

# "EXPERIENCE"

April 27, 2025

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

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**Word of the day** – Pugnacious; Someone described as pugnacious shows a readiness or desire to fight or argue.

**Fun Fact** – Honey never spoils

### Laughter Is Good For The Soul

- Why are skeletons so calm? Because nothing gets under their skin.
- The rotation of the earth really makes my day.
- Scientists have found that cows produce more milk when the farmer talks to them. Apparently, it's because it's a case of in one ear and out the udder.

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**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.

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**Reminder The Parkinson Support Group** meets on the second Tuesday of every month, at 1PM. The next meeting will be May 13, 2025, at The Gathering Place, 127 Kenyon Rd. Cobleskill, 12043.

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**Health Tip:** April is national alcohol awareness month. For those who drink alcohol, drinking only in moderation is key to maintaining a healthy lifestyle. For most adults, this means up to one drink per day for women and up to two drinks per day for men. Excessive alcohol consumption can lead to a range of health issues, including liver disease, heart problems, and an increased risk of accidents and injuries. To learn more about alcohol awareness and find resources visit the Substance Abuse and Mental Health Services Administration Website.

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**MEDICARE REMINDER:** What to do if a Medicare card is lost, stolen, or damaged. If your red, white, and blue Original Medicare card is lost or stolen, or you can no longer use it because it is too faded or damaged, you can replace it by calling 1-800-MEDICARE (633-4227). You can also order or print a replacement card by logging into your medicare.gov account. If you get Medicare health or drug benefits from a Medicare Advantage Plan, such as an HMO, PPO, or PDP, call your plan to get your card replaced. If you get Medicare through the Railroad Retirement Board, call the Railroad Retirement Board to order a replacement Medicare card. You should get your new card in the mail within 30 days. Your Medicare card, Social Security card, and other health insurance cards are very important documents. Make sure to keep a photocopy of your important identification and insurance cards, write down any important numbers (like your Medicare number), and keep everything in a safe place so that you have a record for future reference if anything gets lost. Also, if your Medicare card has been lost or stolen, watch out for Medicare fraud. Check your Medicare Summary Notice (MSN) for services you did not receive, and if you spot any, report them to the Inspector General's fraud hotline at 800-HHS-TIPS (800-447-8477). You can also get help from your local Senior Medicare Patrol.

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**AARP Defensive Driving Class** will be held June 13, 2025, 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 you are a 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.**

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**Did you know?** M & M stands for Mars and Murrie. Forrest Mars (son of the Mars Company founder) first spotted the British confection Smarties during the Spanish Civil War and noticed the candy shell prevented the chocolate from melting. He teamed up with Bruce Murrie (son of Hershey Chocolate's president) and the company later trademarked the "Melts in Your Mouth, Not in Your Hand" slogan.

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**Thought for the Week....** "I can't change the direction of the wind, but I can adjust my sails to always reach my destination." Jimm Dean