

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)
- Winter Crisis Program (Nov. 1 – March 31)
- 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, contact your care consultant or Bridges Community Action at 740-369-3184.

SUGGESTED DONATION PER MEAL

SourcePoint’s Meals on Wheels program served almost 250,000 meals in 2024.

To ensure our handcrafted meals and six daily options continue as Delaware County’s older population increases in coming years, we rely on donations to bolster our funding.

The support of our community ensures no older adult in need is turned away due to an inability to contribute.

Understanding the Costs:

- Our current cost is \$9.70 per meal, including delivery.
- We will receive \$416,150 in state and federal funds in 2025 with a set reimbursement of \$3.11 per meal.
- Our senior services levy, grants, and donations are used to cover the remaining meal cost. In 2024, that equated to approximately \$2 million dollars.

MEAL DELIVERY TIME

Client meals are delivered between the hours of 10:30 a.m. and 1 p.m. Drivers may be delayed or run early for various reasons, and we cannot

guarantee an exact delivery time.

Clients must be home during this window of delivery to accept meals. Drivers are not allowed to leave meals in coolers, at neighbors’ homes, or on doors. If the client is not home during the delivery window and meal delivery cannot be made, these will be considered a no-show and the client risks having service suspended.

We ask that you not contact the office during the delivery window to check when your delivery will arrive that day unless it is after 1 p.m. While drivers are on the road delivering meals, phone lines must remain open so staff can be reached for emergencies that require immediate attention.

VIRTUAL EXERCISE LIBRARY

If you are interested in participating in exercises at home, please visit SourcePoint’s website MySourcePoint.org/online-library, then select the Fitness & Wellness icon. This will take you to a series of exercise videos including Gentle Chair Yoga, Circuit workouts, Tabata, and more.

IN-HOME CARE CLIENT NEWSLETTER

The client newsletter can now be accessed on SourcePoint’s website at MySourcePoint.org/care. This will provide the opportunity for family and caregivers to more easily stay in the know. Additionally, the zoom function can be utilized to help readers who have low vision.

END-OF-LIFE PLANNING

It is important to talk about end-of-life care and express wishes. With advance directives and a living will, you can save your loved ones difficult decisions by detailing your wishes. A living will is a written document that explains which medical treatments individuals would want to be used to be kept alive, as well as preferences on other medical decisions like pain management and organ donation.

CONTINUED ON REVERSE...



The document is only used in situations where you are unable to tell your doctor what services you want to receive. For more information and tools to assist in creating a Living Will and Power of Attorney, please visit our website at MySourcePoint.org/care and select the Advance Directives icon.

ONLINE DONATIONS TO SOURCEPOINT

Online donations to MySourcePoint.org/give are welcome and greatly appreciated! Every donation makes a difference. You will receive an electronic receipt confirming your donation. The online donations are processed separately from your monthly statement and will not be reflected on your statement.

NEW TO MEDICARE?

Learn the basics of Medicare in a New to Medicare class, Saturday, March 1 or April 5, from 10 a.m.–noon at SourcePoint, 800 Cheshire Road. Call 740-363-3377 to register. Or watch our Medicare Education videos at MySourcePoint.org/insurance.

In a Medicare Advantage Plan? You can still make a change! From Jan. 1 – March 31, if you’re in a Medicare Advantage Plan, you can switch plans or return to Original Medicare and join a separate drug plan. To find and compare plans, go to Medicare.gov/plan-compare.

You may also meet with a SourcePoint’s OSHIP certified Insurance Specialist who can provide non-bias 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 1-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 Tuesday, March 4, 10:30–11:30 a.m. or Thursday, March 6, 6–7 p.m. at Orange Township Hall. 1680, E. Orange Road, Lewis Center. Call 740-363-6677 to register. You may also watch the online video at MySourcePoint.org/caregiver.

SOURCEPOINT OFFERS SCHOLARSHIPS TO SUPPORT OLDER ADULTS IN COMMUNITY PROGRAMS

SourcePoint invites Delaware County residents ages 55 and older to explore its enrichment center with a free community pass (ComPASS). Located at 800 Cheshire Road in Delaware, the 44,000-square-foot center offers a wide range of free activities. For programs with fees, such as fitness, arts, and education classes, financial assistance is available through the Edie Balser Scholarship Fund.

Established in 2016 by private donors, the fund honors the legacy of Edith “Edie” Balser, a dedicated employee and volunteer who passed away in 2019. The scholarships ensure that individuals with modest incomes can participate fully in enriching activities. Assistance covers up to \$150 per calendar year, with 50% and 100% scholarships available based on need. While most programs are eligible, trips and personal training are limited to 50% assistance with a \$50 cap per year.

Applying is simple: Visit MySourcePoint.org/scholarship or contact SourcePoint’s customer service supervisor at 740-363-6677. Scholarships must be used within the calendar year, but reapplication is encouraged annually.

SourcePoint is committed to supporting active, engaged older adults in the community, regardless of financial standing.