

# Empower Transitions in Aging

In-Person and Online Programs

Spring 2026



740-363-6677

[MySourcePoint.org](http://MySourcePoint.org)



**April 6–July 4, 2026**

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 2 p.m. May 8; Close at 4

p.m. May 22, July 2; Closed May

23 and 25, July 3–4.

**Registration is required**

and begins March 23 at

[MySourcePoint.org/EC](http://MySourcePoint.org/EC) or with

customer service. All programs

take place at 800 Cheshire Road,

Delaware unless otherwise

indicated. Programs subject to

change.

**Scholarships** have expanded

access! Email [CRN@](mailto:CRN@MySourcePoint.org)

[MySourcePoint.org](http://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.



Programs with this symbol

align with goals from

Delaware County's Age-Friendly

Action Plan. Learn more at

[MySourcePoint.org/age-friendly](http://MySourcePoint.org/age-friendly).

*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.*

*To ensure proper planning, register at least two business days prior to the class.*

## Community Events - Open to the Public

*These special community events are open to friends, family, and neighbors outside of the Delaware County 55+ community!*

*While a ComPASS is required for our regular programs, select special events welcome broader participation. We look forward to connecting, celebrating, and building community together!*

### WALK WITH A DOC **RETURNS**

**Second Saturday of each month, 10–11 a.m. at Char-Mar Ridge Park, 7741 Lewis Center Road, Westerville.**

Walk with a Doctor meets monthly—rain or shine—for a healthy, engaging walk and conversation. This program welcomes participants of all ages. Each month features a different medical professional from OhioHealth, offering expert insight and the opportunity to ask questions in a relaxed setting. Learn more at the official Walk with a Doc website. Sponsored in partnership with AARP Ohio.

## Body, Brain & Behavioral Health

### A MATTER OF BALANCE **RETURNS**

**Mondays, April 20 through June 15, 2:15–4:15 p.m.**

***This is a fall prevention program which 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.

## **CARE, SHARE, CONNECT**

**Mondays, 12:30–2 p.m. *NEW TIME***

Throughout life, we encounter many types of loss— whether it's loved ones, pets, personal belongings, or changes due to health conditions. Join us to share your experiences or simply listen as RJ Jones facilitates meaningful discussions on these topics.

## **EASY WALKERS GROUP *NEW***

***DAY*** 

**Thursdays, 9:30–10:30 a.m.**

Research shows community walking programs not only improve physical and mental well-being but also foster social connections. SourcePoint offers a walking program that provides a supportive environment for various fitness and mobility levels. 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 Thursday 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 stretches. Tools for walking safety and tracking your progress are included.

## **EFFECTS OF AGING ON HAND FUNCTION *NEW!***

**Wednesday, April 22, 9:30–10:30 a.m.**

You use your hands to do so many things: tie your shoes, open jars, and use your phone to name a few. It's hard to do much of anything without them. But as you get older, they can get weaker and less flexible. Some hand problems can be a sign of certain health conditions. Join Orthopedic One Hand and Upper Extremity physician Dr. Ryan Jefferson in a discussion of age-associated changes of the hand and upper extremity, including arthritis, carpal tunnel and other compressive neuropathies, and trigger fingers.

## **HEARING AID TECH TALK *NEW!***

**Wednesday, May 6, 2:30–4 p.m.**

Curious about today's advancements in hearing aids? Wondering what the future holds for hearing technology— or how to choose the right device for your needs? Have questions about cost, fit, or whether cochlear implants might be an option? Join the Audiology Team from the Delaware Speech and Hearing Center for an honest, clear, and informative presentation.

## **NAMI: IN OUR OWN VOICE**

**Tuesday, May 5, 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.

## **NURTURING YOUR SKIN THROUGH THE YEARS *NEW!***

**Wednesday, June 10, 3–4 p.m.**

Most of us have probably observed signs of aging in our skin—wrinkles, skin spots, red patches, softness in areas that used to be firm—these are natural signs of aging. However, we can slow down or minimize some of these changes and identify potentially dangerous skin problems with simple, consistent practices. Dermatologist Dr. Frank Morocco will lead this

discussion on what causes changes in the skin as we age as well as different techniques to preserve skin quality. We will also look at treatments to prevent or address skin damage and pre-cancerous cells.

### **SAFE MEDICATION PRACTICES FOR BETTER HEALTH *NEW!***

**Monday, April 13, 1–2 p.m.**  
**at United Church Homes –  
The Polaris Community, 9180  
Antares Ave. Columbus**

Join us for this dynamic discussion on safe medication practices. Medications help us live longer and healthier lives; however, they can also produce harmful effects when not used properly. Safe Medication Practices for Better Health is designed for the needs of older adults to equip you with the knowledge to be the expert of managing your specific medications. Dr. Ruth Emptage, PharmD, from the Ohio State University Division of Pharmacy, will lead the discussion, with a focus on three main themes: Knowing the risks of medication misuse, learning safe medication practice, and recognizing the importance of being your own health advocate. You are the most important part of your healthcare team.

### **STROKE AWARENESS**

**RETURNS** 

**Wednesday, May 13, 1–2 p.m.**

Cardiovascular disease is the number one cause of death in the U.S. 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.

### **Driver Safety and Transportation**

**CARFIT: HELPING DRIVERS  
FIND THEIR SAFEST FIT** 

**Tuesday, May 19,**

**10 a.m.–1 p.m.\* at the  
SourcePoint Health & Wellness  
Expo, Delaware County  
Fairgrounds, 236 Pennsylvania  
Ave, Delaware.**

Schedule a CarFit during SourcePoint's Annual Health and Wellness Expo. Developed by AARP and the American Occupational Therapy Association (AOTA) partners, CarFit offers senior drivers a free opportunity to check how their cars "fit" them. CarFit's certified 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 [car-fit.org](http://car-fit.org) to learn more about the CarFit program.

***\*A Delaware Public Health District CarFit technician will phone you to schedule your 30-minute appointment time. Drive-ins will be accepted as space allows.***

### **DRIVER SAFETY: AARP "DRIVING AT NIGHT"**

**WORKSHOP** 

**Thursday, June 18, 4–5:30 p.m.**

Join us for a free workshop designed to help you drive more confidently after dark. Discover how to make nighttime driving safer, easier, and less stressful. In this engaging session, you'll learn about age-related vision

changes, the latest headlight and safety technologies, and assistive driving tools that can help you stay independent and confident on the road. You'll also hear real-life stories and expert tips to help you feel informed, prepared, and ready to enjoy the road—day or night! This program is brought to you by the Delaware County SAFE Coalition.

### **DRIVING QUESTIONS? LET'S TALK! BY APPOINTMENT**

**NEW!** 

Have questions about driving—for yourself or someone you care about? Schedule a friendly, peer-based, one-on-one conversation—no tests or lectures. Jackie Bain from the DPHD will meet with you to chat about everyday driving concerns, common challenges, and simple tips or adjustments that can help you feel more confident behind the wheel. You'll also get connected to local resources and helpful information tailored to your situation. To schedule your appointment, contact Jackie Bain at 740-203-2083.

### **SPRING INTO SAFER DRIVING**



**Tuesday, April 28, 11:30 a.m.—1:30 p.m.**

Shake off the winter doldrums and get road-trip ready. Learn smart driving tips for older

adults, explore local crash data, and discover simple tools to check traffic conditions before you head out this spring. Travel with confidence and safety on every trip.

### **THRIVING WITHOUT DRIVING: UNDERSTANDING ALTERNATIVE**



**TRANSPORTATION RETURNS**  
**Tuesday, May 19, 10–11 a.m.**

Today's alternative transportation landscape makes living well without a car a 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! At the end of class, Delaware County Transit will be onsite to provide participants with optional complimentary rides to SourcePoint's Health & Wellness Expo at the Delaware County Fairgrounds. Experience using public transportation in a group setting! Return rides available on SourcePoint's bus.

### **Lifelong Learning**

**INTRODUCTION TO FRAUD**

**DEFENSE NEW!** 

**Saturday, May 2, 10–11:30 a.m.**

Special Agents from the FBI will present on Fraud Defense, providing an overview of the most common fraud schemes affecting individuals today. Participants will learn essential techniques for recognizing early warning signs, understanding how fraud schemes operate, and applying practical strategies to identify, prevent, and combat fraudulent activity.

**MENTAL HEALTH MATTERS:**

**CALL 988 NEW!** 

**Thursday, April 9, 3–4:30 p.m.**

Safe Harbor Peer Support Services will lead a presentation and discussion focused on educating the community, reducing stigma, and empowering action around mental health. This session will emphasize the importance of mental well-being, normalize common mental health challenges, and raise awareness about the 988 Suicide & Crisis Lifeline as a free, confidential, and easily accessible national resource. Participants will learn how 988 serves as a simple and trusted crisis support option and will be encouraged to share this lifesaving information and support others in need.

## **THOUGHTFUL FUNERAL PRE-PLANNING** *NEW!*

**Wednesday, May 6, 9–10 a.m.**

It can be uncomfortable to think about funeral planning, but it's a very important gift you can give your family. Funeral pre-planning means deciding in advance how you want your funeral or memorial to look. It can be funded or not funded... either way pre-planning removes any guessing, especially at such a difficult time. Your loved ones will know if you want a burial or cremation, church service or graveside, or have other requests or preferences. It truly is one of the kindest gifts you can leave your loved ones. Join us for a discussion and look at some funeral myths that often complicate funeral decision making. Program presented by Memory Lane Sunbury. Free planning booklet for all those that attend.

## **Financial, Insurance & Legal**

### **GOOD DEEDS** *RETURNS*

**Tuesday, April 7, 2:30–4 p.m.**

The probate process can be time consuming and necessitate the assistance of an attorney. Learn how to avoid the need to probate your home and vehicles, such as the single most important way - have your house and

vehicles in joint survivorship. Good Deeds presentation sponsored by: Judge David A. Hejmanowski: Court of Common Pleas Probate/ Juvenile Division, Melissa Jordan: Delaware County Recorder and Natalie Fravel: Delaware County Clerk of Courts. If you would like to review your deed at this event, please email Delaware County Recorder Melissa Jordan at [recorder@co.delaware.oh.us](mailto:recorder@co.delaware.oh.us) with the following information:

- April 7 SourcePoint 2:30pm in subject line of email.
- Name(s) and address on any deed filed in Delaware County that you would like printed prior to the session. Please include approximate year deed was filed.

The recorder's office will attempt to pre-print as many deeds as possible and have them ready in alpha order at this event.

### **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**

#### **Fourth Thursday of each month 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 INSURANCE EDUCATION** *ONLINE*

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

### **MEDICARE MASTERY CLASS** **Saturday, May 2 or June 6,** **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: NEW TO MEDICARE CLASS**

**Tuesday, April 14, 6–8 p.m.**

**Thursday, May 14, 10:30 a.m.–12:30 p.m. at Wornstaff Library, 302 E. High St., Ashley.**

**Thursday, June 25, 10 a.m.–noon.**

If you're approaching Medicare eligibility, assisting a loved one, or simply want to better understand your coverage options, this free introductory class is the perfect place to start. Learn the basics of Medicare, including the differences between Original Medicare (Option 1) and Medicare Advantage (Option 2), what each option covers, and when to enroll. This class offers unbiased education supported by the Ohio Senior Health Insurance Information Program (OSHIIP) and is not affiliated with any insurance company or product. Completion of this class is required before scheduling a one-on-one Medicare counseling appointment. Prefer to learn at your own pace? An online version is available at [MySourcePoint.org/insurance](http://MySourcePoint.org/insurance).

### **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**

**Tuesday, April 21, 10 a.m.–noon.**

**Tuesday, June 16, 6–8 p.m.**

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.

## 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.:**  
**BUILDING BRAIN HEALTHY HABITS *NEW!***  
**Tuesday, April 7, 10–11 a.m.**

Learn research-backed guidance on brain health and the importance of taking action to protect your brain at every age. Gain tips for building brain-healthy habits into your daily life, including how to build a personalized action plan.

**ALZHEIMER'S ASSOC.:**  
**BUILDING FOUNDATIONS OF CAREGIVING *NEW!***

**Tuesday, June 2, 10–11 a.m.**  
Caring for someone living with dementia brings a unique set of challenges and rewards. In this presentation you'll understand the role of caregivers and the relationship changes that may occur over time, the five areas of person-centered care, the caregiver support team, and managing caregiver stress.

**ALZHEIMER'S ASSOC. EARLY STAGE SUPPORT GROUP**  
**First and third Mondays of each month, 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, email Hannah Atibagos at [hlatibagos@alz.org](mailto:hlatibagos@alz.org) or call 614-643-2137.

**ALZHEIMER'S ASSOCIATION OFFICE HOURS *NEW!***

**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. Speak with a local Program Manager, ask questions, and get support.

**ALZHEIMER'S ASSOC.:**  
**UNDERSTANDING ALZHEIMER'S & DEMENTIA *NEW!***

**Tuesday, May 5, 10–11 a.m.**  
Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors and current research and treatments available to address some symptoms.

**CAREGIVER 1:1 SUPPORT BY APPOINTMENT**  
Caregivers may call 740-203-2399 or email [caregiver@](mailto: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](https://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.

### **GRANDPARENTS AS PARENTS MONTHLY MEETUP** **Fourth Friday of each month, 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.

### **POWERFUL TOOLS FOR CAREGIVERS RETURNS** **Wednesdays, April 8 through May 13, 2:15–3:45 p.m.**

This six-week educational series is designed to provide 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.