

# "EXPERIENCE"

February 1, 2026

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



February is American Heart Month  
National Wear Red Day® Friday, Feb. 6



### Laughter Is Good For The Soul

- I've reached the age where my back goes out more than I do.
- At my age "running late" is considered cardio.
- I'm not arguing-I'm just explaining why I'm right.

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 human brain is more active when daydreaming than when focusing. That's not zoning out—that's advanced thinking.

**Life Chat:** Schoharie County Office for the Aging invites you to learn some great information on Heart Health, presented by HCR-Homecare. February 25, 2026, 1PM at the Office for the Aging, 113 Park Place, Suite #3, Schoharie, Ny 12157. Door prize and light refreshments! Questions or to RSVP contact Lenore Tsamis at 518-295-2001.

**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.

**Medicare Reminder: Part D Covered Vaccinations**  
If your provider recommends that you get a vaccine, in most cases it will be covered by your Part D plan.

Part D plans must include most commercially available vaccines on their formularies, including the vaccine for shingles (herpes zoster). The only exceptions are flu, pneumonia, hepatitis B, and COVID-19 vaccinations, which are covered by Part B.

As of January 2023, all Medicare-covered vaccines should be free to you. This means you should not owe any cost-sharing, such as a copayment, coinsurance, or deductible for your covered vaccines. To avoid billing issues, it is usually best to make sure that your health care provider or pharmacy administering the vaccine will bill your Part D plan. When you get a vaccine at your doctor's office, ask the provider to call your Part D plan first to find out if your provider can bill your Part D plan directly.

**Thought for the week....** Life is too short to match socks or explain yourself.