

"EXPERIENCE"

March 23, 2025

Schoharie County Office for the Aging 518-295-2001

Word of the day – Askew: Pronounced uh-SKYOO: Not straight or at an angle and can be used as both an adjective and an adverb.

Fun Fact! The tiny pockets in jeans were designed to hold pocket watches.

Laughter Is Good For The Soul

- What do you call a Spanish body builder who runs out of protein? No Whey Jose!
- You've got to hand it to short people, because they can't reach it!!

March Life Chat: Please join us for a presentation on Healthy Nutrition by Sarah Ereio, RD., Dietitian for Schoharie County Office for the Aging and Cobleskill Regional Hospital at The Gathering Place, 127 Kenyon Road, Cobleskill, N.Y. at 10:00AM on Friday, March 28, 2025. Door prize and light refreshments. For questions or to RSVP contact Lenore Tsamis at 518-295-2001.

Reminder The Parkinson Support Group meets on the second Tuesday of every month, at 1PM. The next meeting will be April 8, 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.

Medicare Reminder Tips for preventing Medicare fraud.

1. Protect your Medicare number. Treat your Medicare card and number the same way you would a credit card number. Only give your Medicare number or your Social Security number to your doctors and other providers. Be careful when others ask for your Medicare number or offer free services if you provide your Medicare number.
2. Protect your medical information. Be cautious if people other than your doctors or other medical professionals want to see your medical records or recommend services.
3. Learn more about Medicare's coverage rules. Be careful if a provider tells you there is a way to get Medicare to cover a service that normally is not covered.
4. Do not accept services you do not need. If a provider is pressuring you into getting tests or other services you feel are unnecessary, turn down care or ask to get a second opinion from another physician.
5. Be skeptical. It does not hurt to be wary if a provider says Medicare will pay for services that do not sound medically necessary (mud treatments, Swedish massages, and dance classes are examples of services promised in past fraud cases). Use your best judgment and refer to Medicare's coverage rules as needed.

AARP Defensive Driving Class will be held May 9, 2024, from 9:00AM to 4:00PM, course fee \$25.00 AARP Members, \$30.00 Non-AARP Member. Payment by check or Money Order Only made out to AARP. No Cash payments will be accepted. Bring your Driver's license & AARP Card if member. There will be a 30-minute lunch break. Please arrive a few minutes early for the registration process. **Registration required: Please Call 518-295-2001.**

Did you know? The most commonly used letter in the alphabet is E.

Thought for the Week.... When you replace "Why is this happening to me" with "What is this trying to teach me?" everything shifts.