

LABOR DAY HOLIDAY

SourcePoint will be closed Monday, Sept. 1 in recognition of Labor Day.

There will be no meal delivery on Monday, Sept. 1 or Tuesday, Sept. 2 due to the holiday. If you receive home-delivered meals and selected to have holiday meals as part of your meal plan, your frozen holiday meals will be delivered with your daily meal delivery during the week of Aug. 25.

The holiday-meal box consists of five meals, so you will have two meals for each day we are closed, plus an extra meal that can be placed in your freezer for future use. If you would prefer not to receive holiday meals, please contact our office at 740-203-2433. 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 the above number prior to Aug. 16. The office is open Monday through Friday from 8 a.m. to 4 p.m.

FOOD SAFETY

During the summer, as temperatures rise, food safety concerns increase. Perishable foods, like cooked meats and salads, should never be left out at room temperature for over two hours. When temperatures reach 90 degrees or above, your window for leaving food out is only one hour. Discard any unrefrigerated food if it surpasses these time limits.

BEWARE OF SCAMMERS CLAIMING TO BE OHIO BUREAU OF MOTOR VEHICLES

The Ohio Bureau of Motor Vehicles (BMV) has received reports of a possible texting scam being perpetrated on Ohioans from scammers claiming to be from Ohio BMV. Ohio residents have reported receiving text messages from scammers claiming to be from BMV and



informing the recipients that they have an outstanding traffic ticket.

The text then instructs the recipient to pay immediately to avoid a license suspension. This particular scam is a phishing attempt that is being reported by drivers nationwide and is designed to trick residents into giving up personal or financial

information. “If you receive this text, do not fall for this scam,” said Ohio BMV Registrar Charlie Norman. “Do not click any links and delete the text. Ohio BMV will never send you a text demanding payment or requesting your personal information.” Ohioans can report scam attempts to the Federal Trade Commission by visiting reportfraud.ftc.gov. If you believe you have been a victim of a scam, please contact your local law enforcement agency.

UBER SENIOR: SIMPLIFYING THE APP FOR OLDER ADULTS

Uber recently launched a simplified version of its popular app with older adults in mind. The new features in “Uber Senior” are intended to make ride booking more accessible and give loved ones the ability to both assist and access safety features, like real-time tracking, for peace of mind. Uber Senior accounts are available through Uber’s Family profile. To set up a Senior account, a family member must invite the older adult rider to their Family profile and select the Senior option. A family member may request a ride on behalf of an older adult, handle payment methods, (including using Medicare Flex cards when eligible,) and receive real-time tracking of the older adult’s trip. Once the invitation to join the Family profile is accepted, older adults can enable the “Simple mode” featuring larger text, fewer buttons, saved favorite locations, and clear directions. Family members do not need to live in the same location, giving long-distance loved ones an option to provide transportation support from far away. For more information, see uber.com/us/en/ride/seniors.

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ONE-ON-ONE CAREGIVER SUPPORT

Are you feeling overwhelmed by the demands of caregiving? Struggling to attend a caregiver support group due to scheduling conflicts or because you can’t leave your loved one alone?

You’re not alone—and help is available.

SourcePoint’s caregiver program offers personalized one-on-one support meetings or phone calls to address your situation. Whether you’re looking for help problem-solving, emotional support, or help finding local resources, our caregiver program coordinator is here to walk with you every step of the way.

These confidential support meetings are designed to fit your schedule and your needs. Together, we’ll help you navigate the challenges of caregiving, find practical solutions, and ensure you’re taking care of yourself, too.

To schedule, call 740-203-2399 or email caregiver@MySourcePoint.org.

FARMERS MARKET 2025

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

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 while supplies last. Applications and distribution dates can be found at MySourcePoint.org/farmers. 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. THERE ARE NO WALK-IN HOURS TO PICK UP VOUCHERS OR MAIL-IN APPLICATIONS ACCEPTED.

TAKE THE MYSTERY OUT OF MEDICARE

We offer both in-person Medicare classes, as well as face-to-face appointments. If you would prefer, we can meet your Medicare needs by phone or webinar, as well as our three digital presentations hosted by our experienced insurance specialists. You can find these by going to MySourcePoint.org/online-insurance-education.

New! Medicare Mastery Class

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.

New To Medicare Classes

Tuesday, July 22 and Aug. 19, 10 a.m.-noon.

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Medicare Option 1 and Option 2 Workshops

Thursday, July 17, 6-8 p.m.
Tuesday, Aug. 12, 6-8 p.m.

Go to MySourcePoint.org/insurance or call 740-363-6677 to register for a class or contact one of our insurance specialists.

Medicare Open Enrollment

Oct. 15 through Dec. 7
Each year SourcePoint’s certified counselors help the community with reviewing their Medicare Part D prescription plans, as well as Medicare Advantage plans. SourcePoint will start scheduling appointments by phone and online Aug. 15.

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.

Because of this, SourcePoint is not able to offer one-on-one Medicare counseling appointments to individuals using a Connector service. You are still welcome to attend our Medicare education classes, which offer valuable, unbiased guidance to help you make informed decisions.

Not sure if you have a Connector? Contact your HR department to find out.

ALZHEIMER’S ASSOCIATION CARE CONSULTATION BY APPOINTMENT

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.

THE EMPOWERED CAREGIVER: COMMUNICATING EFFECTIVELY

Tuesday, Aug. 5, 10-11 a.m.
This course focuses on how dementia affects communication, highlighting tips for communicating well with family, friends, and health care professionals.

HEAP SUMMER CRISIS PROGRAM

The Home Energy Assistance Summer Crisis Program provides a one-time benefit to eligible Ohioans with cooling assistance during the summer months. The program runs from July 1 to Sept. 30.

The focus of the Summer Crisis Program is to provide assistance with electric utility bills, central air conditioning repairs, and air conditioning unit and/or fan purchases. Households with a member who is either 60 years of age and older, or have a certified medical condition, or households who have a disconnect notice, have been shut off, or are trying to establish new electric service may be eligible for assistance. Ohioans enrolled in the Percentage of Income Payment Plan Plus (PIPP) Program are eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.

Who is Eligible for the Summer Crisis Program?

Ohioans with a household income at or below 175% of the federal poverty guidelines and have a member of the household who is at least 60 years old or can provide physician documentation that cooling assistance is needed for a household member’s health, or households who have a disconnect notice, have been shut off, or are trying to establish new electric service.

How do I apply for the Summer Crisis Program?

You can begin your application online at energyhelp.ohio.gov but will need to set up an appointment with your local Energy Assistance Provider in order to complete the application.

When you apply, you will need to complete the Energy Assistance Application and submit copies of the following documents:

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- Copies of your most recent utility bills
- A list of all household members (include birth dates and Social Security numbers) and proof of income for everyone in the household over 18 years old for the last 30 days for each member (12 months preferred)
- Proof of citizenship or legal residency for all household members
- Proof of medical condition verified by a licensed physician or registered nurse practitioner

Please contact Bridges Community Action Partnership at 740-369-3184 for a list of all required documents and to schedule an appointment. Depending on your income type, additional forms may be required.

This service and information are made possible through grant funding by COAAA.

FANS FOR COOLING

People in Need and Bridges Community Action can potentially help with a box fan if it is needed for cooling due to extreme heat or necessary for health reasons. Please reach out to them to discuss the programs and the qualifications.

People in Need - 740-363-6284
Bridges Community Action - 740-369-3184

Bridges Community Action may also be able to help with A/C repair. If you have central air and have repair estimates in hand, there may be funding (up to \$1500/household – must be homeowner and reside in the home) to assist in the repair. The family must be able to verify the need and that the homeowner/resident can pay the cost difference. Contact Bridges Community Action for more information at 740-369-3184.

GRANDPARENTS, CAR SEATS, AND SAFETY

Recent studies indicate that 66% of grandparents take an active role as a caretaker for their grandchildren. If you are one of those grandparents, then you may be responsible at times for correctly installing and using child restraints.

Child passenger safety technicians (CPSTs) urge parents and grandparents to schedule an

appointment to review the correct installation and use of each car seat. It is important to understand what the right seat is for a child’s height, weight, and age. Often for convenience, a child is graduated to a booster seat before they are mature enough to maintain correct posture without a harness. In addition, a child who is not tall enough to ride in a seat belt without a booster seat is at great risk for injury. Children under 13 should not be allowed to ride in the front seat as a “treat.” It is important to understand why the back seat is recommended for so long. Two thirds of car seats checked by CPSTs have some form of misuse. Common errors include a loose installation, incorrect harness fit, and just using the incorrect child restraint.

Car seat safety can be complicated, but the Delaware Public Health District can help by scheduling you a free car seat check appointment with a certified child passenger safety technician. Visit delawarehealth.org/car-seat-safety or call 740-209-2079 to schedule.