

"EXPERIENCE"

April 13, 2025

Schoharie County Office for the Aging 518-295-2001

Word of the day – Zhuzh: To improve its flavor or appearance by way of a small improvement, make something more stylish, lively, or attractive. "The bag is a cool but economical way to zhuzh up many an outfit"

Fun Fact – Owls don't have eyeballs. They have eye tubes.

Laughter is good for the soul

- Aging gracefully is like a fine wine – it takes time and a sense of humor

- Why do retirees always seem to smile? Because they can't hear a word you're saying!

Please join our April Life Chat for our monthly meeting, at The Gathering Place, 127 Kenyon Road, Cobleskill, N.Y. on April 30th at 1:00PM. We will share life events and caregiving. As it is also Parkinson Awareness Month, material on Parkinsons will be available provided by the Parkinsons Foundation. Door prizes and light refreshments will be available. Questions or to RSVP contact Lenore Tsami at 518-295-2001.

Medicare Reminder: Part D Basics

Medicare Part D, the prescription drug benefit, is the part of Medicare that covers most outpatient prescription drugs. Part D is offered through private companies either as a stand-alone plan, for those enrolled in Original Medicare, or as a set of benefits included with your Medicare Advantage Plan. Unless you have creditable drug coverage and will have a Special Enrollment Period, you should enroll in Part D when you first get Medicare. If you delay enrollment, you may face gaps in coverage and enrollment penalties.

Part D Coverage - Each Part D plan has a list of covered drugs, called its formulary. If your drug is not on the formulary, you may have to request an exception, pay out of pocket, or file an appeal. A drug category is a group of drugs that treat the same symptoms or have similar effects on the body. All Part D plans must include at least two drugs from most categories and must cover all drugs available in the following categories:

- HIV/AIDS treatments
- Antidepressants
- Antipsychotic medications
- Anticonvulsive treatments for seizure disorders
- Immunosuppressant drugs
- Anticancer drugs (unless covered by Part B)

Part D plans must also cover most vaccines, except for vaccines covered by Part B. Some drugs are explicitly excluded from Medicare coverage by law, including drugs used to treat weight loss or gain, and over-the-counter drugs.

Note: For certain drugs or under specific circumstances, your drugs may be covered by Part A or Part B.

Reminder The Parkinson Support Group meets on the second Tuesday of every month, at 1PM. The next meeting will be May13, 2025, at The Gathering Place, 127 Kenyon Rd. Cobleskill, 12043.

Did you know - April originally had only 29 days but a 30th day was added when Julius Ceasar established the Julian calendar.

Thought for the Week.... "It is amazing what you can accomplish if you do not care who gets the credit." Harry Truman