

# "EXPERIENCE"

June 1, 2025

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

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### **Welcome June! Alzheimer's and Brain Awareness Month.**

This month aims to educate the public about Alzheimer's, its symptoms, and the importance of brain health.

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**Word of the day** – Anachronism: Something not fitting the time period.

**Fun Fact** – Japan has one vending machine for every 40 people

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

- Why do bees have sticky hair? They use honeycombs.
- What does a pig use in the shower? Hogwash.
- What has 13 hearts but no other organs? A deck of cards.

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### **Schoharie County Office for the Aging invites you to:**

#### **Join our Caregiver Support Group "Life Chat" on**

**Wednesday, June 18th at 1:00 PM** for our monthly meeting where we will share life events and caregiving. In addition, June is Brain Health Awareness Month. Our guest speaker will be Ann Thayer, Associate Director of Programs and services from Alzheimer's Association will discuss Alzheimer's Updates at The Gathering Place, 127 Kenyon Road, Cobleskill, N.Y. 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 June 10, 2025, at The Gathering Place, 127 Kenyon Rd. Cobleskill, 12043.

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### **MEDICARE REMINDER- COBRA and Medicare**

**coordination:** The way that COBRA and Medicare coordinate depends on which form of insurance you have first. While it is possible to get COBRA if you already have Medicare, it is not usually possible to keep COBRA if you have it before you become Medicare-eligible. Specifically, whether you can have both COBRA and Medicare depends on which form of insurance you have first. If you have COBRA when you become Medicare-eligible, your COBRA coverage usually ends on the date you get Medicare. You should enroll in Part B immediately because you are not entitled to a Special Enrollment Period (SEP) when COBRA ends. Your spouse and dependents may keep COBRA for up to 36 months, regardless of whether you enroll in Medicare during that time.

You may be able to keep COBRA coverage for services that Medicare does not cover. For example, if you have COBRA dental insurance, the insurance company that provides your COBRA coverage may allow you to drop your medical coverage but keep paying a premium for the dental coverage for as long as you are entitled to COBRA. Contact your plan for more information. If you have Medicare Part A or Part B when you become eligible for COBRA, you must be allowed to enroll in COBRA. Medicare is your primary insurance, and COBRA is secondary. You should keep Medicare because it is responsible for paying the majority of your health care costs. COBRA is typically expensive, but it may be helpful if you have high medical expenses and your plan covers your Medicare cost-sharing or offers other needed benefits.

Note: If you are eligible for Medicare due to End-Stage Renal Disease (ESRD), your COBRA coverage is primary during the 30-month coordination period. Be sure to learn about ESRD Medicare rules when making coverage decisions.

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**Did you know?**...Earwax is actually a type of sweat!

**Thought for the Week...**"Life always offers you a second chance, it's called tomorrow."