

YOUR HEAT AT HOME

The Ohio Department of Development offers several programs to help lower income residents pay utility bills and improve the heating efficiency of their homes:

- Home Energy Assistance Program (HEAP)
- Percentage of Income Payment Plan (PIPP-PLUS)
- Home Weatherization Assistance Program (HWAP)

Applications are now available. Each program is subject to income eligibility, availability of funds, and other program requirements. For more information, please call Bridges Community Action Partnership at 800-858-4452.

CALLS, MESSAGES, AND RETURNING CALLS

An important reminder to make sure your phone is working, and you are able to receive and make phone calls. We know with scams, sales, and nuisance calls it is tempting not to answer your phone; however, please take a minute to check your messages and return phone calls from SourcePoint staff and service providers as soon as possible. We do not want services or assistance to be delayed due to lack of contact.

MAKING SENSE OUT OF MEDICARE

Learn the basics of Medicare in a New to Medicare class, Saturday, April 5 or Tuesday, April 15, from 10 a.m. to noon at SourcePoint. Practice using the Plan Finder Tool in the Medicare: Options 1 and 2 Workshop, Tuesday, April 22, from 10 a.m. to noon. Call 740-363-3377 to register. Alternatively, watch our Medicare Education videos at **MySourcePoint.org/insurance**.

You may also meet with a SourcePoint OSHIP-certified insurance specialist who can provide



non-biased information so that you can select the best plan for you. Call 740-363-6677 to schedule an appointment.

CAREGIVER CRASH COURSE

Caregiver Crash Course is a one-hour class for new, current, or future caregivers that includes information on safety, falls, getting organized, legal information, community resources, and self-care. Attend a class Friday, April 11, from 1 to 2 p.m. at Wornstaff Memorial Public Library, 320 E. High St., Ashley. Call 740-363-6677 to register. You may also watch the online video at **MySourcePoint.org/caregiver**.

For more information on SourcePoint's caregiver support program, email caregiver@MySourcePoint.org or call 740-203-2399.

FARMERS MARKET 2025

It won't be long before spring is here and thoughts will move to gardens and fresh fruits and vegetables. That means that SourcePoint's farmers market voucher program won't be far behind! SourcePoint has created a hotline for the program that will contain the most up-to-date information concerning the program and voucher distribution. The number is 740-936-7117. Updates for 2025 will not begin until mid-to late April.

PET FOOD ASSISTANCE AVAILABLE

Did you know that SourcePoint offers pet food assistance at no cost for home-delivered meal clients? Through donations and grants, we have dry dog food and dry or wet cat food available that can be delivered at the same time that your Meals on Wheels driver delivers your meals. Currently, through a grant from Meals on Wheels America, we are also able to offer pet care supplies, such as leashes, collars, bowls, etc. If you are interested in receiving assistance, please contact Abbey at 740-204-2434.

HOW TO HANDLE ROBOCALLS

Robocalls are auto-dialed calls that deliver a prerecorded message. Generally, robocalls that you have not consented to are illegal. When it comes to robocalls, the best advice is JUST DON'T ANSWER.

DO:

- Register your phone number(s) with the Do Not Call Registry online at **DoNotCall.gov** or by phone at 888-382-1222. Remember: If you're registered and someone calls trying to sell you something, it's a good sign that the call may not be legitimate.
- Research services offered by your phone provider to block unwanted calls.
- Install an app on your cell phone to block or warn you of suspicious calls.
- Add trusted phone numbers to your contacts.
- Limit how often you share your phone number.
- If you don't recognize the number, allow the call to go to voicemail and review the message later.

DON'T:

- Answer an incoming call when you don't recognize the number.
- Provide personal or financial information over the phone.
- Interact with an unknown caller in any way; don't press numbers or speak to anyone.
- Call back unfamiliar numbers.
- Fully rely on caller ID.

TAKE ACTION TO REPORT ROBO CALLS

- Forward spam texts to 7726 (SPAM).
- Report illegal robocalls to the Ohio Attorney General's Office by calling 800-282-0515 or visiting **OhioProtects.org**.

COMMUNITY EDUCATION AND FALLS PREVENTION

Matter of Balance

Tuesdays, April 1 through May 27, 2:30–4:30 p.m. at Community Library, 44 Burrer Drive, 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 through June 19, 11:30 a.m.–12:30 p.m. at SourcePoint. 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 with Delaware Public Health District.

Falls Free Zone

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