

## NO MEAL DELIVERY JULY 4 OR JULY 7

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.

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## CARING FOR A LOVED ONE?

Whether someone is new to caregiving or has years of experience, SourcePoint is here to provide support through helpful resources and a compassionate community.

Emma Mayabb, a licensed social worker, now serves as the caregiver program coordinator. She is available to listen, offer guidance, and connect caregivers with the support and resources they need throughout their journey.

For assistance, please reach out to [caregiver@MySourcePoint.org](mailto:caregiver@MySourcePoint.org) or 740-203-2399.



## 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](https://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](https://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.

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## FRIENDLY REMINDER

If you, your family member, or a home care recipient need to cancel a scheduled home care service temporarily—whether for only one shift or multiple shifts—please make sure to contact your provider no later than 9 a.m. on the day of scheduled service.

If you know further in advance that you need to cancel service, it is helpful to the provider to be notified as soon as possible. Canceling ahead of time prevents extra charges and allows providers time to reschedule that direct care service professional to assist another client in need of care.

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TAKE THE MYSTERY OUT OF MEDICARE

**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 form at the end of the video series. To view the class, go to [MySourcePoint.org/online-insurance-education](https://MySourcePoint.org/online-insurance-education).

**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 are open to everyone age 55+ in Delaware County. We offer valuable, unbiased guidance to help you make informed decisions. Not sure if you have a Connector? Contact your HR department to find out.

**Medicare Mastery**

During summer quarter, we will offer a new Medicare Mastery class on Saturday mornings, July 12, Aug. 2, Sept. 6, and Oct. 4, 9 a.m.–noon.

This class is designed for you to 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 Medicare class does. This is a free, unbiased educational session supported by the Ohio Senior Health Insurance Information Program (OSHIIP) and is not affiliated with any insurance providers.

**Medicare Options 1 and Options 2 Workshops**

Whether you’re new to Medicare or already enrolled, this interactive workshop helps you better understand your 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 OSHIIP 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.

Workshops are available Thursday, July 17 from 10 a.m. to noon, Tuesday, Aug. 12 from 6 to 8 p.m., and Thursday, Sept. 11, from 10 a.m. to noon.

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***New to Medicare***

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 OSHIP and is not affiliated with any insurance company or product.

Classes are available on Tuesdays, July 22 from 10 a.m. to noon, Aug. 19 from 10 a.m. to noon, and Sept. 23 from 6 to 8 p.m.

Go to [MySourcePoint.org/insurance](https://MySourcePoint.org/insurance) or call 740-363-6677 to register for a class.

Prefer to learn at your own pace? An online version is available at [MySourcePoint.org/online-insurance-education](https://MySourcePoint.org/online-insurance-education).

Completion of this class is required before scheduling a one-on-one Medicare counseling appointment.

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**FALLS PREVENTION**

In collaboration with the Delaware Public Health District and with funding through the Ohio Department of Health, the following evidence-based falls prevention programs are offered this summer:

***A Matter of Balance***

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

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.

This is a fall prevention program which incorporates some exercise.

***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.

***Tai Chi for Arthritis and Falls Prevention NEW!***

Fridays, July 5 through Oct. 18, 11 a.m.–noon.

For beginners or those who use walking aids. This evidence-based program utilizes Sun-style Tai Chi—a journey of inner power and harmony. The unique and transformative practice of soft, slow and subtle movements, coupled with conscious breathing, is designed to cultivate the internal movement of chi—the unseen energy of all life. Increase strength and balance, improve overall well-being, promote relaxation, and soothe your mind. If you have joint discomfort or uncertainty when walking, then this sitting-only class will bolster your fitness confidence.

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**HEAP/SUMMER CRISIS**

Do you need assistance with cooling costs? You may be eligible for the Summer Crisis program. The program runs July 1 to Aug. 31. The Summer Crisis Program provides a one-time emergency electric payment to eligible low-income households with an elderly member (60 years or older), or households that can provide physician documentation that cooling assistance is needed for a household member’s health. This can include lung disease, Chronic Obstructive Pulmonary Disease, or asthma.

The Summer Crisis Program may also provide assistance with air conditioners, fans, deposits for new services, or transfer of old bills. The assistance is applied to the utility bill or applied to central air conditioning repair costs. Ohioans must have a gross income at or below 175% of the federal poverty guidelines to qualify for assistance.

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For a family of four, the annual income must be at or below \$56,263, family of two \$46,638, single individual \$27,388.

Ohioans enrolled in the Percentage of Income Payment Plan Plus Program (PIPP Plus) are not eligible for bill payment assistance through the program but are encouraged to work with Bridges Community Action Partnership to identify other opportunities for assistance.

For more information about the features of the program locally, and to submit an application, contact Bridges Community Action Partnership at 740-369-3184 or [bridgescap.org/summerheap](http://bridgescap.org/summerheap).

Additional information can be found at [energyhelp.ohio.gov](http://energyhelp.ohio.gov) or by calling 800-282-0880.

Customers should bring copies of the following documents to their appointment:

- Case number from the Department of Job and Family Services
- Copies of your most recent energy bills
- A list of all household members and proof of income for the last 13 weeks and/or 1 year for each member
- Proof of U.S. citizenship or legal residency for all household members
- Physician documentation that cooling assistance is needed for a household member’s health (if there isn’t a household member over the age of 60)
- Disconnect notice for gas and/or electric
- Renters, bring the name, address, and phone number of your landlord
- Social security numbers and dates of birth for all household members

Please contact your care consultant if you have additional questions or need assistance with the application and appointment. This service and information are made possible through grant funding by COAAA.

### EXTREME HEAT MESSAGE AND PRECAUTIONS

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

By evaluating your needs, you can plan for any heat related situation.

The following steps 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 much of their 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.

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### SOURCEPOINT BOARD OF DIRECTORS RECRUITING NEW MEMBERS FOR 2026

SourcePoint’s board of directors seeks candidates to serve on the organization’s governing board for terms beginning in 2026.

SourcePoint’s volunteer board of directors is responsible for planning, policy development, resource development, financial oversight, evaluating the performance of the chief executive officer, and ensuring that the organization is addressing its mission of service.

Those interested should complete an application online at [MySourcePoint.org/board](http://MySourcePoint.org/board) or by calling 740-363-6677. The application deadline is Monday, July 14, 2025.