

# "EXPERIENCE"

March 29, 2026

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

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**Laughter is good for the soul**

- The older I get, the earlier it gets late.
- My memory isn't what it used to be...and frankly, I can't remember what it used to be.
- I'm not saying I'm old, but my birth certificate is written in cursive.

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**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.

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**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.

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**Fun Fact:** Your stomach gets a new lining every few days... so technically, it's not the same one that regretted that last dessert.

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**MEDICARE REMINDER**

**Medicaid and Medicare Part D overview**

If you have Medicare and Medicaid (dually eligible), your drugs are usually covered by Part D and Extra Help. In cases like those described below, Medicaid may cover drugs that Medicare does not.

In many states, Medicaid covers some of the drugs that are excluded from Medicare coverage by law. Drugs excluded from Medicare coverage by law that may be covered by your state's Medicaid program include:

**Drugs for:** Anorexia, weight loss, or weight gain, Fertility, Cosmetic purposes or hair growth, Relief of cold symptoms (like a cough or stuffy nose), Prescription vitamins and minerals (except prenatal vitamins and fluoride preparations), Non-prescription drugs (over-the-counter drugs)

In some states, Medicaid covers additional medications for people with Part D.

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**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.

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**AARP Defensive Driving Class** will be held April 10, 2026, from 9:00AM to 4:00PM, Course fee \$25.00 AARP Members, \$30.00 Non-AARP Member. Payment by check or Money Order Only made out to AARP. No Cash payments will be accepted. Bring your Driver's license & AARP Card if you are a member. There will be a 30-minute lunch break. Please arrive a few minutes early for the registration process. Registration required: 518-295-2001.

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**Thought for today:** "Age is merely the number of years the world has been enjoying you."