

Empower Transitions in Aging

In-Person and Online Programs

Summer 2025



740-363-6677

MySourcePoint.org



July 7–Oct. 4, 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. Aug. 29; Close at

2 p.m. Aug. 8; Closed Aug. 30,

Sept. 1.

Registration is required and begins June 23 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! Email info@MySourcePoint.org, call 740-363-6677, 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

AAA ROADWISE™ DRIVER COURSE *NEW!*

Monday, Sept. 8 and Tuesday, Sept. 9, 9:30 a.m.–2:30 p.m.

(Lunch on your own, 11:30 a.m.–noon.)

Driving is a skill that can and should be continually improved. Taking a comprehensive driving improvement course will ensure that you have the most up-to-date driving techniques and understand the latest vehicle technologies. As you age, it is important for older drivers to know and understand how to adjust for slower reflexes, weaker vision, and other changes.

AAA's RoadWise at SourcePoint is a two-day classroom course on defensive driving designed to positively affect driving behavior and help you learn about and adjust to age-related physical changes. The course will cover managing distractions, visibility, time and space, drowsiness, aggressive drivers, alcohol and medications, and more. Extend your safe driving career! Automobile insurance discounts also may apply upon course completion, check with your insurance provider for details.

You will be contacted regarding payment after registration.

Fee: \$29 for AAA members | \$39 for non-members.

LEARN MORE ABOUT VOLUNTEERING AT SOURCEPOINT

Wednesday, Aug. 6, 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 engagement specialist for this no-pressure informational session to learn more about all the amazing things volunteers do for our organization.

TECH HELP WITH T-MOBILE REPRESENTATIVES *NEW!*

Second Tuesday of each month, 10:30 a.m.–1:30 p.m.

Stop by the Tech Help table, hosted by T-Mobile representatives, to get answers to your technology questions. Whether you need help with phones, laptops, watches, or tablets, knowledgeable staff will be available to assist you. T-Mobile and its representatives are not affiliated with or endorsed by SourcePoint.

Body, Brain & Behavioral Health

A MATTER OF BALANCE

Thursdays, July 10 through Aug. 28, 10 a.m.–noon.

This is a fall prevention program that incorporates some exercise.

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.

AGING MASTERY PROGRAM *RETURNS*

Thursdays, Sept. 18 through Nov. 20, 10:30 a.m.–noon.

The Aging Mastery Program® (AMP) is a comprehensive and engaging education initiative designed to empower older adults to make meaningful changes in their lives. The program covers ten core topics: Navigating Longer Lives, Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medication Management, Community Engagement, and Falls Prevention. Each session is led by expert speakers and incorporates goal-setting, daily practices, peer support, and small rewards to help participants manage their health, maintain economic security, and actively contribute to society. Participant workbook included. *Fee: \$40 for a ten-week series.*

DRIVER SAFETY: ODOT PROFESSIONAL ON ROUNDABOUTS

Thursday, Aug. 7, 1–2:30 p.m.

The Delaware County SAFE Coalition, Ohio Department of Transportation, and Age-Friendly Delaware County come together to present guidance on driving roundabouts safely and defensively.

DRIVER SAFETY: SMART DRIVERTEK WORKSHOP

Monday, July 14, 1–3 p.m.

The SAFE Delaware County Coalition will present the AARP Smart DriverTEK Workshop, which will keep you in the know about the latest high-tech safety features in your current or future car. Learn what new technologies are available, how they work, and how they can make driving safer and more enjoyable. This interactive workshop will cover smart headlights, blind spot warnings, lane warnings, automatic braking, and more.

WALK WITH EASE *RETURNS*

Mondays, Wednesdays, and Fridays, July 14 through Aug. 22, 9–10 a.m.

The Arthritis Foundation's Walk With Ease Program is a community-based physical activity and self-management education program. While walking is the central activity, Walk With Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. The program includes a guidebook and a walking schedule to get you safely moving toward better health.

WISE: WELLNESS INITIATIVE FOR SENIOR EDUCATION

**Tuesdays, July 15 through Aug.
19, 2:30–4 p.m.**

Presented by PASS (Prevention Awareness Support Services), the WISE program is a free, evidence-based wellness initiative designed to help older adults celebrate healthy aging, make positive lifestyle choices, and prevent substance misuse. This six-week program offers engaging lessons, practical tools, and supportive group discussions focused on aging well—physically, mentally, and emotionally. Participants will receive complimentary gifts as part of the program. Join us and take a proactive step toward living well and aging wisely! For more information, contact Donna Marie at dmarie@pvff.org.

Week 1: Understanding the
Changes Associated with Aging

Week 2: Aging Sensitivity

Week 3: Valuing Cultural and
Generational Diversity

Week 4: Medication and the
Older Adult

Week 5: Substance Abuse,
Addiction, and Older Adults

Week 6: An Enhanced Quality
of Life

Register by July 12!

Financial, Insurance & Legal

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, July 24, Aug. 28, or
Sept. 25, 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 MASTERY CLASS

NEW!

**Saturday, July 12, Aug. 2, Sept.
6, or Oct. 4, 9 a.m.–noon.**

Take charge of your Medicare decisions with this comprehensive, two-part workshop designed to educate and empower. Medicare Mastery combines the essential information from our popular New to Medicare class with the hands-on learning of the Medicare Options workshop—now with added tools to help you assess your personal risk capacity and risk tolerance. In the first half of the session, we'll cover the fundamentals of Medicare—ideal for those who are newly eligible, assisting a loved one, or simply seeking a clearer understanding of their coverage.

In the second half, you'll get practical experience using the Medicare Plan Finder Tool. Bring your own tablet or laptop and follow guided, step-by-step instructions to compare plans and explore personalized options based on your medical needs and your comfort with risk in healthcare decision-making.

What to bring:

- A complete list of your prescription medications
- Full names of your doctors

- Your Medicare card (if available)
- A tablet or laptop (smartphones are not suitable for this activity)

Completion of the Medicare Mastery Class meets the prerequisite for scheduling a one-on-one Medicare counseling appointment, just as the standalone New to Medicare class does.

MEDICARE: NEW TO MEDICARE

Tuesday, July 22 or Aug. 19, 10 a.m.–noon or Sept. 23, 6–8 p.m.

If you're approaching Medicare eligibility, assisting a loved one, or simply want to better understand your coverage options, this free introductory class is the perfect place to start. Learn the basics of Medicare, including the differences between Original Medicare (Option 1) and Medicare Advantage (Option 2), what each option covers, and when to enroll. This class offers unbiased education supported by the Ohio Senior Health Insurance Information Program and is not affiliated with any insurance company or product. Completion of this class is required before scheduling a one-on-one Medicare counseling appointment. Prefer to learn at your own pace? An

online version is available at MySourcePoint.org/insurance.

MEDICARE: ONE-ON-ONE APPOINTMENTS

After attending a New to Medicare or Medicare Mastery class—or completing the online Medicare video series—you may schedule a personalized, one-on-one appointment with a trained insurance specialist. To schedule, call 740-363-6677 or submit the online form at the end of the video series. Using a Connector for Medicare? If you have a Connector service (like Via Benefits or Aon Hewitt) your Medicare enrollment must go through that service. This is the pathway your employer is financing and, in some cases, includes a Health Reimbursement Arrangement.

MEDICARE: OPTIONS 1 AND 2 WORKSHOP

Thursday July 17, 6–8 p.m.

Tuesday, Aug. 12, 6–8 p.m.

Thursday, Sept. 11, 10 a.m.–noon.

Whether you're new to Medicare or already enrolled, this interactive workshop will help you better understand your coverage options. You'll explore:

- Option 1: Medicare Supplement (Medigap) and Part D prescription drug plans

- Option 2: Medicare Advantage (Part C) plans, including benefits, costs, and provider networks

Using the Medicare Plan Finder Tool, you'll receive step-by-step guidance to compare plans tailored to your personal needs.

What to Bring:

- A complete list of your current prescription medications
- Full names of your doctors
- Your Medicare card (if available)
- A tablet or laptop (if possible)

This is a free, unbiased educational session supported by the Ohio Senior Health Insurance Information Program and is not affiliated with any insurance providers. If you are new to Medicare, completion of the New to Medicare class or online video series is required before attending this workshop.

MEDICARE INSURANCE EDUCATION *ONLINE*

Three free presentations at MySourcePoint.org/insurance, including an intro to Medicare, Supplements and Part D, and Advantage Plans.

Caregiver Programs

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.

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, July and Aug., 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 or call 614-643-2137.

ALZHEIMER'S ASSOCIATION: THE EMPOWERED CAREGIVER

Tuesdays, Aug. 5 and Sept. 2, 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:

Aug. 5: Communicating Effectively. Teaches how dementia affects communication, including tips for communicating well with family, friends, and health care professionals.

Sept. 2: Responding to Dementia-Related Behaviors. details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

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 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.

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.