

"EXPERIENCE"

May 18, 2025

Schoharie County Office for the Aging 518-295-2001

Word of the day – Glockenspiel: A percussion instrument comprised of metal bars that are struck with a hammer

Fun Fact – If you walked for 12 hours a day, it would take the average person 690 days to walk around the world.

***** **Laughter Is Good For The Soul**

- What is harder to catch the faster you run? Your breath.
- Research shows that laughing for 2 mins is just as healthy as a 20 min. jog, so now I'm sitting in the park laughing at all the joggers.
- Before Mount Everest was discovered, which were the highest mountains in the world? Mount Everest

Feeling isolated or burnt out as a caregiver? Please join our Caregiver Support Group "Life Chat" on Wednesday, May 28th at 1:00 PM for our monthly meeting, at The Gathering Place, 127 Kenyon Road, Cobleskill, N.Y. This month we will share life events and caregiving. In addition, Kathleen A. Reinhart, LMHC, Licensed Staff Clinician with Schoharie County Mental Health will be discussing Mental Health Awareness. Door prizes and light refreshments will be available. Questions or to RSVP contact Lenore Tsami at 518-295-2001.

Schoharie County Office for the Aging & NY Connects Presents: Ready, Sets, Connects!! Please join us for a day of learning how to connect the dots of Care services and supports.
Place: The Gathering Place 50 Plus Community Center
127 Kenyon Road, Cobleskill, NY 12043
Date & Time: May 29th 9:30AM – 12:30PM Registration at 9AM Brunch will be provided Open to the Public. RSVP to 518-295-2001 Suggested Audience- Caregivers, Professionals, Area Agencies on Aging Staff, Family Members...etc.

Reminder The Parkinson Support Group meets on the second Tuesday of every month, at 1PM. The next meeting will be June 10, 2025, at The Gathering Place, 127 Kenyon Rd. Cobleskill, 12043.

MEDICARE REMINDER: Preventive Services Overview
Preventive care is care you receive to prevent illness, detect medical conditions, and keep you healthy. Medicare Part B covers many preventive services, such as screenings, vaccines, and counseling. If you meet the eligibility requirements and guidelines for a preventive service, you must be allowed to receive the service. This is true for Original Medicare and Medicare Advantage Plans. However, your plan's coverage rules may apply.

- Original Medicare: You pay nothing (no deductible or coinsurance) for most preventive services when you see a participating provider.
- Preventive services recommended by the U.S. Preventive Services Task Force are covered at 100% of the Medicare-approved amount (zero cost-sharing), but for other services you may be charged Original Medicare cost-sharing.
- You may be charged if you see a non-participating or opt-out provider.
- Medicare Advantage: When seeing an in-network provider, you pay nothing for preventive services that are covered with zero cost-sharing by Original Medicare. This means that plans are required to cover your care without charging deductibles, copayments, or coinsurance, as long as you meet Medicare's eligibility requirements for the service.
- Medicare Advantage Plans may charge you for preventive services that Original Medicare does not cover with zero cost-sharing.
- You may be charged if you see an out-of-network provider. Under certain circumstances, you may be charged for services you receive related to your preventive service, even if the preventive service itself is covered at 100% of the cost.

Did you know? Beards are the fastest growing hairs on the human body. If the average man never trimmed his beard, it would grow to nearly 30 feet long in his lifetime.

Thought for the Week...."Don't carry your mistakes around with you, Instead, place them under your feet and use them as steppingstones to rise above them."