

## LEAF RAKING UPDATE

Volunteers with Make a Difference Delaware County will once again be offering leaf raking and other outdoor chore assistance this year, on Saturday November 8th. Look for more information and a registration form in the October newsletter.



prevention exercise program near you!

Take the Falls Free CheckUp today and be provided with a no-cost personalized overview of your risk with tips to remain falls free! [ncoa.org/tools/falls-free-checkup/](https://ncoa.org/tools/falls-free-checkup/)

Information shared by the Delaware Public Health District and Stepping Up to Prevent Falls Coalition of Delaware County.

Source: [ncoa.org/page/falls-prevention-awareness-week-toolkit](https://ncoa.org/page/falls-prevention-awareness-week-toolkit)

Source: [nia.nih.gov/health/falls-and-falls-prevention/six-tips-help-prevent-falls](https://nia.nih.gov/health/falls-and-falls-prevention/six-tips-help-prevent-falls)

## NO MEAL DELIVERY MONDAY, SEPT. 1 OR TUESDAY, SEPT. 2.

There will be no meal delivery Monday, Sept. 1 or Tuesday, Sept. 2 due to the Labor Day holiday. If you receive home-delivered meals and selected holiday meals as part of your meal plan, your frozen holiday meals will be delivered the week of Aug. 25 during your normal meal delivery. The holiday-meals box will consist of five meals, so you will have two meals for Monday and two for Tuesday, plus an extra meal that can be placed in your freezer for future use.

If you prefer not to receive holiday meals, please contact our office at 740-203-2433 by Aug. 22. If you are not sure if you selected holiday meals or would like to add them to your meal plan, you may contact the above number. The office is open Monday through Friday from 8 a.m. to 4 p.m.

## NATIONAL FALLS PREVENTION AWARENESS WEEK SEPT. 22-26, 2025

Each year the National Council on Aging supports a nationwide observance of National Falls Prevention Awareness Week that aims to improve falls prevention awareness, reduce falls, and help older adults feel safe and confident in their daily lives. Preventing falls can help older adults age in place.

Falls are not a normal part of aging and can be prevented. In observance of Awareness Week, we encourage you to take the Falls Free CheckUp and look for an evidence-based falls

## SENIOR DAY AT THE FAIR

Once again, SourcePoint is proud to sponsor Senior Day at the Delaware County Fair on Tuesday, Sept. 16. From 9 a.m. to noon, join us in the big tent by the racetrack to play bingo, participate in fun activities, and visit with a variety of vendors. Adults ages 55 and better receive free entry to the fair on this day!

## FARMERS MARKET VOUCHERS

Individuals who have received 2025 farmers market vouchers may use them to purchase fresh fruits and vegetables, herbs, honey, and food-bearing plants. Please visit [MySourcePoint.org/farmers](https://MySourcePoint.org/farmers) for the most up-to-date list of participating vendors.

## TAKE THE MYSTERY OUT OF MEDICARE

New to Medicare or looking for a refresher on how Medicare works? SourcePoint provides three digital presentations hosted by our experienced insurance specialists. You can find these by going to [MySourcePoint.org/online-insurance-education](https://MySourcePoint.org/online-insurance-education). We also are offering the below in-person classes.

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New to Medicare Classes:

- Saturday, Sept. 6, 9 a.m.–noon.
- Wednesday, Sept. 17, 2–4 p.m. at the Delaware County District Library, Main Branch.
- Tuesday, Sept. 23, 6–8 p.m.

Options 1 and 2 Workshops:

- Thursday, Sept. 11, 10 a.m.–noon.

Medicare Open Enrollment is coming soon. Open Enrollment runs each year from Oct. 15 to Dec. 7. This is the perfect time to review your Part D and Medicare Advantage plans to make sure you are getting the best benefits possible for the best price in 2026. Call 740-363-6677 or visit our website to book your appointment.

- Ohioans with disabilities
- Ohioans with children in the home
- Households with high energy usage and/or burden

All families who have received assistance at any time during the last 12 months under Supplemental Security Income (SSI), Temporary Assistance for Needy Families (TANF), or Home Energy Assistance (HEAP) (does not include Emergency HEAP) are automatically income eligible for weatherization services.

How do I apply?

- Call Bridges Community Action at 740-369-3184 to schedule an appointment
- OR apply online at [bridgescap.org/hwap](https://bridgescap.org/hwap)

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**ALZHEIMER’S ASSOCIATION: THE EMPOWERED CAREGIVER - RESPONDING TO DEMENTIA-RELATED BEHAVIORS**

Caring for someone living with dementia? Join us on Sept. 2 from 10–11 a.m. for The Empowered Caregiver - Responding to Dementia-Related Behaviors, presented by the Alzheimer’s Association. This class will detail common behavior changes and how they are a form of communication, non-medical approaches to behavior, and recognizing when additional help is needed.

To register, call 740-363-6677, or visit our website at [MySourcePoint.org/register](https://MySourcePoint.org/register).

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**HOME WEATHERIZATION ASSISTANCE PROGRAM**

The Home Weatherization Assistance Program (HWAP) provides eligible Ohioans with assistance to improve the energy efficiency of their homes and reduce their energy costs. Ohioans participating in the HWAP will receive a home inspection to identify the services necessary to improve their home’s energy efficiency. Services are provided through local agencies in each county.

Ohioans with a household income at or below 200% of the federal poverty guidelines are eligible for the program.

Priority is given to:

- Ohioans who are older than 60