

HOLIDAY HOURS, CAFE NOTE, AND MEAL DELIVERY

SourcePoint will close at 2 p.m. Wednesday, Dec. 24 and reopen Friday, Dec. 26 after Christmas. We will close at 4 p.m. Wednesday, Dec. 31 and reopen Friday, Jan. 2 after New Year's Day. We wish you and your loved ones a safe and happy holiday season!

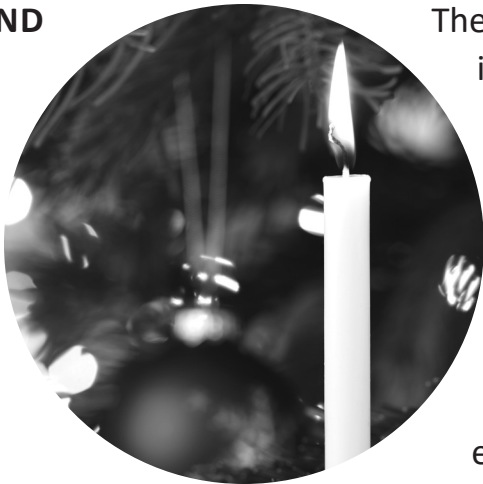
Please note that Cafe 55 at SourcePoint will not offer full service on Friday, Dec. 26. We will offer a trayed hot or cold meal for lunch and will still offer beverage service.

As a result of the holiday closures, there will be no meal delivery on Dec. 25, Dec. 26, Jan. 1, or Jan. 2. If you selected to receive holiday meals, a box containing 7 frozen meals will be delivered the week of Dec. 15 to be used for these closures. Clients who choose to receive shelf-stable meals may also use one of those meals as the 8th meal. Clients who receive weekend meals as part of their meal plan will receive those on Wednesday, Dec. 24 and 31 instead of Thursday or Friday as is typical.

Should you have any questions concerning this information please contact our office. If you prefer not to receive a frozen meal delivery, contact our office at least 48 hours in advance to cancel. Nutrition staff may be reached at 740-204-2434, Monday through Friday, from 8 a.m. to 4 p.m.

DO YOU NEED HELP WITH HEATING BILLS?

The Ohio Development Services Agency and COAAA are working to help Ohioans in need stay warm this winter through the Home Energy Assistance Winter Crisis Program. This program helps income-eligible Ohioans pay their heating bills and can assist with fuel tank placement, fuel tank testing and furnace repair. The program runs from Nov. 1, 2025, until March 31, 2026.



The Winter Crisis Program assists low-income households that have been disconnected, have a pending disconnection notice, need to establish new service, need to pay to transfer service, or have 25% (or less) of bulk fuel supply remaining stay warm this winter. Ohioans can visit energyhelp.ohio.gov to start their application prior to their required

face-to-face meeting at Bridges Community Action. To schedule an appointment, call 740-369-3184.

Eligible households can receive a payment for their main heating source and/or their secondary heating source (electric). Ohioans must have a gross income at or below 175% of the federal poverty guidelines to qualify for assistance. For a family of two, the annual income must be at or below \$35,770 or for a household of one, \$26,355 or less.

For more information about the features of the Winter Crisis Program locally and what is needed to apply, contact Bridges Community Action at 740-369-3184. Additional information can also be found at energyhelp.ohio.gov or by calling 800-282-0880.

WINTER-WEATHER PREPARATION

Are You Prepared for an Emergency this Winter?

This winter, have a plan that will allow you to remain in place for at least three days should you be unable to leave your home due to weather conditions or other emergencies. Consider the following:

Emergency supplies: Create an emergency kit that contains a battery-operated radio, flashlight, extra batteries, signaling device (a loud whistle, horn, or bell), food that you can open and easily prepare, water, blankets, and a first aid kit. Make sure you have access to a phone that will work if the electricity goes out.

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Medications: Keep a backup supply of your daily medications. Ask your doctors for extra copies of your prescriptions for your emergency kit. Have an ice chest on hand and keep ice packs in the freezer for medications that need to be kept cool. Keep a backup stash of medical supplies, such as bandages, alcohol, etc.

Equipment and assistive devices: Make sure medical equipment and assistive devices, such as canes, walkers, wheelchairs, lifts, or oxygen tanks, are easy to locate in an emergency. Have spare batteries or non-powered options for any equipment that will not work if there is no electricity. Keep written instructions on how to operate and move your medical and adaptive equipment in your kit.

Readiness: Know where the main valves and switches are for gas, water, and electricity, and make sure you can operate them. Have at least one fire extinguisher and know how to use it. Designate a safe place to go, such as a friend or neighbor’s house or shelter, and have a plan for getting there if it becomes unsafe to stay in your home.

Reasonable accommodations: Be prepared to quickly explain to rescue personnel how to move you or help you move safely and rapidly. For example, “Take my oxygen tank,” or “Get my insulin from the refrigerator.”

Safety net: Ask a reliable family member, friend, or neighbor to visit or call you in the event of severe weather or another emergency to make sure you are OK. Agree on a plan for what they should do if they are unable to reach you or find you needing help.

HOW ARE VOLUNTEER TRANSPORTATION SERVICES AND NUTRITIONAL SUPPLEMENT DELIVERY IMPACTED BY WINTER WEATHER?

Our general practice is to cancel scheduled volunteer assignments for level 2 and level 3 weather conditions. Extremely cold temperatures or icy conditions may also result in the cancellation of some of our volunteer services. We do our best to not cancel volunteer services; however, given the unpredictability of severe weather, there are times when we may need to do so – especially in the winter.

Once a decision has been made to cancel volunteer services, they will be canceled for the entire day. If you have a critical medical appointment that cannot easily be rescheduled, please make sure you have a back-up plan on how you will get to/from your appointment if your transport is canceled. Make sure you have enough nutritional supplements on hand in case a delivery volunteer is not able to get to you. Volunteers are not able to clear driveways of snow or other debris to get to you for deliveries or other volunteer services. We recommend you have a plan in place for snow removal. Planning in advance is key. If you have questions, please contact your care consultant for assistance.

MEAL CANCELLATIONS DUE TO WEATHER

We do not take canceling meals lightly and a great deal of thought goes into the decision. We utilize a number of volunteers to deliver meals, and their safety is our utmost concern.

Management will consider the condition of roads, sidewalks, and driveways throughout the county in making a cancellation decision. School closures do not guarantee meal delivery will be canceled.

Should SourcePoint cancel meal delivery:

- Closures will be posted on local news stations, SourcePoint’s website, Facebook, and Instagram
- Closures will be posted on the agency’s main answering service at 740-363-6677
- Clients will receive an automated phone call

Please note clients who select the “opt out” option on the automated call will NOT receive future cancellation and closure notices via phone.

Please note that even if meals are not canceled during inclement weather, the volunteer still reserves the right not to deliver to individuals if the volunteer feels their safety is at risk, i.e., driveways or sidewalks are not cleared.

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SHELF-STABLE MEALS FOR EMERGENCY CLOSURES

Due to weather or other unforeseen circumstances, it is sometimes necessary for SourcePoint to cancel meal delivery to our home-delivered meal clients and our off-site cafes. In preparation for these possible closures, we deliver shelf-stable meals to new home-delivered meal clients who have requested them. We also deliver shelf-stable meals at least once during the fall to clients who requested them upon enrollment. A box of five meals was delivered in October, which allows for one meal each day. To ensure clients have food available during unplanned closures, it is important that the meals are not consumed until needed.

Should you have any questions or need a shelf-stable delivery, please feel free to contact our office at 740-204-2434.

PERSONAL EMERGENCY FOOD SUPPLY

Our emergency meals are provided as one meal per day. As a result, we highly recommend that you prepare your own emergency food supply that can last for several days. Please find the suggested shelf-stable food items below. Should you not have food during a closure, please contact your care consultant.

It is recommended that you stockpile foods that are nutritionally dense, provide a lot of food value for the bulk, are tasty, and need no cooking. Remember to have a manual can opener.

Suggested food items include whole wheat crackers, peanut butter, nuts and trail mix, cereal, power bars and granola, dried fruit, canned meats (tuna, salmon, chicken, and turkey), canned vegetables (beans, carrots, and peas), canned soups and chili, sports drinks, powdered milk, bottled water, juices (canned or foil pouches), canned fruits, and instant soups or meals.

Suggested non-food items include a flashlight, batteries, radio (battery operated or hand-cranked), prescription medications, and blankets.

2026 MEDICARE PART D CHANGES

Out-of-pocket drug spending cap: The out-of-pocket spending cap for covered Part D drugs will be \$2,100. Once this amount is reached, enrollees will qualify for catastrophic coverage and won't have to pay more out-of-pocket for the rest of the year.

Medicare Prescription Payment Plan: Enrollees will be able to spread out their out-of-pocket prescription drug costs into monthly payments throughout the year.

Part D benefit phases: The Part D benefit will have three phases: deductible, initial coverage, and catastrophic coverage.

Part D deductible: The deductible for 2026 will be \$615, up from \$590 in 2025.

CAREGIVER PERSONAL CARE TRAINING: ACTIVITIES OF DAILY LIVING

Monday, Dec. 15, 1–2:30 p.m.

Join us for the last part of our 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.

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.

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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.

2025 ANNUAL CAMPAIGN CONTINUES

This year, we’re celebrating a remarkable milestone—Fara Waugh’s 30th anniversary with SourcePoint!

For three decades, Fara has served SourcePoint with compassion, vision, and a deep commitment to enhancing the lives of older adults in Delaware County. During her tenure, we’ve proudly expanded services, deepened community partnerships, and touched thousands of lives. This includes older adults who receive Meals on Wheels delivered right to their doorstep. Our work also supports caregivers who find help during their most challenging days. Additionally, it reflects the compassion and commitment of our staff and volunteers, who bring hope and relief every single day.

Now, we invite you to celebrate this milestone with a gift that makes a lasting impact. Give \$30, \$300—or any amount meaningful to you—in honor of 30 years of service. Go to MySourcePoint.org/give today!

Your generosity ensures that older adults in our community continue to receive the care, nourishment, and connection they deserve—not just today, but for years to come. Thank you!