

# "EXPERIENCE"

June 14, 2026

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

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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. - completely FREE!

#### **Program Details:**

- Classes will be offered every Tuesday at 9AM. Next class is June 16, 2026.
- 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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**Reminder The Parkinson Support Group** meets on the second Tuesday of every month, at 1PM, the next meeting will be **July 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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### **Life Chat for June: June is Elder Abuse Awareness Month**

Please join Life Chat for our monthly meeting on **June 17th at 1PM**. Darlene D'Onofrio, Paralegal from Legal Aid Society, Gloversville will present information on Elder Abuse, Scams, and Housing. 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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**AARP Defensive Driving Class** will be held June 19, 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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### **MEDICARE REMINDER: Diabetes screenings and supplies**

Coverage of diabetic supplies. Part B also covers certain diabetic supplies, including: Glucose monitors, Blood glucose test strips Lancet devices and lancets, Glucose control solutions. Most diabetic supplies are covered as durable medical equipment (DME), not as preventive services. To receive coverage, you must meet Medicare's eligibility requirements for DME.

#### **Insulin**

Part D may cover insulin and related medical supplies used to inject insulin (syringes, gauze, and alcohol swabs) if you have a prescription from your doctor. Your drug plan should cover medications and supplies you need to treat your diabetes at home as long as they are on the plan's formulary. As of January 2023, Part D-covered insulin copays are capped at \$35 per month, with no deductible. You should contact your Part D plan for information about its exact costs and coverage rules for insulin.

Medical supplies used to inject insulin (syringes, fillable pens, non-durable patch pumps like the Omnipod, gauzes, and alcohol swabs) can be covered by Part D with a prescription, as long as they are on the plan's formulary. This equipment is not subject to the \$35 per month cap and a deductible may apply. The \$35 cap applies to the insulin you put into these supplies.

If you use an insulin pump, the insulin and the pump may be covered under Part B as DME. Part B covers DME at 80% of the Medicare-approved amount, but as of July 2023, copays for Part B-covered insulin products are capped at \$35 per month, with no deductible. If you have questions about Part B's coverage of insulin and your insulin pump is covered by Medicare's DME benefit, call 1-800-MEDICARE.

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

- We all get heavier as we get older, because there is a lot more information in our heads, so I'm not fat, I'm just really intelligent and my head couldn't hold any more and it started filling up the rest of me. That's my story and I'm sticking to it!
- I did the math to see where I could go on vacation and according to budget I'm going to work.