

"EXPERIENCE"

January 25, 2026

Schoharie County Office for the Aging 518-295-2001

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

- I started exercising, but I lost my balance and now I just call it "fall training."
- You know you're getting older when "sleeping wrong" counts as an injury.
- Why don't seniors trust stairs? Because they're always up to something.

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

Fun Fact! Bananas are berries, but strawberries aren't. Nature enjoys chaos.

Medicare Advantage Open Enrollment Period: You can switch from your Medicare Advantage Plan (excluding Medical Savings Accounts, cost plans, and PACE) to another Medicare Advantage Plan, or to Original Medicare with or without a stand-alone prescription drug plan (Part D), during the Medicare Advantage Open Enrollment Period (MA OEP). The MA OEP occurs each year from January 1 through March 31. Remember, you can only use this enrollment period if you have a Medicare Advantage Plan. Changes made during this period take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1. Unlike Fall Open Enrollment, you can only make a single change during the MA OEP.

Life Chat: Come join us here January 28, 2026, at our main Office for the Aging, 113 Park Place, Suite #3, Schoharie, NY 12157, for our monthly Life Chat meeting. We will be chatting with Sara Ereio, RD Nutritionist, reviewing the top 10 healthy New Year's Resolutions for Older Adults. Door prize and light refreshments! Questions or to RSVP contact Lenore Tsamis at 518-295-2001.

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.

Important Tax Prep Update: Our tax site will now have an income threshold for the year 2025, your income must be under **\$69,000** and you must be **at least 60 years** old or older to be completed at Office for the Aging. The process will be very similar to last year; a drop off appt, copies and intake left here for volunteers to complete, and then a pick-up appt to review and approve for e-filing. Please note we have screening questions we must ask everyone. Thank You for your patience. Call for an appointment 518-295-2001.

Reminder The Parkinson Support Group meets the second Tuesday of every month, at 1PM, the next meeting will be February 10, 2026, at The Gathering Place, 127 Kenyon Rd. Cobleskill, please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions.

Thought for the week.... Growing older is mandatory. Growing grumpy is optional. Choose laughter, take the nap, and never skip dessert.