

HOLIDAY HOURS

SourcePoint will be closed Thursday, Nov. 27 through Saturday, Nov. 29 for Thanksgiving. We wish you and your loved ones a safe and happy holiday!

Please note there will be no meal delivery Thursday, Nov. 27, Friday, Nov. 28, or Monday, Dec.

1. If you normally receive weekend meal deliveries on Thursdays or Fridays, they will be delivered on Wednesday, Nov. 26 for consumption on Thanksgiving Day and the following day. A frozen meal box, containing 7 meals, will be delivered the week of Nov. 17. The frozen meals are for consumption for the Thanksgiving Day weekend and Monday, Dec. 1.

If you would prefer not to receive a frozen meal delivery or weekend meals for the holiday, contact our office at least 48 hours prior to cancel. Staff may be reached at 740-204-2434 on Monday through Friday, 8 a.m. to 4 p.m.

2026 RATE CHANGES

Effective Jan. 1, 2026, SourcePoint will implement changes to the current in-home care services provider rates as part of our customary two-year contracting cycle. These changes will be reflected in the statement you will receive in February 2026 for January service(s).

Feedback from our contracted providers continues to include the importance of paying professional caregivers a competitive, living wage. During this two-year re-contracting period, our providers submitted contracts that consider the hourly rates needed to obtain and retain professional caregivers that meet SourcePoint standards. The broader impact of inflation has also affected the home care industry, as it has many other sectors.

SourcePoint supports our providers in their efforts to bridge the gap between demand and



access by approving their increases; we know the caregiver profession has not been afforded the value they provide to the community.

While you will see increases in many of our in-home care services, please know that our sliding fee scale still applies.

We can also work with you to re-evaluate your financial situation to determine if there is a change in your co-pay percentage. If you have any questions, please contact your Care Consultant.

DO YOU NEED HELP WITH HEATING BILLS?

The Winter Crisis Program runs from Nov. 1st through March 31. It provides assistance to low-income households threatened with disconnection, that have been disconnected, or that has less than 25% of bulk fuel supply left. There is a one-time benefit to pay energy bills with past due balances.

Eligible households can receive up to \$750. The assistance is applied to the utility bill. Ohioans must have a gross income at or below 175% of the federal poverty guidelines to qualify for assistance.

Heating assistance is available to people who own or rent. Anyone who pays rent that covers utilities qualify only by providing written proof that their rent pays all or a portion of the electric bill.

For more information about the features of the Winter Crisis Program, and to submit an application, contact Bridges Community Action Partnership at 740-369-3184. Additional information can also be found at energyhelp.ohio.gov or by calling 800-282-0880. Customers should bring copies of the following documents to their appointment:

- Proof of income for 13 weeks and/or 1 year (pay stubs, W2, award letter)
- Social Security numbers for everyone in the household

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- Proof of citizenship, such as birth certificate, baptism records, passport, voter registration card
- Dates of birth for all household members
- Disconnect notice for gas and/or electric
- Bulk fuel at 25% or less of the tank’s capacity
- Case number from the Department of Job and Family Services
- Current utility statements and/or invoices
- Renters need to bring the name, address, and phone number of your landlord

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

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. The program runs from July 1 through June 30 each year. 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
- Ohioans with disabilities
- Ohioans with minor children in the home
- Households with a high energy usage and/or burden

Program Minimum and Maximum Benefits

- Incidental repairs: \$1,200
- Maximum expenditure per household: \$7,261

All families who have received assistance 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.

To apply, call Bridges Community Action at 740-369-3184 to schedule an appointment or apply online at development.ohio.gov/individual/energy-assistance.

CLEANING YOUR FURNACE BEFORE WINTER
Please contact Bridges Community Action regarding the service of cleaning and tuning your furnace. To see if you are eligible for this service, call 740-369-3184.

PET FOOD, SUPPLIES, AND VETERINARY CARE ASSISTANCE AVAILABLE

Did you know that SourcePoint offers pet food and supplies assistance, as well as vet care for home-delivered meal clients?

Through donations, we have dry dog and cat food, as well as canned cat food, available that can be delivered at the same time your Meals on Wheels driver delivers your meals. Since all our food is received via donations, we are unable to accommodate special diets. We also have a vet care and grooming partnership with the Humane Society of Delaware County for spay/neuter, medical and dental exams, flea and tick medicine, nail trims, basic grooming, vaccines, etc. If you are interested in receiving assistance with either pet food or vet care, please email our Just for Paws program at JustForPaws@MySourcePoint.org.

FROM THE MEDICARE DESK

SourcePoint offers a free “New to Medicare” class for individuals who are turning 65 years old, or becoming otherwise eligible, and plan to enroll in Medicare. These classes are available in person or online at MySourcePoint.org/online-insurance-education.

In addition, our insurance specialist team has created a toolkit for Medicare beneficiaries in Delaware County! These can be found at MySourcePoint.org/medicare-toolkits.

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Medicare Annual Open Enrollment is here!

From Oct. 15 through Dec. 7, all Medicare beneficiaries are encouraged to run a plan comparison of their Part D prescription drug plan or Medicare Advantage plan for the upcoming calendar year. As in past years, SourcePoint will hold Medicare Check-Up Days to help with your plan comparisons. Appointments are being offered in person. To schedule, go to MySourcePoint.org/register or call 740-363-6677.

Make your appointment now so that you don't get left out and pay too much for your plan and medications next year. Note: These appointments are for individuals who are already on Medicare, not for those individuals who are enrolling in Medicare for the first time.

Remember to have your Medicare card handy during your appointment. You can print your Medicare card by creating an account on the [Medicare.gov](https://www.Medicare.gov) website.

New Part D Drug Coverage Changes for 2026

The annual deductible will increase to \$610. In 2026, you should pay out \$2,100 in prescription costs. You will then meet the out-of-pocket max for the year, and after that you will have zero copayments/co insurances for your prescription medications.

Reminder: There is also a payment plan to help smooth out your monthly prescription costs. This would be set up with your prescription drug carrier and in addition to your monthly premium, you would pay them a monthly fee for your prescription medications. It is like your monthly utility budget plan that you may be using. You would no longer pay for your prescriptions when you pick them up at the pharmacy—the cost would be paid to your insurance carrier. This will be a big help to those who have high drug costs each month.

PET SAFETY REMINDER

As you are aware, we ask that, during home visits, pets be properly contained to ensure the safety of our visiting team members. While pets are important aspects of our lives, we also know they can be unpredictable. We have had unfortunate situations in the past between

service providers and protective pets. Our goal is to provide you with the services you need, as well as ensure the safety of everyone who provides a service in your home. To meet this goal, we respectfully request that you make arrangements to properly contain your pets during times that services take place in your home, including meetings, meal delivery, homemaking, etc. Service animals are an exception to this request. If you have any questions about this expectation, please contact your care consultant for assistance. Thank you for your consideration and understanding.

EASY WALKERS GROUP

Tuesdays from 9–10 a.m.

Research shows community walking programs not only improve physical and mental well-being but also foster social connections. The Easy Walkers Group is a self-paced activity designed to meet individuals where they are while providing encouragement to improve walking stamina and distance.

The Easy Walkers Group will gather on Tuesday mornings to warm up and stretch together, then have the option of walking outdoors or indoors, depending on personal preference and the weather. The session will finish with a group cool down and stretching. Tools for walking safety and tracking your progress are included. Register with customer service at 740-363-6677.

PERSONAL CARE TRAINING FOR CAREGIVERS

Mondays, 1–2:30 p.m.

Join us for a three-part caregiver training series designed to strengthen your skills and confidence in providing quality care as a non-professional caregiver. Whether you're new to caregiving or looking to enhance your experience, these sessions offer practical instruction, guided practice, and professional support. This training will cover tips and tricks for the physical side of caregiving. You may register for the whole series or for an individual class. To register, call 740-363-6677.

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- Oct. 27: Lifts and Transfers at 10567 Sawmill Parkway, Suite 120, Powell
 - Nov. 17: Bed Bound Care at 10567 Sawmill Parkway, Suite 120, Powell
 - Dec. 15: Personal care & Assisting with Activities of Daily Living at SourcePoint
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HEALING WITH HORSES: A CAREGIVER RESPITE EVENT

Nov. 20, 1-3 p.m. at Stockhands Horses for Healing, 3788 Olentangy River Road

Join us at Stockhands Horses for Healing for a two-hour restorative experience created as 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. To register call 740-363-6677.

ALZHEIMER’S ASSOC.: THE EMPOWERED CAREGIVER - EXPLORING CARE AND SUPPORT SERVICES

Nov. 4, 10–11 a.m.

Learn how best to prepare for future care decisions and changes, including respite care, residential care, and end-of-life care. To register, call 740-363-6677.

ALZHEIMER’S ASSOC.: STRATEGIES FOR SURVIVING THE HOLIDAYS

Nov. 18, 10–11a.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. To register, call 740-363-6677.

SOURCEPOINT’S “30 DAYS OF GRATITUDE” CAMPAIGN

SourcePoint is proud to mark a landmark anniversary: CEO Fara Waugh’s 30th year with the nonprofit organization. This November, the community is invited to join in 30 Years of Impact, 30 Days of Gratitude—a month-long celebration that honors Fara’s milestone while highlighting the lives touched by SourcePoint’s mission.

For three decades, Fara has worked alongside a dedicated team of staff, volunteers, and community partners to expand programs and services that make aging at home possible. Meals on Wheels, in-home care, caregiver support, and enrichment programs have grown and flourished under her leadership, serving as lifelines to thousands of older adults in Delaware County.

“This celebration is about more than one leader,” said Pamela Foster, SourcePoint’s board president. “It’s about the clients who rely on SourcePoint every day, those who participate in daily community programs, and the staff and volunteers who bring our mission to life.”

The 30 Days of Gratitude campaign invites community members to honor this legacy through gifts that directly support local aging services. Suggested donations include \$30 in recognition of Fara’s 30 years, \$300 for greater impact, or any meaningful amount. Contributions ensure the continued success of programs that promote independence, healthy aging, and well-being.

Throughout the month, special features on social media will highlight memorable milestones and heartfelt reflections from across the community.

Community members are encouraged to join the celebration, honor Fara’s 30 years of service, and invest in the future of aging services in Delaware County. This initiative is part of SourcePoint’s annual campaign, held each year in November and December.

To contribute or learn more, visit MySourcePoint.org/give or follow SourcePoint on Facebook and Instagram.