

Empower Transitions in Aging

In-Person and Online Programs

Spring 2025



740-363-6677

MySourcePoint.org



April 7–July 5, 2025

Hours of operation:

Monday–Thursday, 8 a.m.–8 p.m.

Friday, 8 a.m.–5 p.m.

Saturday, 8 a.m.–noon.

Close at 4 p.m. May 23, July 3;

Close at 2 p.m. May 9; Closed May 12, 24 and 26, July 4 and 5.

Registration is required

and begins March 24 at

MySourcePoint.org/EC or with

customer service. All programs take place at 800 Cheshire Road, Delaware unless otherwise indicated. Program fees are prorated throughout the quarter. Programs subject to change.

Scholarships are available and applying is easy! Contact Annette at 740-363-6677 or aleatherman@MySourcePoint.org or apply online.

Cancellation Policy: You will receive a refund for fee-based programs canceled by SourcePoint or for programs from which you withdraw before the deadline. Refunds are not available for programs you're unable to attend.

Lifelong learning is one of the most effective ways to deal with change—and change is constant, even as we age. Here are topics often necessary to understand as we age.

Special Events

AARP SMART DRIVER™ COURSE

Wednesday, April 16, 8:30–11 a.m. and 11:30 a.m.–2:30 p.m.

(Lunch on your own.)

By taking our enhanced course, you'll learn: evidence-based safe driving strategies; new traffic laws and rules of the road; and how to deal with aggressive drivers. Refresh your driving skills today and save money!* For more information visit aarp.org/drive.

**Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details.*

Fee: \$20 for AARP members | \$25 for non-members.

Pre-register and pay at the class (cash or check). Questions, contact Jackie Bain at 740-203-2083 or jbain@delawarehealth.org.

CARFIT: HELPING MATURE DRIVERS FIND THEIR SAFEST FIT

Tuesday, April 29, 1:30 p.m.–3:30 p.m.*

Wednesday, June 4, 10 a.m.–1 p.m.* **at SourcePoint's Health & Wellness Expo, Delaware County Fairgrounds, 236 Pennsylvania Ave., Delaware.**

Developed by AARP and the American Occupational Therapy Association (AOTA) partners, CarFit offers area senior drivers a free opportunity to check how their cars “fit” them. CarFit’s certified professionals take older drivers through a 12-point checklist with their vehicle, recommending minor adjustments that help make their cars “fit” better for comfort and safety. Visit car-fit.org to learn more about the CarFit program.

**A Delaware Public Health District CarFit technician will phone you to schedule your 30-minute appointment time.*

HEALTH & WELLNESS EXPO

Wednesday, June 4, 10 a.m.–1 p.m. **at Delaware County**

Fairgrounds Agricultural Center, 236 Pennsylvania Ave., Delaware

Free health screenings and wellness resources for older adults.

LEARN MORE ABOUT VOLUNTEERING AT SOURCEPOINT

Wednesday, April 23, 11 a.m.–noon.

Are you curious about the exciting opportunities available for volunteering at SourcePoint? Are you wondering what it's like to be a SourcePoint volunteer, but aren't sure if it would be a good fit for you? Join our volunteer recruiter, Denise Kilton, for this no-pressure informational session to learn more about all the amazing things volunteers do for our organization.

WHEELS FOR MEALS

INTERGENERATIONAL EVENT

Saturday, June 7, 11 a.m.–3 p.m.

Join us rain or shine for this family-friendly event featuring a car show, touch-a-truck, humane society, food trucks, music, entertainment, and games! All car registration fees and donations benefit Meals on Wheels.

Body, Brain & Behavioral Health

A MATTER OF BALANCE

Tuesdays, April 1–May 27, 2:30–4:30 p.m. at Community Library, 44 Burrer Dr., Sunbury. (No class April 22.)

Have you fallen in the past? Have you limited your activity for fear of falling? Do you want to improve balance, flexibility, and strength? A Matter of Balance is a free, award-winning program that teaches practical strategies to reduce your fear of falling and increase your activity level. In this series, you'll learn to view falls as controllable, set realistic goals for yourself, reduce risk factors, and exercise to increase strength and balance.

BINGOCIZE

Tuesdays and Thursdays, April 10–June 19, 11:30 a.m.–12:30 p.m.

Bingocize® isn't just another health program—it's a vibrant fusion of fitness and health education that seamlessly incorporates the beloved game of bingo! The combination is a winning formula that keeps Bingocizers coming back for more. Bingocize isn't just about exercise and health education—it's about creating memorable experiences infused with movement, and social connections. This program is provided in

partnership Delaware Public Health District.

BRAIN LONGEVITY: THE 4-PILLARS OF ALZHEIMER'S PREVENTION

Thursdays, April 10–May 8, 2–3:30 p.m. (Extended time May 8, 2–4 p.m.)

This series on Natural Methods for Prevention of Alzheimer's Disease and other Dementias consists of an introductory session and four workshops focused on The 4 Pillars of Alzheimer's Prevention.

Whether you are concerned about dementia for yourself or are a caregiver for someone with dementia, these seminars will have information to help you reduce stress and lower your risk of dementia.

April 10: A Natural Method for Brain Longevity.

April 17: Stress Reduction.

April 24: Psycho-Social Well Being.

May 1: Physical and Mental Exercise.

May 8: Diet and Supplementation (Extended Time).

FALLS FREE ZONE

Thursday, April 3, 1–3 p.m. at Community Library, 44 Burrer Dr., Sunbury.

Each year, more than 1 in 4 adults aged 65 and older experience a fall. Falls are the number one cause of

injury and death among older adults. However, falls are often preventable. The Falls-Free Zone workshop provides information to help prevent falls. The topics covered in this workshop include Exercise, Medication Management, Vision, Hearing, Home Hazards, and Community Safety.

FALLS FREE ZONE

Fridays, April 4–25, 9:30–11 a.m. at Lifelong Learning Institute at OWU Hamilton-Williams Campus Center, 40 Rowland Ave., Delaware.

To register, email LLI@owu.edu or call Debbie Lewis at 740-368-3078. Each year, more than 1 in 4 adults aged 65 and older experience a fall. Falls are the number one cause of injury and death among older adults. However, falls are often preventable. The Falls-Free Zone workshop provides information to help prevent falls. The topics covered in this program include Exercise, Medication Management, Vision, Hearing, Home Hazards, and Community Safety. Each presentation builds upon the other to provide comprehensive falls prevention education. During each presentation, there will be an educational component presented by an expert, an interactive piece, and a take-home piece for action planning.

LIVING LIFE TO ITS FULLEST Tuesdays, April 8–May 27, 1–2:30 p.m.

Adults experience many life changes. They take on new jobs, roles, and relationships. They retire. They relocate to new houses and communities. They experience both growing and shrinking families. Their minds and bodies become more capable in many ways as well as less able in other ways. Living Life to Its Fullest focuses on adapting to life's changes, building strong relationships, living fully and joyfully, and continuing to grow, adapt, and thrive. It is not a lecture series; it uses discussion and hands-on experiences to bring helpful ideas to life. Join us for this enlightening, insightful and thought-provoking series. *Fee: \$40 for eight-week series.*

THRIVING WITHOUT DRIVING: TODAY'S ALTERNATIVE TRANSPORTATION

Thursday, June 12, 1–2 p.m.

Today's alternative transportation landscape makes living well without a car a real possibility - if only it weren't so confusing and technology dependent. SourcePoint's mobility coordinator, Jill Smith, will navigate the ins and outs of taking Uber/Lyft, utilizing local public transportation,

and planning now for a time you or a loved one may need transportation assistance. With this class, you can lose the fear of being stranded and embrace the backseat!

Financial, Insurance & Legal

DOWNSIZING WITHOUT THE PRESSURE

Wednesday, June 25, 1–2 p.m.

The key to downsizing is getting rid of the anxiety, stress, and pressure that can paralyze you from even getting started. Learn ways to accomplish a better experience with positive results as you work to reduce your "stuff." Presented by Janet Baxendale, Realtor®, reEquity Group at Keller Williams Capitol Partners. Baxendale is not affiliated with or endorsed by SourcePoint.

GOOD DEEDS

Tuesday, April 8, 2:30–4:30 p.m.

The probate process can be time consuming and necessitates the assistance of an attorney. Learn how to avoid the need to probate your home and vehicles, such as the single most important way—have your house and vehicles in joint survivorship. Good Deeds presentation sponsored by: Judge David A. Hejmanowski, Court of Common Pleas; Melissa Jordan, Delaware

County Recorder; and Natalie Fravel, Delaware County Clerk of Courts. If you would like to review your deed at this event, please email Delaware County Recorder Melissa Jordan at mjordan@co.delaware.oh.us with the following information: April 8 SourcePoint 2:30 p.m. in Subject Line of Email.

Name/s and Address on any deed filed in Delaware County that you would like printed prior to the session. Please include approximate year deed was filed. The recorder's office will attempt to preprint as many deeds as possible and have them ready in alpha order at this event.

INSURANCE: MARKETPLACE ASSISTANCE BY APPT.

SourcePoint is now helping Delaware County residents 55-64 seeking health insurance through Ohio Healthcare Marketplace. Our insurance specialists are certified assisters, trained to provide in-person and phone-based support to help consumers narrow their plan options on the Affordable Care Act's health insurance marketplaces. We offer expertise in both helping consumers consider their health plan choices and interacting with the marketplace decision support tools. To schedule an appointment, call 740-363-

6677 and ask for an insurance specialist.

LEGAL AID

Thursday, April 24, May 22, or June 26, 9 a.m.–2 p.m., by appointment.

Meet with a paralegal from the Legal Aid Society. Services include simple wills, POA, avoiding probate after a loved one passes, rental eviction, home foreclosure, domestic violence, divorce, and public assistance, such as Medicaid, food stamps, SSI Disability, SSDI benefits, public housing evictions, and disability benefits. Call Karen McVay at 740-383-2161, ext. 273 to make an appointment.

MEDICARE: NEW TO MEDICARE

Tuesday, April 15, 10 a.m.–noon.

Saturday, May 3 or June 7, 10 a.m.–noon.

Tuesday, May 6, 2–4 p.m. at DCDL Liberty Branch, 7468 Steitz Road, Powell.

Thursday, June 26, 6–8 p.m.

Learn the basics of Medicare, whether you're becoming eligible for the first time or assisting a loved one with insurance needs, this is the place to start. Completion of New to Medicare is a prerequisite for a one-on-one appointment. *An online option is also available at*

MySourcePoint.org/insurance.

MEDICARE: ONE-ON-ONE APPOINTMENTS

After attending a New to Medicare class or completing online videos, schedule an appointment with an insurance specialist. To schedule, call 740-363-6677, or submit the online form at the end of the videos.

MEDICARE: OPTIONS 1 AND 2 WORKSHOP

Tuesday, April 22, 10 a.m.–noon.

Tuesday, June 17, 6–8 p.m.

Tuesday, May 13, 2–4 p.m. at DCDL Liberty Branch, 7468 Steitz Road, Powell.

Whether new to Medicare* or already on Medicare, learn more about Medicare Supplements and Part D plans (Option 1) and Medicare Advantage plans (Option 2) in this interactive workshop. You will use the Medicare Plan Finder Tool to find Medicare Supplement and Part D plans rates tailored to your individual needs, as well as compare Medicare Advantage benefits, costs and provider networks. Bring a complete list of your medications, doctors' names, Medicare card (if you have one), and your tablet or laptop if possible. **If you are new to Medicare, the New to Medicare class or online video is a prerequisite for an Options*

workshop.

MEDICARE INSURANCE EDUCATION *ONLINE*

Three free presentations at [MySourcePoint.org/insurance](https://www.mysourcepoint.org/insurance), including an intro to Medicare, Supplements and Part D, and Advantage Plans.

REAL ESTATE: PREPARING YOUR HOUSE TO SELL!

Wednesday, April 23, 1–2 p.m.

Whether you are thinking of selling now or later, it is never too early, or late, to start preparing your house for a maximum return on your investment. This class will highlight what buyers are looking for in a move-in ready home and how to help your home stand out for a quick and lucrative sale. Your time and money are valuable, so in this class learn where to focus to maximize your investment. Presented by Janet Baxendale, Realtor®, reEquity Group at Keller Williams Capitol Partners. Baxendale is not affiliated with or endorsed by SourcePoint.

Role Transitions

Caregiver programs are for family caregivers 55+ in Delaware County or 18+ caring for someone 55+ in Delaware County. ComPASS is not required to register

for the following programs.

SourcePoint's caregiver programs are funded in part by the Central Ohio Area Agency on Aging.

ACTIVITY PARTNER PROGRAM

Enrich your social connections with our activity partner program, designed to be mutually beneficial for caregivers, care receivers, and activity partner volunteers. Activity partners are matched with a fellow SourcePoint member whose interests and schedules align. Together, we plan time for the paired member and partner to spend with one another here in the building, participating in whichever art, learning, wellness, and social activities appeal to them, while the family caregiver participates in their own activities at SourcePoint. If you are interested, contact caregiver@MySourcePoint.org or 740-203-2399.

ALZHEIMER'S ASSOC. CARE CONSULTATION BY APPT.

First Thursday and third Tuesday of each month, 10 a.m.–2 p.m. (No appts. May 20.)

The Alzheimer's Association is dedicated to helping people navigate through the difficult decisions and uncertainties people with Alzheimer's and

their families face at every stage. Care consultations are a free personalized service addressing the issues that arise from Alzheimer's or dementia. Get assistance with planning and problem solving, an assessment of needs, and supportive listening. To schedule your appointment, email hlatibagos@alz.org or call 614-643-2137.

ALZHEIMER'S ASSOC. EARLY STAGE SUPPORT GROUP

First and third Mondays, 10:15–11:45 a.m.

Early Stage programming is designed for individuals living with Mild Cognitive Impairment (MCI) or the early stage of Alzheimer's or another form of dementia, and their care partners. This support group allows for the care partner and person living with dementia to have their own, separate spaces to develop a support system, talk through issues and ways of coping and share feelings and concerns. To participate in Early Stage programming, an interview must be completed with an Alzheimer's Association Care Consultant to determine appropriateness. To learn more and schedule an interview, email [Hannah Atibagos at hlatibagos@alz.org](mailto:hlatibagos@alz.org) or call 614-643-2137.

**ALZHEIMER'S ASSOCIATION:
THE EMPOWERED
CAREGIVER**

**Tuesdays, May 6 and June 3,
10–11 a.m.**

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series. Topics include:

May 6: Building Foundations of Caregiving. Explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

June 3: Supporting Independence. Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

**CAREGIVER 1:1 SUPPORT BY
APPOINTMENT**

Caregivers may call 740-203-2399 or email caregiver@mysourcepoint.org to schedule a confidential, one-on-one support meeting.

**CAREGIVER CONVERSATIONS
Second and fourth Tuesdays of
each month, 10–11 a.m.**

**Third Thursday of each month,
5:30–6:30 p.m., at Community**

Library, 44 Burrer Dr., Sunbury.

This group fosters supportive conversations, allows you to share experiences, meet other caregivers, discover new resources, and ask questions.

**CAREGIVER CRASH COURSE
ONLINE**

A 30-minute video at MySourcePoint.org/caregiver for new, current, and future caregivers.

**CAREGIVER CRASH COURSE
Friday, April 11, 1–2 p.m. at
Wornstaff Memorial Public
Library, 302 E. High St., Ashley.**

All you need in the time you have: A one-hour class for new, current, and future family caregivers that includes information on safety, falls, getting organized, legal information, community resources, and self-care. *Not for professional caregivers.*

**CAREGIVER FAMILY
MEETINGS BY
APPOINTMENT**

Family dynamics play a complex role in caregiving. Carving out time for a purposeful conversation between the person with care needs and those shouldering responsibilities has been shown to create positive outcomes. SourcePoint can help facilitate these much needed yet often difficult conversations. To help care partners assess

time and resources, temper expectations, and equitably delegate tasks. To schedule an appointment, contact caregiver@MySourcePoint.org or 740-203-2399. Meetings can be online or in-person at SourcePoint or at home.

**GRANDPARENTS AS
PARENTS MONTHLY MEETUP
Fourth Friday of every month,
11 a.m.–noon**

Join this casual group of older adults, holding space for other grandparents acting as second-time parents. This group aims to support one another through shared life experience as well as help individuals get connected with resources in their communities. Quarterly we plan an outing to a center that has pledged resources toward youth development. Field Trips are denoted in the dates above. Participants may choose to head directly to the listed address or depart from SourcePoint via its activity bus as a group.

**GRIEF SUPPORT: LIVING
BEYOND LOSS
Second and fourth Tuesdays of
each month, 2–3 p.m.**

Dynamic support for those dealing with loss and empowers you to steer the conversation. Rediscover yourself, regain a sense of identity, and build a support system.