

OFFICE CLOSED FOR INDEPENDENCE DAY

SourcePoint will be closed Friday, July 4 in recognition of Independence Day.

There will be no meal delivery on Friday, July 4 or Monday, July 7. Clients who receive home-delivered meals and opted to receive holiday meals will receive their frozen holiday meals during the week of June 23. The holiday box will consist of five meals, so you will have two meals for the 4th, two for the 7th, and an extra meal that may be placed in your freezer for future use. If you prefer not to receive holiday meals, please contact our office at 740-204-2434 by June 16. If you are not sure if you selected to have holiday meals delivered or would like to add them to your meal plan, you may contact nutrition staff at the number listed above. The office is open Monday–Friday from 8 a.m.–4 p.m.

Please note that due to the holiday closure, if you normally receive a weekend meal delivery on Fridays, it will be delivered Thursday, July 3.

FARMERS MARKET 2025

SourcePoint’s farmers market voucher program is underway, and we are once again distributing farmers market vouchers to qualified Delaware County adults! To qualify, participants must be a Delaware County resident, age 55 or older, and within 200% of the federal poverty level.

The vouchers may be used to purchase fresh fruits and vegetables, herbs, honey, and food-bearing plants. Participants who sign up will receive 25 \$3 vouchers—a total value of \$75. Please visit MySourcePoint.org/farmers for the most up-to-date list of participating vendors.

Vouchers are available on a first-come, first-served basis. Applications may be downloaded at MySourcePoint.org/farmers and must be submitted in person. To receive the most up-



to-date information about where vouchers may be available to pick up, please call our farmers market hotline at 740-936-7117. PLEASE NOTE: THERE WILL BE NO WALK-IN HOURS TO PICK UP VOUCHERS OR MAIL-IN APPLICATIONS ACCEPTED.

ART OPENING AND FRIENDS MUSICALE

Thursday, June 19, 5:30–7:30 p.m.

Enjoy members sharing their creativity through the arts! Listen as several of the art groups sing and play their many different instruments from instrumental classes to jam sessions. Participate in a group art project that will be on display at SourcePoint before being shared at the fall fundraiser. Come, have fun, and celebrate the arts! This is a community event.

PET SAFETY REMINDER

As you know, we ask that during visits to your home, pets be properly restrained/contained to ensure the safety of visiting team members. While pets are important aspects of our lives, we also know they can be unpredictable. We have had unfortunate situations in the past between service providers, volunteers/team members, and protective pets. Our goal is to provide you with the services you need, as well as protect the safety of everyone who provides a service to you. To meet this goal, we respectfully request that you have a plan to properly contain/restrain your pets during times that you are receiving a service approved by SourcePoint. This may include, though is not limited to, such things as meetings, meal delivery, homemaking, etc. Service animals are an exception to this request. If you have any questions about this expectation, please contact your care consultant for assistance. Thank you for your help in making service delivery a positive and safer experience for everyone.

CONTINUED ON REVERSE...

MAKING SENSE OF MEDICARE

New to Medicare Classes

Saturday, June 7, 10 a.m.–noon.

Tuesday, June 26, 6–8 p.m.

Medicare: Options 1 and 2 Workshop

Tuesday, June 1, 6–8 p.m.

An interactive workshop to learn more about Medicare Supplements, Part D plans and Medicare Advantage plans. Bring a list of your medications and your tablet or laptop, if possible, to learn to use the Medicare.gov tool to find the best plans for you.

Medicare Insurance Education

Three digital presentations are available at [MySourcePoint.org/online-insurance-education](https://www.mysourcepoint.org/online-insurance-education), including:

- Introduction to Medicare
- Medicare Supplements and Part D Plans
- Medicare Advantage Plans

Medicare: One-on-One Appointments

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

EXTREME HEAT MESSAGE AND PRECAUTIONS

Be Informed, Make a Plan, Build a Kit, Get Involved from the Administration on Community Living

Summer is almost here. While we prepare to enjoy the warm weather, it’s important to take precautions in case extreme heat strikes.

The following will prepare you to handle periods of extreme heat and the associated risks:

- Consider how potential power outages during periods of extreme heat might affect you. Plan to be temporarily self-sufficient if the electricity goes out. It’s possible that you will not have access to a medical facility or a pharmacy.
- Identify the resources you use daily and what you can do if they are limited or not available. Make provisions for medications that require refrigeration, and plan arrangements to get to a cooling center, if needed.

- Think about what you need to maintain your health, safety, and independence. Build a kit that includes any specialized items, such as extra wheelchair batteries, oxygen, catheters, and medication. Also include non-perishable food and water, items for service animals and pets, a cooler, and anything else you might need.
- Check on family, friends, and neighbors who do not have air conditioning, especially those who spend time alone, or are more likely to be affected by extreme heat.
- Be watchful for signs of heat stroke and dehydration. These include shallow breathing, a lack of perspiration, dizziness, dry mouth, and headaches.

HOME ENERGY ASSISTANCE PROGRAM

Are you having trouble paying your cooling bill? The Home Energy Assistance Program provides eligible low-income Ohioans with a one-time payment to help them meet the high costs of cooling in their homes. Payments are made directly to regulated and unregulated utilities.

WHO IS ELIGIBLE?

- Customers of AEP
- Total household income must be at or below 200% of federal poverty guidelines.

To find out if you’re eligible and start an application, please visit bridgescap.org or call 800-858-4452 to schedule an appointment.

WHAT DO I NEED TO BRING TO MY APPOINTMENT?

- Proof of income for 13 weeks and/or 1 year (pay stubs, W2, award letter)
- Social Security numbers for everyone in the household
- Proof of citizenship, such as birth certificate, baptism records, passport, voter registration card
- Dates of birth for all household members
- Disconnect notice for gas and/or electric
- Bulk fuel at 25% or less of the tank’s capacity
- Case number from the Department of Job and Family Services
- Current utility statements and/or invoices
- Renters, bring the name, address, and phone number of your landlord