

# "EXPERIENCE"

March 1, 2026

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

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**Laughter Is Good For The Soul**

- Did you know... The average person walks past 16 murderers in their lifetime? Relax, Most of them are just people who haven't had coffee yet.
- If common sense were common... We'd all be out of a job explaining things.
- I don't gossip. I collect and redistribute information

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**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.

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**What to do if a Medicare card is lost, stolen, or damaged:**

Learn how to replace your Medicare card if it's lost, stolen, or damaged, and how to protect yourself from Medicare fraud.

If your red, white, and blue Original Medicare card is lost or stolen, or you can no longer use it because it is too faded or damaged, you can replace it by calling 1-800-MEDICARE (633-4227). You can also order or print a replacement card by logging into your medicare.gov account.

If you get Medicare health or drug benefits from a Medicare Advantage Plan, such as an HMO, PPO, or PDP, call your plan to get your card replaced.

If you get Medicare through the Railroad Retirement Board, call the Railroad Retirement Board to order a replacement Medicare card. You should get your new card in the mail within 30 days.

Your Medicare card, Social Security card, and other health insurance cards are very important documents. Make sure to keep a photocopy of your important identification and insurance cards, write down any important numbers (like your Medicare number), and keep everything in a safe place so that you have a record for future reference if anything gets lost.

Also, if your Medicare card has been lost or stolen, watch out for Medicare fraud. Check your Medicare Summary Notice (MSN) for services you did not receive, and if you spot any, report them to the Inspector General's fraud hotline at 800-HHS-TIPS (800-447-8477). You can also get help from your local Senior Medicare Patrol.

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**Tax Update:** Unfortunately, we have already filled all our available tax appointments. You can file using MyFreeTaxes.com, which is 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.

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**Fun Fact!** Flamingos aren't born pink – they turn pink from eating shrimp. Imagine if we turned orange from Cheetos. (Some of us are close.)

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**Life Chat:** Schoharie County Office for the Aging invites you to our monthly Life Chat Meeting. **Wednesday, March 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.

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**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.

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**Thought for today:** At this age, peace is priceless and patience is limited. Choose wisely.