

"EXPERIENCE"

November 9, 2025

Schoharie County Office for the Aging 518-295-2001

November is National Family Caregiver Month. We will be closed on Tuesday, November 11th for Veterans Day, home delivered meals will not go out that day. We will reopen Wed., Nov. 12th.

Word of the day – Sinuous: Having many curves and turns; lithe and graceful in movement. Sinuous doesn't just describe shape, it often implies beauty, fluidity, or grace in motion. You'll find it used to describe snakes, rivers, dancers, or even sentence structure. In design, a sinuous form can be elegant or hypnotic. In literature, it's often paired with movement—like a sinuous melody, path, or gesture that draws the eye without abruptness.
Fun Fact – Froot Loops are all the same flavor despite their different colors.

Laughter Is Good For The Soul

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- "What do you get when you cross a turkey with a centipede?"
"Drumsticks for everyone!"
 - "What did the turkey say when he met the president?"
"Pardon me."
 - "Why did the farmer have to separate the chicken and the turkey?" "He sensed fowl play."
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Schoharie County Office for the Aging invites you to: Join our Monthly Caregiver Support Group "Life Chat" on Wednesday, November 12, at 1:00 PM for our monthly meeting where we will share life events and caregiving. This month HCR Home Care 101, Presented by Tracy Vanderveen, LPN, will have an informative and friendly Life Chat as we celebrate National Caregiver Month! Learn how Home Care can benefit you or your loved ones. Schoharie County office Activity Room, 113 Park Place, Suite #3, Schoharie, NY. 12157. Door prizes and light refreshments will be available. Questions or to RSVP contact Lenore Tsami at 518-295-2001.

38th Annual Thanksgiving Dinner 2025: Schoharie County Office for the Aging is Now taking reservations for the 38th Annual Thanksgiving Dinner 2025 (Delivery in Schoharie County ONLY) Please call 518-295-2001 by noon on Friday, November 21st.

Reminder: The Parkinson Support Group will not meet in November. We will resume Tuesday, December 9, 2025 at The Gathering Place, 127 Kenyon Road, Cobleskill, N.Y. Questions or to RSVP contact Lenore Tsami at 518-295-2001.

HEAP Program opens November 17th: Applications for adults over 60 years old who are new to the program will be available after November 3rd at Office for the Aging or you can call to be put on the mailing list 518-295-2000.

Medicare Advantage Plan Not Renewing? If your Medicare Advantage plan is not renewing, you'll receive a notice and must choose a new plan by the end of the year, or you'll be moved to Original Medicare. You can act during the Medicare Open Enrollment period (October 15 to December 7) or a Special Enrollment Period (SEP) (December 8 to February 28) to switch to a different Medicare Advantage plan, return to Original Medicare, or add a stand-alone Part D drug plan.

What to do when your plan is not renewing: Check your mail for a notice from your insurance company. This letter will explain that your plan is ending and provide information about your options. ***Understand the deadlines:*** Medicare Open Enrollment Period: This period is from October 15 to December 7. You can use this time to compare plans and choose a new one. Special Enrollment Period (SEP): This SEP starts on December 8 and runs through the end of February. It's for individuals whose plan is ending, giving you time to find new coverage before your current plan expires on December 31st. ***Compare new plans:*** Use the official Medicare Plan Finder: at Medicare.gov to find other Medicare Advantage and Part D plans available in your area, call Schoharie County Office for the Aging (518) 295-2001 for an appointment, no walk-ins. Consider options: like switching to a different Medicare Advantage plan or returning to Original Medicare and adding a separate Part D plan for prescription drugs. ***Act before coverage ends: If you don't choose a new plan by December 31st, you may be left with only Original Medicare for January 1, 2026. 2026 Medicare Open Enrollment.***

The Medicare Open Enrollment for 2026 will be from October 15th to December 7th, 2025, so mark your calendar! The Open Enrollment period is the time when senior citizens and the disabled on Medicare are able to determine whether or not their current Medicare coverage is working for them. Each year plans change what they cost and what they cover. Now is the time for people with Medicare to review the changes being made by their current plan and compare it to others to make sure it still meets their needs. Those who don't have prescription drug coverage can also enroll in a drug plan during open enrollment.

All people with Medicare can do this one of the following ways:

- www.medicare.gov
- **1-800-MEDICARE (1-800-633-4227) TTY 1-877-486-2048**
- **Review the changes to your current plan and contact plan with questions.**

Call SCHOHARIE OFFICE FOR THE AGING for an appointment at (518)-295-2001.

AARP Defensive Driving Class will be held Nov. 14, 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.

Did you know? In the 16th century, it was fashionable to have black teeth. As the ruler of England, Queen Elizabeth I set the trends of the 1500s. She was known for her sweet tooth, but years of sugary treats took its toll on her teeth. Incredibly, her mouth full of rotting teeth inspired other women to blacken their own teeth to match!

Thought for the Week: "You are never too old to set another goal or to dream a new dream." — C.S. Lewis.