

# **“EXPERIENCE”**

**January 11, 2026**

## **Schoharie County Office for the Aging**

**518-295-2001**

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

- Want to hear a joke about a roof? The first one's on the house
- I'm not aging—I'm upgrading to a limited edition.
- Wisdom comes with age...along with reading glasses

**Did you Know?** Laughing keeps you young-and smiling makes everyone wonder what you're up to.

**Medicare Update for 2026** - The standard monthly premium for Medicare Part B will be \$202.90 a month for 2026, an increase of \$17.90 from \$185.00 in 2025. The Medicare Part B annual deductible, or the amount beneficiaries must pay out of pocket before coverage begins, will be \$283 in 2026, an increase of \$26 from \$257 in 2025. The Part A deductible will be \$1,736, an increase of \$60 from \$1,676 in 2025.

Most beneficiaries do not pay a premium for Part A, and those who do pay varied amounts depending on their work history. For people who pay the full Part A premium, that amount will increase by \$47, to \$565 a month.

**Reminder The Parkinson Support Group** meets the second Tuesday of every month, at 1PM, the next meeting will be January 13, 2026, at The Gathering Place, 127 Kenyon Rd. Cobleskill. Please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions.

**Prescription Payment Plan Updates** - In 2026, the cap on out-of-pocket prescription drug costs is going up to \$2,100, a \$100 increase over the 2025 limit of \$2,000. That means you'll be liable for an additional \$100 in drug costs over the year in 2026. 2025 was the first year that the Medicare Prescription Payment Plan (MPPP) enabled those with Medicare prescription drug coverage to spread the costs of their prescription drugs over the calendar year rather than paying in full at the pharmacy counter each time they fill a prescription. Keeping this arrangement just got easier.

Automatic renewal of plan participation. Beginning in 2026, if you participate in the MPPP, you will be automatically

re-enrolled the following year unless you opt out. Additionally, a separate renewal notice must be sent after the end of the annual election period, which should include the upcoming terms and conditions of the payment plan.

If you decide to opt out, CMS will require plan sponsors to process opt-out requests within three calendar days, rather than the initially proposed 24-hour timeframe, to reduce administrative burden.

**We will be offering Grab & Go meals HERE** at Office for the Aging 113 Park Place Suite 3, Schoharie – Tuesday-Thursdays in the Community Room from 11 am – 1 pm. Please call us to reserve a meal! 518-295-2001.

**Fun Fact!** The sentence “The quick brown fox jumps over a lazy dog” uses every letter of the alphabet.

**Social Security Statements:** Just a friendly reminder, the new Social Security Income Statement for 2025 will be sent out to you shortly, keep them handy, this is a very important document you sometimes need throughout the year.

**Tax season is just around the corner.** We will be taking calls for appointments starting **January 13, 2026**, and stay tuned for more information to come on a start date.

**Important Tax Prep Update:** Our tax site will now have an income threshold for the year 2025, your income must be under **\$67,000** and you must be at least 60 years old or older to be completed at Office for the Aging.

**Thought for the week....** You've earned the right to take life at your own pace. Say yes to what brings you joy, no to what drains your energy, and remember- experience is knowing when to slow down and still enjoy the view.