

Empower Transitions in Aging

In-Person and Online Programs

Fall 2025



740-363-6677

[MySourcePoint.org](https://www.MySourcePoint.org)



Oct. 6–Jan. 3, 2025

Hours of operation:

Monday–Thursday, 8 a.m.–8 p.m.

Friday, 8 a.m.–5 p.m.

Saturday, 8 a.m.–noon.

Close at 4 p.m. Nov. 26, Dec. 31;

Close at 2 p.m. Dec. 5, Dec. 24;

Closed Nov. 27–29, Dec. 25.

Registration is required and begins Sept. 22 at [MySourcePoint.org/EC](https://www.MySourcePoint.org/EC) or with customer service.

All programs take place at 800 Cheshire Road, Delaware unless otherwise indicated. Program fees are slightly adjusted and prorated throughout the quarter. Programs subject to change.

Scholarships have expanded access! Email CRN@MySourcePoint.org, call 740-363-6677, or apply online.

Cancellation Policy: You will receive a refund for fee-based programs canceled by SourcePoint or for programs from which you withdraw before the deadline. Refunds are not available for programs you're unable to attend.

Lifelong learning is one of the most effective ways to deal with change—and change is constant, even as we age. Here are topics often necessary to understand as we age.

Special Events

FALL VACCINE CLINIC: DELAWARE PUBLIC HEALTH DISTRICT

Tuesday, Oct. 14, 2:30–5 p.m.

DPHD will provide flu, COVID (if available), shingles, and pneumonia vaccines. Schedule through DPHD – flyer and link coming soon! Sign-ups will close a week prior to the clinic for vaccine ordering. DPHD cannot accept Medicare Supplemental insurances or HMO plans.

LEARN MORE ABOUT VOLUNTEERING AT SOURCEPOINT

Wednesday, Nov. 5, 11 a.m.–noon.

Are you curious about the exciting opportunities available for volunteering at SourcePoint? Are you wondering what it's like to be a SourcePoint volunteer, but aren't sure if it would be a good fit for you? Join our volunteer engagement specialist for this no-pressure informational session to learn more about all the amazing things volunteers do for our organization.

NATIONAL OLDER DRIVER SAFETY WEEK

Monday–Wednesday, Dec. 1–3, 11:30 a.m.–1:30 p.m.

The SAFE Delaware County Coalition and Age-Friendly Delaware Coalition will host a mature driver safety awareness table during National Older Driver Safety Week. Visit our table to win a prize, test your brake-reaction time and learn about strategies on how to drive longer safely.

Body, Brain & Behavioral Health

A MATTER OF BALANCE

Mondays, Oct. 13 through Dec. 1, 1:30–3:30 p.m. at Community Library, 44 Burrer Drive, Sunbury.

This is a fall prevention program that incorporates some exercise.

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.

AARP SMART DRIVER™ COURSE

Tuesday, Dec. 9, 8:30–11 a.m. and 11:30 a.m.– 2:30 p.m. (Lunch on your own)

By taking our enhanced course, you'll learn evidence-based safe driving strategies; new traffic laws and rules of the road; and how to deal with aggressive drivers. Refresh your driving skills today and save money!* For more information visit aarp.org/drive.

*Upon completion you may be eligible to receive an auto insurance discount. Other restrictions may apply. Consult your agent for details. *Fee: \$20 for AARP members; \$25 for non-members. Pre-register and pay at the class (cash or check).*

Questions, contact Jackie Bain at 740-203-2083 or jbain@delawarehealth.org.

**AGING MASTERY PROGRAM
Thursdays, Sept. 18 through
Nov. 20, 10:30 a.m.–noon.**

The Aging Mastery Program® (AMP) is a comprehensive and engaging education initiative designed to empower older adults to make meaningful changes in their lives. The program covers ten core topics: Navigating Longer Lives, Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medication Management, Community Engagement, and Falls Prevention. Each session is led by expert speakers and incorporates goal-setting, daily practices, peer support, and small rewards to help participants manage their health, maintain economic security, and actively contribute to society. Participant workbook included. *Fee: \$40 for a 10-week series.*

**BRAIN LONGEVITY: THE 4
PILLARS OF ALZHEIMER'S
PREVENTION
Thursdays, Oct. 16 through
Nov. 20, 2–3:30 p.m. Extended
time Nov. 20, 2–4 p.m. (No
class Nov. 6.)**

A five-part series based on

research from the Alzheimer's Research & Prevention Foundation. Each session explores natural, science-backed strategies to reduce risk and support brain health.

Oct. 16: A Natural Method for Brain Longevity. Learn about the 4 Pillars of Alzheimer's Prevention and the research supporting simple methods to protect your memory and brain health.

Oct. 23: Stress Reduction. Explore the powerful connection between stress and dementia. Practice Kirtan Kriya, a 12-minute daily meditation proven to improve memory and wellness.

Oct. 30: Psycho-Social Well-Being. Discover how connection, purpose, and joy protect the brain. Learn habits from "Blue Zones" and ways to nurture emotional resilience.

Nov. 13: Physical & Mental Exercise. Experience easy exercises and brain aerobics that improve memory, strengthen the body, and slow the aging process.

Nov. 20: Diet & Supplementation (Extended Time). Learn how food—not drugs—supports brain health. Explore brain-boosting diets, nutritional strategies, and recipes inspired by long-lived populations.

CARE, SHARE, AND CONNECT
Mondays, 12:45–2 p.m. (Self
lead fourth Monday of the
month.)

We experience different losses in life—loved ones, pets to things or illnesses in our everyday lives. Come share or listen as topics are discussed and peer led with RJ Jones and others.

CARFIT: HELPING MATURE
DRIVERS FIND THEIR SAFEST
FIT

Wednesday, Oct. 1, 1:30–3:30
p.m.*

Friday, Dec. 5, 1–3 p.m.* at the
Delaware Fire Station 304, 821
Cheshire Road, Delaware.

CarFit offers area senior drivers a free opportunity to check how their cars “fit” them. CarFit’s trained professionals take older drivers through a 12-point checklist with their vehicle, recommending minor adjustments that help make their cars “fit” better for comfort and safety. Visit CarFit.org to learn more about the CarFit program. Developed by AARP and the American Occupational Therapy Association (AOTA). Questions, contact Jackie Bain at jbain@delawarehealth.org, or call 740.203.2083.

*A Delaware Public Health District CarFit technician will call to schedule your 30-minute appointment time.

DRIVER SAFETY: STAYING FIT
TO DRIVE WORKSHOP

Monday, Oct. 27, 1–2:30 p.m.

The Delaware County SAFE Coalition, Ohio Department of Transportation (ODOT), and Age-Friendly Delaware County present an ODOT “Fit to Drive” workshop. Learn the impacts of aging, medicine, and medical conditions on safe driving.

DRIVE SAFETY: TALK WITH A
DEPUTY

Monday, Nov. 3, 11:30 a.m.–
1 p.m.

The Delaware County SAFE Coalition and Age-Friendly Delaware County partner to host older adult safe driver conversations with a Deputy from the Delaware County Sheriff’s Office. Stop in the Gathering Room to ask a question or have a chat.

DRIVER SAFETY: WE NEED
TO TALK WORKSHOP

COMMUNITY DISCUSSION

Thursday, Nov. 6, 4:30–6:30 p.m.

The SAFE Delaware County Coalition, Delaware Public Health District, and Age-Friendly Delaware County partner to offer a two-hour workshop on talking about driving safety with an older adult. The difficult discussion concerning whether the older adult should transition from driver to passenger will be addressed using elements

from an AARP seminar that offers practical tips and advice. This interactive workshop will consist of four 20-minute sessions addressing the meaning of driving to older adults; observing driving skills; recognizing warning signs; and planning alternatives to driving.

NAMI: ENDING THE SILENCE
FOR GRANDPARENTS

Wednesday, Nov. 12, 1–2 p.m.

Join National Alliance on Mental Illness (NAMI) speakers and grandparents, Tracie Bayer and Ginny Bischert for this one-hour presentation for adults, specifically grandparents, with middle or high school aged grandchildren. This presentation includes mental health warning signs, facts and statistics, how to talk with your grandchild and how to work with school staff. This presentation will be helpful for anyone interested in mental health of youth, discussing what middle and high school students experience, and how to best help them.

NAMI: IN YOUR OWN VOICE
Wednesday, Dec. 10, 1–2 p.m.

Ron Graham and Tracie Bayer from the National Alliance on Mental Illness (NAMI) will present a powerful and personal program on understanding life with mental illness. Through real-life

experiences, they will explore three key themes:

What Happened – their personal journeys and challenges.

What Helps – strategies, resources, and support that make a difference.

What's Next – moving forward with hope and resilience.

This presentation is open to everyone and offers an honest, insightful look into the realities of living with mental illness.

Don't miss this opportunity to learn, connect, and gain a deeper understanding through firsthand stories.

STROKE AWARENESS

Wednesday, Oct. 15, 1–2 p.m.

Cardiovascular disease is the number one cause of death in the United States. Stroke is number three. This is a class about risk factors for stroke and what we can do to reduce our risk. Presenter Cathy Hulse, Registered Nurse for more than 40 years, has a background in Critical Care and is certified as a neurological nurse specializing in stroke care. She has been instrumental in obtaining Primary and Comprehensive Stroke Center certification at OhioHealth Hospitals and in assisting in developing their Stroke Network.

THERAPY DOG INTERNATIONAL

Second and fourth Tuesday of each month, 10 a.m.–noon.

Second Friday of each month, 10 a.m.–1 p.m.

A volunteer group of qualified handlers and therapy dogs for visitations to provide comfort and companionship, increase emotional well-being, and promote healing. Come pet canine visitors Dani or JaJa. They will be happy to see you!

THRIVING WITHOUT DRIVING: UNDERSTANDING ALTERNATIVE TRANSPORTATION

Wednesday, Nov. 12, 1–2 p.m.

Today's alternative transportation landscape makes living well without a car a real possibility - if only it weren't so confusing and technology dependent. SourcePoint's mobility coordinator, Jill Smith, will navigate the ins and outs of taking Uber/Lyft, utilizing local public transportation, and planning now for a time you or a loved one may need transportation assistance. With this class, you can lose the fear of being stranded and embrace the backseat!

Financial, Insurance & Legal

INSURANCE: MARKETPLACE ASSISTANCE BY APPT.

SourcePoint is now helping Delaware County residents 55-64 seeking health insurance through Ohio Healthcare Marketplace. Our insurance specialists are certified assisters, trained to provide in-person and phone-based support to help consumers narrow their plan options on the Affordable Care Act's health insurance marketplaces. We offer expertise in both helping consumers consider their health plan choices and interacting with the marketplace decision support tools. To schedule an appointment, call 740-363-6677 and ask for an insurance specialist.

LEGAL AID

Thursday, Oct. 23, Nov. 20, or Dec. 18, 9 a.m.–2 p.m., by appointment.

Meet with a paralegal from the Legal Aid Society. Services include simple wills, POA, avoiding probate after a loved one passes, rental eviction, home foreclosure, domestic violence, divorce, and public assistance, such as Medicaid, food stamps, SSI Disability, SSDI benefits, public housing evictions, and disability benefits. Call Karen McVay

at 740-383-2161, ext. 273 to make an appointment.

MEDICARE MASTERY CLASS

Saturday, Nov. 1, Dec. 6, or Jan. 3, 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.

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 online form at the end of the video series. 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.

MEDICARE: OPTIONS 1 AND 2 WORKSHOP

Thursday, Oct. 16, 10 a.m.–noon.

Thursday, Nov. 13, 6–8 p.m.

Tuesday, Dec. 16, 10 a.m.–noon.

Whether you're new to Medicare or already enrolled, this interactive workshop will help you better understand your coverage 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 the Ohio Senior Health Insurance Information Program 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.

MEDICARE INSURANCE EDUCATION *ONLINE*

Three free presentations at [MySourcePoint.org/insurance](https://www.mysourcepoint.org/insurance), including an intro to Medicare, Supplements and Part D, and Advantage Plans.

MEDICARE OPEN ENROLLMENT CHECK-UP DAYS *RETURNS*

**Mondays, Oct. 20 through
Nov. 24, 9 a.m.–2:30 p.m. by
appointment, one person per
appointment.**

Already on Medicare? During the Medicare Annual Open Enrollment Period, you may meet with an OSHIP certified counselor to compare, change, or enroll in the Medicare Part D (Prescription Drug) or Medicare Part C (Medicare Advantage) plan that best meets your health insurance needs.

Note, if you have access to a Medicare Connector through a previous employer, you must enroll in your coverage through the connector to maintain your health reimbursement account (HRA) dollars.

Register for an appointment at [MySourcePoint.org](https://www.mysourcepoint.org) or call 740-363-6677.

Caregiver Programs

Caregiver programs are for family caregivers 55+ in Delaware County or 18+ caring for someone 55+ in Delaware County. ComPASS is not required to register for the following programs. SourcePoint's caregiver programs are funded in part by the Central Ohio Area Agency on Aging.

ALZHEIMER'S ASSOC. CARE CONSULTATION BY APPT. First Thursday and third Tuesday of each month, 10 a.m.–1 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 mkdouglas@alz.org or call 614-442-2016.

ALZHEIMER'S ASSOC. EARLY STAGE SUPPORT GROUP First and third Mondays, 10:15–11:45 a.m.

Early Stage programming is designed for individuals living with Mild Cognitive

Impairment (MCI) or the early stage of Alzheimer's or another form of dementia, and their care partners. This support group allows for the care partner and person living with dementia to have their own, separate spaces to develop a support system, talk through issues and ways of coping and share feelings and concerns. To participate in Early Stage programming, an interview must be completed with an Alzheimer's Association Care Consultant to determine appropriateness. To learn more and schedule an interview, email Mackinzie Douglas at mkdouglas@alz.org or call 614-442-2016.

**ALZHEIMER'S ASSOC.:
10 WARNING SIGNS OF
ALZHEIMER'S
Tuesday, Dec. 16, 10–11 a.m.**
This course helps caregivers and families recognize common signs of the disease in themselves and others and identify next steps to take, including how to talk to their doctor.

**ALZHEIMER'S ASSOC.: NEW
ADVANCES IN ALZHEIMER'S
TREATMENTS
Tuesday, Dec. 2, 10–11 a.m.**
This course helps caregivers and families recognize common signs of the disease in themselves and others and

identify next steps to take, including how to talk to their doctor.

ALZHEIMER'S ASSOC.: STRATEGIES FOR SURVIVING THE HOLIDAYS

Tuesday, Nov. 18, 10–11 a.m.

The holidays are often filled with sharing, laughter and memories, but, for dementia caregivers, they can also bring stress, disappointment and sadness. Join us to gain an understanding of Alzheimer's disease and learn strategies for making the holiday season a success.

ALZHEIMER'S ASSOC.: THE EMPOWERED CAREGIVER

Tuesday, Nov. 4, 10–11 a.m.

Exploring Care and Support Services: Learn how best to prepare for future care decisions and changes, including respite care, residential care, and end-of-life care.

CAREGIVER 1:1 SUPPORT BY APPOINTMENT

Caregivers may call 740-203-2399 or email caregiver@mysourcepoint.org to schedule a confidential, one-on-one support meeting.

CAREGIVER CONVERSATIONS

Second and fourth Tuesdays of each month, 10–11 a.m.

Third Thursday of each month,

5:30–6:30 p.m., at Community Library, 44 Burrer Dr., Sunbury.

This group fosters supportive conversations, allows you to share experiences, meet other caregivers, discover new resources, and ask questions.

CAREGIVER CRASH COURSE ONLINE

A 30-minute video at MySourcePoint.org/caregiver for new, current, and future caregivers.

CAREGIVER FAMILY MEETINGS BY APPOINTMENT

Family dynamics play a complex role in caregiving. Carving out time for a purposeful conversation between the person with care needs and those shouldering responsibilities has been shown to create positive outcomes. SourcePoint can help facilitate these much needed yet often difficult conversations. To help care partners assess time and resources, temper expectations, and equitably delegate tasks. To schedule an appointment, contact caregiver@MySourcePoint.org or 740-203-2399. Meetings can be online or in-person at SourcePoint or at home.

CAREGIVER RECOGNITION: MEAL DELIVERY RETURNS

Thursday, Nov. 6, 4:30–6 p.m.

delivery.

National Family Caregivers Month in November is dedicated to supporting caregivers as they care for others. To honor the dignity you provide for your loved ones, we would like to hand deliver artisan sandwiches to your door! Select your dinner choices when you register, and we will deliver meals prepared by The Rutherford Cafe. Register by Oct. 25!

GRANDPARENTS AS PARENTS MONTHLY MEETUP

Friday, Oct. 24, 11 a.m.–noon

Join this casual group of older adults, holding space for other grandparents acting as second-time parents. This group aims to support one another through shared life experience as well as help individuals get connected with resources in their communities.

GRIEF SUPPORT: LIVING BEYOND LOSS

Second and fourth Tuesdays of each month, 2–3 p.m.

Dynamic support for those dealing with loss and empowers you to steer the conversation. Rediscover yourself, regain a sense of identity, and build a support system.

HEALING WITH HORSES: A CAREGIVER RESPITE EVENT

NEW!

**Tuesday, Oct. 21, 1–3 p.m. or
Thursday, Nov. 20, 1–3 p.m. at
Stockhands Horses for Healing,
3788 Olentangy River Road,
Delaware.**

Join us at Stockhands Horses for Healing for a two-hour restorative experience created for respite for caregivers.

This event offers a peaceful setting for caregivers to step away from daily demands and participate in activities to focus on reconnecting with themselves as they connect with horses and other caregivers. To ensure a respite opportunity, separate activities focused on creating meaningful experience for care-receivers will be available.

Caregivers are welcome to attend with or without care receivers. Registration is needed for both caregivers and care-receivers who intend to participate. You can register up to two participants with each registration.

you with the tools you need to take care of yourself as a family caregiver. This program helps family caregivers reduce stress, improve self-confidence, improve communication, balance their lives, increase their ability to make tough decisions, and locate helpful resources. Powerful Tools for Caregivers uses interactive lessons, discussions, and brainstorming to help you take the “tools” you choose and put them into action for your life.

POWERFUL TOOLS FOR CAREGIVERS RETURNS

**Wednesdays, Oct. 1 through
Nov. 5, 1–2:30 p.m. at
Grace Polaris Church, 8225
Worthington Galena Road,
Westerville.**

This six-week educational series is designed to provide