

"EXPERIENCE"

February 9, 2025

Schoharie County Office for the Aging 518-295-2001

Word of the day! Kismet: Definition - Fate

Fun Fact! The actors that voiced Mickey and Minnie Mouse got married in real life.

Laughter is good for the soul

- My wife said, "why don't you treat me like you use to when we first met?" So, we went to dinner and a movie, and I dropped her off at her parents' house.
- 5 Ants rented an apartment with another 5 Ants. Now they're tenants.
- How do I know I have hit middle age? In preparation for a big sneeze...I cross my legs really hard and hope for the best!

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.

February Life Chat: Schoharie County Office for the Aging invites you to learn some great information on Heart Health, presented by Vivian Thurber, R.N. and Tracy Vanderveen, LPN of HCR-Homecare. Where? The Gathering Place at 127 Kenyon Road, Cobleskill, N.Y. at 1PM on Wednesday, February 26, 2025. Door prize and light refreshments. 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.

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.

Medicare Reminder - Pap Smears, Pelvic Exams, And Breast Exams

Pap smears can detect cervical or vaginal cancer in its early stages. They can also screen for sexually transmitted infections (STIs), fibroids, and various types of vaginal problems. The pelvic exam includes a breast/chest examination, which can help detect signs of breast/chest cancer.

Eligibility

Medicare Part B covers a Pap smear, pelvic exam, and breast/chest exam once every 24 months. You may be eligible for these screenings every 12 months if:

- You are at high risk for cervical or vaginal cancer
- Or, you are of childbearing age and have had an abnormal Pap smear in the past 36 months

Medicare may consider you at high risk for cervical or vaginal cancer if:

- You were sexually active before age 16
- You have had five or more sexual partners
- You have had a sexually transmitted infection
- Your parent/mother was given the drug diethylstilbestrol (DES) during pregnancy
- You have received fewer than three negative Pap smear or no Pap smear within the past seven years

Note: Some cancer screenings and other services are associated with specific genders in Medicare materials and rules but are covered regardless of the gender marker in your Social Security record, as long as the screening is clinically appropriate for you. Medicare has specific billing modifiers that your provider should use when submitting claims for services when the gender marker on your Social Security record could cause an incorrect coverage denial.

Did you know? A cat has 32 muscles in each ear.

Thought for the Week... If you choose not to find joy in the snow, you will have less joy in your life but still the same amount of snow.