

"EXPERIENCE"

January 19, 2025

Schoharie County Office for the Aging 518-295-2001

The Office for the Aging will be closed Monday, January 20, 2025, in observance of Martin Luther King Jr. Day. There will be no meals delivered on this day.

Laughter Is Good For The Soul

- What did Mr. & Mrs. Hamburger name their daughter? Patty!
- Which bird has the worst manners? Mocking birds.
- I can't take my dog to the park because the ducks keep trying to bite him. I guess that's what I get for buying a pure bread dog.

Reminder The Parkinson Support Group meets the second Tuesday of every month, at 1PM, the next meeting will be February 11, 2025, at The Gathering Place, 127 Kenyon Rd. Cobleskill, please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions.

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.

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.

Important Tax Info: 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. We have started taking calls for appointments. The process will be very similar to last year; a drop off appt, copies and intake left here for volunteers to complete, and then a pick-up appt to review and approve for e-filing. Appointments will be made for a February 3rd start date. Please note we have screening questions we must ask everyone. Thank you for your patience. For an appointment call 518-295-2001.

Medicare Advantage Open Enrollment Period: You can switch from your Medicare Advantage Plan 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.

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...Laziness kills ambition- Anger kills wisdom- Fear kills dreams- Ego kills growth- Jealousy kills peace- doubt kills confidence. Now read that right to left.
