pm – 3pm
- Bassett Health Fair/Trunk or Treat (136 Parkview Dr) – October 27th from 11am – 3pm
- The Birches at Schoharie (106 Birchez Lane) – October 29th from 1pm – 3pm

Thought for the Week – "Opportunity is missed by most people because it is dressed in overalls and looks like work."

Thomas Edison