

"EXPERIENCE"

November 3, 2024

Schoharie County Office for the Aging 518-295-2001

November is National Caregiver Month

Don't Forget to VOTE Tuesday November 5th!!

Our office will be **closed** on Tuesday, November 5th, for Election Day, Home Delivered Meals **will** still be delivered. We are also **closed** on Monday, November 11th for Veterans Day, Home delivered meals **will not** go out that day. We will reopen Tuesday November 12th.

Laughter is good for the soul

- What is the most negative month of the year? NO-vember.
- What do you call a star that explodes at the end of the year?
A super Nova-member.
- What is the most knowledgeable month of the year?
Know-vember.

37th Annual Thanksgiving Dinner - Thursday November 28, 2024, Reservations must be made by noon on Friday, November 22nd. To reserve a Home Delivered Meal, Please Call the Schoharie County Office for the Aging at 518-295-2001.

HEAP program opened November 1st - Applications for adults over 60 years old can be picked up at Office for the Aging or you can call to have one mailed to you. 518-295-2001.

November Life Chat: When hearts take over, the impossible happens. Schoharie County Office for the Aging invites you to attend our Life Chat on a presentation from Marathon for a Better Life of Schoharie, on Friday, November 15th at 1:00pm **at The Community Library in Cobleskill in the upstairs community room, 110 Union Street, Cobleskill, NY 12043.** Marathon for a better Life provides relief, support, and encouragement to those fighting cancer in Schoharie County. Door prize and light refreshments. For Questions or to RSVP contact Lenore Tsamis at 518-295-2001.

AARP Defensive Driving Class will be held **December 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 you are a 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 Medicare Open Enrollment period, which runs from October 15th to December 7th. Schoharie County Office for the Aging (518) 295-2001.

Thought for the Week – What Is a Veteran?

A Veteran - whether active duty, discharged, retired, or reserve-is someone who, at one point in their life, wrote a blank check made payable to "The United States of America," for an amount of "up to, and including their life." We need to always honor them for their service and for our Freedom. Thank You Veterans!