

# "EXPERIENCE"

March 15, 2026

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

### March Is Colorectal Cancer Awareness Month

#### Laughter Is Good For The Soul

- I told my husband he should embrace his mistakes. He gave me a hug.
- If sarcasm burned calories, I'd be absolutely Olympic-level.
- I don't need Google. I was alive when Google was in diapers.

**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.

**It's Spring clean-up time.** OFA, in conjunction with the Schoharie County Youth Bureau, is offering **Spring Cleanup Day on April 25, 2026. The deadline to register is April 3, 2026.**

To receive the benefits of this service a member of the household must be 60 or older and be a Schoharie County resident. To sign up please contact Crystal or Amanda, at Office for the Aging at 518-295-2001.

#### MEDICARE REMINDER: Medicaid overview

Medicaid is a federal and state program that provides health coverage for certain people with limited income and assets. Each state runs different Medicaid-funded programs for different groups of people, including:

- Older adults
- People with disabilities
- Children
- Pregnant people
- Parents and/or caretakers of children

All states also have Medicaid programs for people with limited incomes and assets who need nursing home care, long-term care services, and home health care services. Some states also have programs for individual adults who don't fit any of these categories.

Each state uses financial eligibility guidelines to determine whether you are eligible for Medicaid coverage. Generally, your income and assets must be below a certain amount to qualify, but this amount varies from state to state and from program to program. You are eligible for Medicaid if you fall into an eligible group and meet that group's financial eligibility requirements.

If you are eligible for Medicare and Medicaid (dually eligible), you can enroll in both. Medicaid can cover services that Medicare does not, like long-term care. It can also pick up Medicare's out-of-pocket costs (deductibles, coinsurances, copayments).

Some states offer a Medicaid spend-down program or medically needy program for individuals with incomes over their state's eligibility requirements. A spend-down program allows you to deduct your medical expenses from your income so that you can qualify for Medicaid. Contact your local Medicaid office to learn if a spend-down is available in your state.

**Fun Fact!** Laughter really is good for you-It boosts immune cells and reduces stress hormones. So technically, these jokes are healthcare.

**Life Chat:** Schoharie County Office for the Aging invites you to our monthly Life Chat Meeting. Presenter, Jessica Whitney, the Public Education & Community Outreach Coordinator for the Cancer Services Program. 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.

**Reminder** The Parkinson Support Group meets on the second Tuesday of every month, at 1PM, the next meeting will be **April 14, 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:** Age doesn't limit your light – it defines it. The years haven't dimmed you: they've polished you. Shine accordingly.