

# "EXPERIENCE"

May 3, 2026

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

### \*\*\*\*\* **Laughter Is Good For The Soul**

- I'm at the age where my back goes out more than I do... and honestly, it has a better social life.
- Some days I amaze myself...other days I put my keys in the refrigerator.
- I'm at the age where my train of thought politely departs the station...without announcing the destination.

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**Health Tip:** "Keep moving, even in small ways. A short daily walk, light stretching, or even standing up and sitting down a few extra times helps maintain strength, balance, and independence."  
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### \*\*\*\*\* **Vivo! An Exciting New Virtual Strength Training Program**

We are thrilled to announce a new program aimed at improving your strength, balance, and overall well-being starting this May. Vivo will offer live and interactive, online, small group strength training program scientifically tailored for older adults here at the Schoharie Senior Center.

#### **Program Details:**

- Classes will start Tuesday, May 12th at 9am
- Join the exercise class from the community room at Office for the Aging (113 Park, Suite 3, Schoharie)
- Exercise classes are virtual and led by a certified trainer and tailored to your ability

This is a fantastic opportunity to prioritize your health in a safe and supportive exercise environment. We encourage you to take advantage of this program to get stronger! For more information, call the senior center front desk to receive the registration details, 518-295-2001.

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**Did You Know:** Even people in their 70s, 80s and beyond can build muscle with light strength training-it's never too late to get stronger.  
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**Medicare & Depression Screening:** Medicare Part B covers an annual depression screening to help detect and address mental health concerns early. You don't need to show signs or symptoms of depression to qualify for screening. However, the screening must take place in a primary care setting, like a doctor's office. This means Medicare will not cover your screening if it takes place in an emergency room, skilled nursing facility (SNF), or hospital. The annual depression screening includes a questionnaire that you complete yourself or with the help of your doctor. This questionnaire is designed to indicate if you are at risk or have symptoms of depression. If your results show that you may be at risk of depression, your provider will perform a thorough assessment and will refer you for follow-up mental health care if appropriate. In most cases, you should receive your depression screening when you have a scheduled doctor's office visit. However, your provider can choose to screen you during a separate visit.  
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Your provider is required to review your risk for depression and other mental health conditions during your Welcome to Medicare Visit and your first Annual Wellness Visit. However, your provider is not required to formally screen you for depression during these visits. During a review, your provider should discuss your risk factors for depression, such as family history, but you will not receive a screening questionnaire.

If you qualify, Original Medicare covers depression screenings at 100% of the Medicare-approved amount when you receive the service from a participating provider. This means you pay nothing (no deductible or coinsurance). Medicare Advantage Plans are also required to cover depression screenings without applying deductibles, copayments, or coinsurance when you see an in-network provider and meet Medicare's eligibility requirements for the service.

During the course of your screening, your provider may identify or need to investigate or treat a new or existing problem. This care is considered diagnostic or treatment, meaning your provider is investigating or treating you because of certain symptoms or risk factors. Regular Medicare cost sharing applies to diagnostic and treatment services, including services identified during and provided alongside preventative screenings.  
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**Fun Fact:** Your brain can still form new connections at any age-this is called neuroplasticity. So yes, you really can teach an old dog (or yourself!) new tricks.  
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**AARP Defensive Driving Class** will be held May 15, 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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**Reminder The Parkinson Support Group** meets on the second Tuesday of every month, at 1PM, the next meeting will be **May 12, 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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**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!  
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**Thought For The Week:** "Life doesn't get easier-we just get wiser about what's worth our energy. Spend it where it matters most: on people who feel like home, moments that make you laugh, and peace you don't have to fight for."  
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