

"EXPERIENCE"

June 22, 2025

Schoharie County Office for the Aging 518-295-2001

Word of the day – Garrulous: Very talkative.

Fun Fact – At birth and throughout life, 95% of a child's intelligence is acquired from the mother.

Laughter Is Good For The Soul

- I'm reading a book on anti-gravity. It's impossible to put down.
 - I told my suitcase there would be no vacation this year.
- Now I'm dealing with emotional baggage.
- Singing in the shower is fun until the shampoo gets in your mouth...then it's a soap opera.

Reminder The Parkinson Support Group meets on the second Tuesday of every month, at 1PM. The next meeting will be on July 8, 2025, at The Gathering Place, 127 Kenyon Rd. Cobleskill, 12043.

Schoharie County Office For The Aging Invites You To:

Join our Caregiver Support Group "Life Chat" on Wednesday, July 23rd, at 1:00 PM for our monthly meeting where we will share life events and caregiving. In addition, Kim Prest, Early Woodlands Property Manager, will discuss Support Living, Rental Information, Application Process, Events and Activities. 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.

Aarp Defensive Driving Class Will Be Held July 11, 2025,

from 9:00 AM to 4:00 PM, 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 518-295-2001.

Medicare Reminder: Prescription drug coverage

(Parts A, B, and D). While Medicare Part D covers your prescription drugs in most cases, there are circumstances where your drugs are covered under either Part A or Part B.

Part A Covers the drugs you need during a Medicare-covered stay in a hospital or skilled nursing facility (SNF).

Note: If you are getting SNF care that is not covered by Part A, your drugs may be covered by Part D.

Part B Covers most drugs administered by your provider or at a dialysis facility, but the provider or facility must buy and supply the drugs. Part B also covers some outpatient prescription drugs, mainly certain oral cancer drugs (chemotherapy). Outpatient drugs previously paid for by Part B will continue to be paid for by Part B. Part D cannot pay for any of your drugs that are covered by Part B.

Part D Covers most outpatient prescription drugs (drugs you fill at a pharmacy). Check your plan's formulary to find out whether it covers the drugs you need.

Note: There are a few drugs that can be covered by either Part B or Part D depending on the circumstances.

Health Tip: Research suggests that eating leafy greens

(like spinach, kale, collards, and lettuce) may help improve brain health and slow cognitive decline from aging. The study followed a group of 960 older adults who took a series of tests over five years that assessed their cognition. Study participants also filled out questionnaires indicating how often they ate certain kinds of food. Those who ate the most leafy greens were generally found to have a lower rate of cognitive decline. The researchers believe that specific nutrients in leafy greens might have neuro-protective effects and suggest that adding a serving of green leafy vegetables to one's diet might contribute to brain health.

Join EPIC to save more with Medicare Part D. **Elderly**

Pharmaceutical Insurance Coverage program saves you more money on the cost of your prescription drugs by supplementing your Medicare Part D plan. To receive EPIC benefits, you must be enrolled in a Part D plan. Who can join? A resident of New York State 65 or older with an annual income up to \$75,000 if single or \$100,00 if married. An eligible senior with a Medicaid spend down not receiving full Medicaid benefits. EPIC provides seniors with co-payment assistance for Medicare Part D covered prescription drugs after any Part D deductible is met. EPIC also covers many Medicare Part D excluded drugs. For more information call the toll-free EPIC helpline at 1-800-332-3742 or call SCOFA for an application.

Did You Know? ... That you can't hum while holding your nose?

You tried it though-didn't you? Humming requires air to pass through your vocal cords and out of your nose. When you pinch your nose shut, you block the only exit route for the air, making it impossible to hum.

Thought For The Week... "The more you like yourself, the less you are like anyone else, which makes you unique." Walt Disney