

"EXPERIENCE"

February 15, 2026

Schoharie County Office for the Aging 518-295-2001

**We will be closed Monday, February 16th for President's Day
No Home delivered Meals will be delivered that day.**

Laughter Is Good For The Soul

- My brain has two speeds: overthinking and absolutely nothing.
- Confidence is sexy. Comfort is sexier. Elastic waistbands are elite.
- Wisdom comes with age...so does misplacing your keys.

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.

Tax Update: Unfortunately, we have already filled all our available tax appointments. You can file using

MyFreeTaxes.com, which is a secure web-based software.

You will prepare the return yourself. Toll-free Helpline:

1-855-MY-TX-HELP (1-855-698-9435) available for

assistance.) There is no income limit for this option.

Fun Fact! People over 60 laugh more freely-because they've stopped caring what anyone thinks, Legendary behavior.

Life Chat: In recognition of American Heart Month, Schoharie County Office for the Aging invites you to learn some great information on Heart Health and Healthy living, presented by Tracy Vanderveen LPN, Physician Liaison for HCR-Homecare.

Wednesday, 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.

MEDICARE REMINDER:

Annual Wellness Visit

The Annual Wellness Visit (AWV) is a yearly appointment with your primary care provider (PCP) to create or update a personalized prevention plan. This plan may help prevent illness based on your current health and risk factors. Keep in mind that the AWV is not a head-to-toe physical. Also, this service is similar to but separate from the one-time Welcome to Medicare preventive visit.

Eligibility Medicare Part B covers the Annual Wellness Visit if: You have had Part B for over 12 months, and you have not received an AWV in the past 12 months. Additionally, you cannot receive your AWV within the same year as your Welcome to Medicare preventive visit.

Covered services

During your first Annual Wellness Visit, your PCP will develop your personalized prevention plan. Your PCP may also: Check your height, weight, blood pressure, and other routine measurements. Give you a health risk assessment. Review your functional ability and level of safety. Your doctor must also assess your ability to perform activities of daily living (such as bathing and dressing), and your level of safety at home.

Learn about your medical and family history. Make a list of your current providers, durable medical equipment (DME) suppliers, and medications. Create a written 5-10 year screening schedule or check-list. Screen for cognitive impairment, including diseases such as Alzheimer's and other forms of dementia.

Screen for depression. Provide health advice and referrals to health education and/or preventive counseling services aimed at reducing identified risk factors and promoting wellness. AWVs after your first visit may be different.

Reminder The Parkinson Support Group meets on the second

Tuesday of every month, at 1PM, the next meeting will be

March 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 today: If at first you don't succeed...then maybe

today just wasn't a pants kind of day.