

"EXPERIENCE"

May 24, 2026

Schoharie County Office for the Aging 518-295-2001

HAPPY MEMORIAL DAY

We will be closed Monday May 25th no home delivered meals will be delivered. We will resume services on Tuesday morning May 26th.

Ready, Set, Connect!! Please join us for a day of learning how to connect the dots of Aging in Place. When & Where:

9:30AM-12:30PM, Registration at 9:00AM. May 28, 2026, at The Gathering Place 50 Plus Community Center, 127 Kenyon Road, Cobleskill, NY 12043. Brunch will be provided. OPEN to the PUBLIC * RSVP to 518-295-2001.

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 - completely **FREE!**

Program Details:

- Classes will be offered every Tuesday at 9AM. Next class is May 26th.
- 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.

Laughter Is Good For The Soul

- Why don't eggs tell jokes? Because they'd crack each other up!
- Inside every older person is a younger person wondering what on earth happened.

Reminder The Parkinson Support Group meets on the second Tuesday of every month, at 1PM, the next meeting will be **June 9, 2026**, at The Gathering Place, 127 Kenyon Rd. Cobleskill, please call Lenore Tsamis at 518-295-2001 to RSVP or please have any questions.

MEDICARE REMINDER

Home health services plan of care: Before you receive Medicare-covered home health care, your home health agency (HHA) should assess your condition to create a plan of care. Generally, your plan of care will list:

- The types of health services and items you need
- How often you will receive services
- The predicted outcomes of treatment

Your doctor must sign the plan of care at the start of your care or soon after it starts. The plan of care is often paired with the home health certification form that your doctor must sign to show you need care. The first time your doctor certifies your eligibility for home health care, you must have a face-to-face meeting to discuss the reason you need care. This meeting must take place within the 90 days before you start care or the 30 days after the first day you receive care. Your initial plan of care and certification will last 60 days. If you need additional care, the certification and plan of care can be renewed for as many 60-day periods as necessary, as long as your doctor continues to sign them. Make sure that your doctor agrees with the plan of care and thinks it contains all the care you need. A face-to-face meeting is not required for recertification.

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!

AARP Defensive Driving Class will be held June 12, 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.

Thought for the Week: "Life isn't about counting the years – it's about making the years count. A kind word, a shared laugh, and a grateful heart can turn an ordinary day into something extraordinary."