

## YOUR HEAT AT HOME

The Ohio Department of Development offers several programs to help lower income residents pay utility bills and improve the heating efficiency of their homes:

- Home Energy Assistance Program (HEAP)
- Winter Crisis Program (Nov. 1 – March 31)
- Percentage of Income Payment Plan (PIPP-PLUS)
- Home Weatherization Assistance Program (HWAP)

Applications are now available. Each program is subject to income eligibility, availability of funds, and other program requirements. For more information, contact your care consultant or Bridges Community Action at 740-369-3184.



MySourcePoint.org/care and select the Advance Directives icon toward the bottom of the page.

## ONLINE DONATIONS TO SOURCEPOINT

Donations to SourcePoint are welcome and greatly appreciated! Every donation makes a difference. If you give online at MySourcePoint.org/give, you will receive an email receipt confirming your donation. Online donations are processed separately from your monthly statement and will not be reflected on your statement.

## IN-HOME CARE NEWSLETTER

Our client newsletter can be accessed on SourcePoint's site at MySourcePoint.org/care. This provides an opportunity for family and caregivers to more easily stay in the know. Additionally, the zoom function can be utilized to help readers who have low vision.

## END-OF-LIFE PLANNING

It is important to talk about end-of-life care and express wishes. With advanced directives and a living will, you can save your loved ones difficult decisions by detailing your wishes. A living will is a written document that explains which medical treatments individuals would want to be kept alive, as well as preferences on other medical decisions like pain management and organ donation. The document is only used in situations where you are unable to tell your doctor what services you want to receive (excerpt from Ohio's Hospice website). For more information and tools to assist in creating a Living Will and Power of Attorney, please visit

## MEDICARE MASTERY CLASS

Take charge of your Medicare decisions with this comprehensive, two-part workshop designed to educate and empower. This class combines the essential information from our popular New to Medicare class with the hands-on learning of the Medicare Options workshop. This class will be held Saturday, March 7 from 9 a.m. to noon.

## NEW TO MEDICARE CLASS

Learn the essential information and the different parts of Medicare, as well as how and when to enroll. This class will be held on Monday, March 16 at the Sunbury Community Library from 2 to 4 p.m., located at 44 Burrer Drive, Sunbury. It will also be held Tuesday March 24 from 10 a.m. to noon at SourcePoint.

## IN A MEDICARE ADVANTAGE PLAN?

You can still make a change! From Jan. 1 through March 31, if you're in a Medicare Advantage Plan, you can switch plans or return to Original Medicare and join a separate drug plan. To find and compare plans, go to Medicare.gov/plan-compare.

*CONTINUED ON REVERSE...*

You may also meet with one of SourcePoint's OSHIIP-certified insurance specialists once you have completed the Mastery or New to Medicare classes. They can provide non-biased information so that you can select the best plan for you. Call 740-363-6677 to schedule an appointment.

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### **THE IMPACT OF AGING ON SHOULDER HEALTH**

Thursday, March 5, 2:30-3:30 p.m.

Dr. Scott Huff will discuss how aging influences various aspects of our health, including the functionality and well-being of our shoulders. As a joint with a wide range of motion, the shoulder is crucial for performing daily activities and engaging in exercise. The shoulder is susceptible to wear and tear, and these changes can be magnified as we age. In this presentation, Dr. Huff explores the impact of aging on shoulder health and function, the importance of recognizing symptoms, when to seek medical attention, and treatment options for common shoulder problems. Call 740-363-6677 to register.

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### **ALZHEIMER'S ASSOC.: MEDICATION MANAGEMENT**

Tuesday, March 3, 10-11 a.m.

Learn practical tips to safely manage and administer medications for your loved ones. This class covers the caregiver's role in following prescribed drug plans, organizing and tracking medications, recognizing when changes may be needed, and understanding when and how to safely stop a medication. Build confidence in providing safe, effective care every day.

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### **CAREGIVER 1:1 SUPPORT BY APPOINTMENT**

Caregivers may call 740-203-2399 or email [caregiver@MySourcePoint.org](mailto:caregiver@MySourcePoint.org) to schedule a confidential, one-on-one support meeting.

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### **HOME VISIT SAFETY REMINDER**

For everyone's safety, if you have firearms or other weapons in your home, please ensure they are safely secured while SourcePoint staff and service providers are present.

### **BE ALERT TO TEXT SCAMS**

It was recently brought to our attention that a SourcePoint member received a text from someone falsely claiming to be with SourcePoint. Fortunately, the member did not engage in the conversation and took the important step of verifying its authenticity with SourcePoint. Although this appears to be an isolated incident, it highlights the need for ongoing vigilance.

Important reminders:

- Always use caution when communicating via email, text, Facebook Messenger, or other channels. These are scammers' favorite hangouts!
- Never provide personal information to someone you do not know, especially if you did not initiate the conversation.
- Avoid clicking links from unknown or untrusted sources.
- When in doubt about a communication's legitimacy, it's wise to reach out to the person or organization directly to confirm.

If you opted to receive texts from your care consultant or another staff member at SourcePoint, be sure to save their number in your phone so it always identifies the sender.

Stay informed via monthly online Tech Talk blogs by Jarren Ringle, SourcePoint member and volunteer technology instructor at [MySourcePoint.org/category/technology](https://MySourcePoint.org/category/technology).