

# "EXPERIENCE"

February 16, 2025

## Schoharie County Office for the Aging 518-295-2001

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**Word of the day!** Quirk: Refers to an unusual habit or way of behaving.

**Fun Fact!** Giraffes are 30 times more likely to get hit by lightning than people...

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**Laughter is good for the soul** An Irishman walks into a bar. He orders two shots, drinks them both, and then leaves. The next day, the Irishman returns, orders another two shots, drinks them both, and then leaves. He continues to do this for some time, when one day the bartender questions him, "How come you always order exactly two shots?" The Irishman replies, "well, you see my brother and I used to go out drinking every night, but he lives across the country now, so every night, I order two drinks. One for myself, and one for my brother." Things remain the same for a while until one day the Irishman comes in and orders only one shot. The bartender becomes concerned and asks him "how come you're only ordering one shot? Did something happen to your brother? Is he ok?" The Irishman replies, "of course not, my brother's fine. I just quit drinking."

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**Reminder The Parkinson Support Group** meets on the second Tuesday of every month, at 1PM. The next meeting will be March 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.

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**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.

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**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.

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**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.

### \*\*\*\*\* **GENERAL ENROLLMENT PERIOD FOR MEDICARE PART B**

If you did not apply for Medicare Part B (medical insurance) within 3 months before or after turning age 65, you have another chance each year during the General Enrollment Period. The period runs from January 1 to March 31 every year. If you didn't enroll in Part B when you're first eligible, you may have to pay a late enrollment penalty for as long as you have Part B coverage. Your monthly premium will increase 10% for each 12-month period that you were eligible for Part B but did not sign up for it. Your coverage starts the first day of the month after you sign up. Contact the Social Security Administration Office at 1-800-772-1213 To learn more about Medicare.

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**Did you know?** Frogs can not swallow with their eyes open.

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**Thought for the Week...** "More is lost by indecision than wrong decision." Marcus Tullius Cicero