

# "EXPERIENCE"

July 13, 2025

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

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**Word of the day** – Snark: An informal word that refers to an attitude or expression of mocking, irreverence, and sarcasm.

**Fun Fact** – The Ancient Romans used to drop a piece of toast into their wine for good health. Hence why we "raise a toast."

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**Laughter Is Good For The Soul**

- I'm on a 30-day diet. So far, I've lost 15 days.
- Why do bananas never feel lonely? Because they all hang out in bunches.
- My boss said, "dress for the job you want, not for the job you have." So, I went in as Batman.

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**Medicare Reminder: Medicare And Vision Care** - Routine eye care services, such as regular eye exams, are excluded from Medicare coverage. However, Medicare does cover certain eye care services if you have a chronic eye condition, such as cataracts or glaucoma. **Medicare Covers:**

- Surgical procedures to help repair the function of the eye due to chronic eye conditions. For example, Medicare will cover surgery to remove a cataract and replace your eye's lens with a fabricated intraocular lens.
- Eyeglasses or contacts if you had an intraocular lens placed in your eye after cataract surgery. In this case, Medicare will cover a standard pair of untinted prescription eyeglasses or contacts if you need them. If it is medically necessary, Medicare may pay for customized eyeglasses or contact lenses.
- An eye exam to diagnose potential vision problems. If you are having vision problems that may indicate a serious eye condition, Medicare will cover an exam. Your exam is covered even if it turns out you do not have a vision problem.

### Medicare Only Covers Routine Eye Care In The Following Circumstances:

- If you have diabetes, Medicare covers an annual eye exam by a state-authorized eye doctor to check for diabetes-related vision problems.
- If you are at high risk for glaucoma, Medicare covers an annual eye exam by a state-authorized eye doctor. You are considered to be at high risk if you:
  - Have diabetes
  - Have a family history of glaucoma
  - Are African American and age 50+
  - Or, are Hispanic American and age 65+

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**Farmers Market Coupon Information:** The Farmers Market Coupons are finally here. This year coupons will be \$5.00 each for a total benefit of \$25.00 per booklet.

### Income Eligibility Guidelines:

Household size	Annual	Monthly	Weekly
1	\$28,953	\$2,413	\$557
2	\$39,128	\$3,261	\$753
3	\$49,303	\$4,109	\$949

Each additional family member add \$10,175 annually Issuance of Farmers Market Coupons is targeted to individuals 60 years or older, who are, or affirm that they are, low-income based on above.

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**Reminder The Parkinson Support Group** meets on the second Tuesday of every month, at 1PM. The next meeting will be on August 12, 2025, at The Gathering Place, 127 Kenyon Rd. Cobleskill, 12043.

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**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.

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**AARP Defensive Driving Class** will be held **August 8, 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.

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**OFA Has A Donation Based Medical Equipment Loan Closet** (Walkers, canes, commodes, wheelchairs, etc.) on loan at NO charge to all ages. Thankful to our community for your donations. Please call before dropping off equipment 518-295-2001 and do not leave donations outside. We are open 8AM to 5PM Monday thru Friday. All equipment must be clean and in good working order as we do not clean or repair equipment. While appreciative of your donations, we have limited space, so unfortunately, we cannot accept large items, example hospital beds, etc... If you need a piece of equipment, please call to see if we have what you need 518 295-2001.

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**Did You Know?....**Ketchup was once sold as medicine. The condiment was prescribed and sold to people suffering from indigestion back in 1834.

**Thought For The Week...** "Just take those old records off the shelf, I'll sit and listen to em by myself, Today's music ain't got the same soul...I like thar old time Rock N' Roll" -Bob Seger

It's not the song that makes you emotional, it's the people and things that come to your mind when you hear it. 55 years later and we're still listening to 70s Music!