

"EXPERIENCE"

July 19, 2026

Schoharie County Office for the Aging 518-295-2001

Word of the day: Resilience, the ability to recover quickly from difficulties, setbacks, or challenges.

Announcements: Vivo, The New exercise Virtual Strength Training Program will be canceled for the 21st and 28th Classes. We will resume classes on August 4th.

Attention: We are out of Farmer's Market Coupons. Unfortunately, we did not receive as many as previous years.

The Medicare GLP-1 Bridge Program is a temporary CMS demonstration running from July 1, 2026, to December 31, 2027. It allows eligible Medicare Part D beneficiaries to access certain weight-loss medications for a flat \$50 per month copay, bypassing standard Medicare rules that historically excluded obesity drugs.

Key Program Details:

- Covered Medications: Wegovy (injection or tablet), Zepbound (KwikPen only), and Foundayo
- Eligibility Requirements: Must be 18 or older, enrolled in a Medicare Part D plan, and have a BMI of 35 OR a BMI of 30 - 34.99 combined with an obesity-related condition.
- Exclusions: Patients already receiving GLP-1 drugs through Part D for Type 2 diabetes, sleep apnea, or fatty liver disease do not qualify. Billing Structure: Claims are processed through a centralized CMS system, completely independent of standard Part D plans. This copay does not apply toward your yearly out-of-pocket maximum or deductible.

Official details and requirements can be reviewed on the Medicare GLP-1 Bridge CMS Overview and the Medicare Weight Loss Drugs Guide.

Life Chat for July: Please join Life Chat for our monthly meeting on **July 22nd at 1PM**. Our topic will be **Building Healthy Habits** - Nelta Miller from Cornell Cooperative Extension will present information on Nutrition and Health and prepare a healthy snack. 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 August 14, 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.

Going forward this experience article will only be published once monthly.

Thought for the Day: "Age gives us wrinkles, but laughter gives us stories worth telling."