

“EXPERIENCE”

December 22, 2024

Schoharie County Office for the Aging 518-295-2001

*Schoharie County Office for the Aging & New York Connects
would like to wish you a Very Merry Christmas.*

**Our office will be closed Tuesday, Christmas Eve, 12/24/2024
and Wednesday, Christmas, 12/25/2024, in honor of the
Christmas holiday – no meals will go out those days.
We will reopen Thursday, 12/26/2024 at 8 am.**

Laughter Is Good For The Soul

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- “Santa Claus has the right idea. Visit people once a year.”
– Victor Borge
 - “Adults can take a simple holiday for children and screw it up. What began as a presentation of simple gifts to delight and surprise children around the Christmas tree has culminated in a woman unwrapping six shrimp forks from her dog, who drew her name.” - Erma Bombeck
 - “Dear Santa, I’ve been good all year. Most of the time. Once in a while. Never mind, I’ll buy my own stuff.”

Social Security Statements: Just a Friendly reminder, the new Social Security Income Statement for 2025 will be sent out to you shortly, keep them handy, this is a very important document you sometimes need throughout the year.

Medicare Advantage Open Enrollment Period: You can switch from your Medicare Advantage Plan (excluding Medical Savings Accounts, cost plans, and PACE) to another Medicare Advantage Plan, or to Original Medicare with or without a stand-alone prescription drug plan (Part D), during the Medicare Advantage Open Enrollment Period (MA OEP). The MA OEP occurs each year from **January 1 through March 31**. Remember, you can only use this enrollment period if you have a Medicare Advantage Plan. Changes made during this period take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1. Unlike Fall Open Enrollment, you can only make a single change during the MA OEP.

Tax season is just around the corner. We will be taking calls for appointments starting January 7, 2025, stay tuned for more information to come on a start date.

Important Tax Prep Update: Our tax site will now have an income threshold for the year 2024, your income must be under \$65,000 to be completed at Office for the Aging.

January Life Chat: Topic will be Evidence based Tai Chi for fall prevention. January 29th, at 1:00pm., The Community Library in Cobleskill in the upstairs community room, 110 Union Street, Cobleskill, NY 12043. Schoharie County Office for the Aging invites you to attend our Life Chat Presented by Lenore Tsami, Certified Tai Chi Instructor will present information about the benefits of Tai Chi. For Questions or to RSVP contact Lenore Tsamis at 518-295-2001.

Reminder The Parkinson Support Group meets the second Tuesday of every month, at 1PM, the next meeting will be January 14, 2025 at The Gathering Place, 127 Kenyon Rd. Cobleskill, please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions.

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

AARP Defensive Driving Classes will resume in April 2025.

Thought for the Week... “One of the most glorious messes on the world is the mess created in the living room on Christmas Day. Don’t clean it up too quickly.”- Andy Rooney