

"EXPERIENCE"

January 26, 2025

Schoharie County Office for the Aging 518-295-2001

Laughter Is Good For The Soul

- A horse walks into a bar. The bartender says, "Why the long face?"
- I used to think I was indecisive. But now I'm not so sure.
- Did you hear the rumor about butter? Well, I'm not going to go spreading it!

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.

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 tax 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. Please note we have screening questions we must ask everyone. Thank you for your patience. For an appointment call 518-295-2001.

Reminder The Parkinson Support Group meets on 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.

It's Spring clean-up time. OFA, in conjunction with the Schoharie County Youth Bureau, is offering Spring Cleanup Day on April 26, 2025. The deadline to register is April 4, 2025. To receive the benefits of this service a member of the household must be 60 or older and be a Schoharie County resident. To sign up please contact Crystal or Amanda, at Office for the Aging at 518-295-2001.

January is Glaucoma Awareness Month: The National Eye Institute (NEI), part of the National Institutes of Health, is raising awareness for glaucoma, a group of eye diseases that can lead to vision loss.

Half of people with glaucoma do not know they have it. As an incurable disease with no early symptoms, it is especially important to get screened for it even if nothing feels wrong. A comprehensive dilated eye exam can identify glaucoma, and early treatment can help stop vision loss.

Anyone can get glaucoma, but some people are at higher risk. Talk to your doctor about your risk factors and eye health to see if you should schedule a comprehensive dilated eye exam. Learn about Medicare-covered glaucoma screenings. Now is the time to protect your vision!

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.

Thought for the Week... "The only things you can take with you when you leave this world are things you've packed inside your heart." Susan Gale.