

"EXPERIENCE"

April 12, 2026

Schoharie County Office for the Aging

518-295-2001

Laughter Is Good For The Soul

- Common sense is like deodorant...the people who need it most never use it.
- I exercise every day...I run out of patience, run out of money, and run out of snacks.
- I don't repeat gossip...so listen carefully the first time.

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! In ancient Rome, there was a type of fast food. People who didn't have kitchens at home would grab meals from street vendors and small shops called thermopolia. These spots served hot, ready-to-eat food-kind of like today's takeout joints. Archaeologists have even counters with built-in clay pots that held stews, wine, and grains. So Yes...the Romans were enjoying "grab-and-go" meals nearly 2000 years before drive-thrus!

Did you know: Your nose can remember over 50,000 different scents-but still can't remember why you walked into the kitchen

Medicare coverage outside the U.S.

Medicare usually doesn't cover medical care outside the U.S. and its territories. However, Original Medicare and Medicare Advantage Plans must cover care you receive outside the U.S. in some very limited certain circumstances:

- Medicare will pay for emergency services in Canada if you are traveling a direct route, without unreasonable delay, between Alaska and another state, and the closest hospital that can treat you is in Canada.
- Medicare will pay for medical care you get on a cruise ship if you get the care while the ship is in U.S. territorial waters. This means the ship is in a U.S. port or within six hours of arrival at or departure from a U.S. port.
- In limited situations, Medicare may pay for non-emergency inpatient services in a foreign hospital (and any connected provider and ambulance costs). Your care is covered if the hospital is closer to your residence than the nearest available U.S. hospital. This might happen if, for example, you live near the border of Mexico or Canada.

Some Medigap policies also provide coverage for travel abroad. Medigap plans C through G, M, and N cover 80% of the cost of emergency care abroad. Check with your policy for specific coverage rules.

Medicare Advantage Plans may also cover emergency care abroad as a supplementary benefit. Contact your plan for more information about its costs and coverage rules.

AARP Defensive Driving Class will be held May 8, 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.

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.

Life Chat: Schoharie County Office for the Aging invites you to our monthly Life Chat Meeting. Wednesday, April 22, 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.

Life Chat for May: Please join our Life Chat for our monthly meeting on **May 27th at 1PM** in Celebration of Older Americans Month we will be making soap with Kenna from Mineral Springs Soap, Cobleskill, NY. In this hands-on session, you will create your own batch of soap (about 4 Bars) Making soap from scratch with all-natural ingredients can be fun, rewarding, and interactive. Seats are limited/ workshop length 1 1/2 + hours. RSVP to **Lenore at 518-295-2001**. Schoharie County Office for the Aging, 113 Park Place, Suite #3, Schoharie, NY 12157. Door prize and light refreshments!

Thought for the week: Stay gracious, stay wise...and when necessary, let silence say what you're too polite to