

# "EXPERIENCE"

August 10, 2025

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

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**Word Of The Day** – Jettison: When you jettison something, you get rid of it either because it is not needed or because it is impeding your progress or otherwise weighing you down.  
**Fun Fact** – Abraham Lincoln was a licensed bartender.

### Laughter Is Good For The Soul

- What do you call a bunch of chess players bragging about their games in a hotel lobby? Chess nuts boasting in an open foyer.
- Do you know that theory that no two people see colors exactly the same way? Surely, it's a pigment of their imagination.
- Instead of a swear jar, I have a negativity jar. Every time I have pessimistic thoughts, I put a dollar in. It's currently half empty.

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**Farmers Market Coupon Information:** If you haven't already received them and would like to get the coupons this year, please call OFA at 518-295-2001. 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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**MEDICARE REMINDER:** Ambulance transportation basics Medicare Part B covers emergency ambulance services and, in limited cases, non-emergency ambulance services. Medicare considers an emergency to be any situation when your health is in serious danger and you cannot be transported safely by other means. If your trip is scheduled when your health is not in immediate danger, it is not considered an emergency.

### **Eligibility Part B covers emergency ambulance services if:**

- An ambulance is medically necessary, meaning it is the only safe way to transport you
- The reason for your trip is to receive a Medicare-covered service or to return from receiving care
- You are transported to and from certain locations, following Medicare's coverage guidelines
- And, the transportation supplier meets Medicare ambulance requirements

### **To be eligible for coverage of non-emergency ambulance services, you must:**

- Be confined to your bed (unable to get up from bed without help, unable to walk, and unable to sit in a chair or wheelchair)
- Or, need vital medical services during your trip that are only available in an ambulance, such as administration of medications or monitoring of vital functions

Medicare may cover unscheduled or irregular non-emergency trips, but if you live in a skilled nursing facility (SNF), a doctor's written order may be required within 48 hours after the transport. Medicare may also cover scheduled, regular trips if the ambulance supplier receives a written order from your doctor ahead of time stating that transport is medically necessary.

Medicare never covers ambulette services. An ambulette is a wheelchair-accessible van that provides non-emergency transportation. Medicare also does not cover ambulance transportation just because you lack access to alternative transportation.

**Note:** If you are receiving SNF care under Part A, most ambulance transportation should be paid for by the SNF. The SNF should not bill Medicare for this service. Costs Part B covers medically necessary emergency and non-emergency ambulance services at 80% of the Medicare-approved amount. In most cases, you pay a 20% coinsurance after you meet your Part B deductible (\$257 in 2025). All ambulance companies that contract with Medicare must be participating providers.

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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.

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

**Join our Caregiver Support Group "Life Chat" on Wednesday, August 27th, at 1:00 PM** for our monthly meeting where we will share life events and caregiving. This month we will present "Trualta" Trualta is an online evidence-based caregiver training and support platform packed with educational resources, planning tools, and tips to help families build skills to manage loved ones of any age. Come Join and learn how to navigate the Website with Lenore. 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 September 12, 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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**Did you know?** .... The blob of toothpaste on a toothbrush has a name. It's called a "nurdle" and there was once a lawsuit over which toothpaste company had the right to portray it.

**Thought for the Week...** Dear Monday, I want to break up. I'm seeing Tuesday and dreaming about Friday.  
Sincerely, It's not me it's you.