

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)
- 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 Bridges Community Action at 740-369-3184. Please note Bridges is closed on Fridays.



HOW TO HANDLE ROBOCALLS

Robocalls are auto-dialed calls that deliver a prerecorded message. Generally, robocalls that you have not consented to are illegal. When it comes to robocalls, the best advice is **JUST DON'T ANSWER.**

DO:

- Register your phone number(s) with the Do Not Call Registry at DoNotCall.gov or 888-382-1222. Remember: If you're registered and someone calls trying to sell you something, it's a good sign that the call may not be legitimate.
- Research services offered by your phone provider to block unwanted calls.
- Install an app on your cell phone to block or warn you of suspicious calls.
- Add trusted numbers to your contacts.
- Limit how often you share your number.
- If you don't recognize the number, allow the call to go to voicemail and review the message later.

DON'T:

- Answer an incoming call when you don't recognize the number.
- Provide personal or financial information over the phone.
- Interact with an unknown caller in any way; don't press numbers or speak to anyone.
- Call back unfamiliar numbers.
- Fully rely on caller ID.

TAKE ACTION TO REPORT ROBO CALLS:

- Forward spam texts to 7726 (SPAM).
- Report illegal robocalls to the Ohio Attorney General's Office by calling 800-282-0515 or visitingOhioProtects.org.

FARMERS MARKET 2026

It won't be long before spring is here and thoughts will move to gardens and fresh fruits and vegetables. That means SourcePoint's farmers market voucher program won't be far behind! SourcePoint created a hotline number for the program that contains the most up-to-date information about the program and voucher distribution. The number is 740-936-7117. Updates will begin in mid- to late April.

PET FOOD ASSISTANCE AVAILABLE

Did you know SourcePoint's nutrition program offers pet food assistance at no cost for home-delivered meal clients? Thanks to donations and grants, we have dry dog food and dry or wet cat food that can be delivered at the same time your Meals on Wheels driver delivers your meals. We are also able to offer pet care supplies, such as leashes, collars, bowls, cat litter, etc. If you are interested in receiving assistance, please contact SourcePoint's nutrition team at 740-204-2434.

COMMUNITY EDUCATION AND FALLS PREVENTION

Matter of Balance

Monday, April 20 through June 15, 2-4 p.m. at SourcePoint. (No class May 25.)

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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.

Easy Walkers Group

Thursdays, April 9 through July 2, 9:30-10:30 a.m. at SourcePoint.

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.

Safe Medication Practices for Better Health

Monday April 13, 1-2 p.m. at United Church Homes, 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, leads the discussion, with a focus on three themes: Knowing the risks of medication misuse, learning safe medication practice, and recognizing the importance of being your own health advocate.

The Effects of Aging on Hand Function

Wednesday April 22, 9:30-10:30 a.m. at SourcePoint.

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.

Thoughtful Funeral Pre-Planning

Wednesday, May 6, 9-10 a.m. at SourcePoint.

It can be uncomfortable to think about funeral planning, but it's a very important gift you can give your family. Funeral preplanning 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.

Stroke Awareness

Wednesday, May 13, 1-2 p.m. at SourcePoint.

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.

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MEDICARE MASTERY

Saturday April 4, 9 a.m.-noon at SourcePoint. 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!

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 with one of our OSHIIP-certified counselors.

New to Medicare Class

Tuesday, April 14, 6-8 p.m. at SourcePoint. Learn the basics of Medicare and what options are available. Whether you're becoming eligible for Medicare for the first time or assisting a loved one with insurance needs, this is the place to start. Completion of this class is a prerequisite for a one-on-one appointment. This class is also available online at MySourcePoint.org/insurance.

Medicare Options 1 and Options 2 Workshop

Tuesday, April 21, 10 a.m.-noon at SourcePoint. In this interactive workshop you'll learn more about Medicare Supplements, Medicare Advantage plans, and Part D plans. You will use the Medicare Plan Finder Tool to find rates tailored to your individual needs. Bring a complete list of your prescription medications, along with the full name of your doctors, specialists, and hospitals, as well as your tablet or laptop, if possible.

POWERFUL TOOLS FOR CAREGIVERS

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.

ALZHEIMER'S ASSOCIATION: BUILDING BRAIN HEALTHY HABITS

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.

BEHAVIORAL HEALTH RESPONSE DURING NATURAL DISASTER AND CRISIS EVENTS-COMMUNITY SURVEY

The Delaware-Morrow Mental Health and Recovery Services Board (DMMHR SB) plans, funds, and evaluates community behavioral health services for residents of Delaware and Morrow counties, working to ensure access to quality mental health and substance use supports.

The Board would like to hear from you about behavioral health supports during times of disaster. Disasters can include natural events, man-made incidents, and mass casualty situations, such as tornadoes, train derailments, or active shooter events. Your feedback will help guide DMMHR SB's efforts to strengthen and improve behavioral health supports before, during, and after disasters. This work is part of a collaborative planning effort with county partners, behavioral health providers, and community organizations, and your voice is an important part of that process.

Please take a few minutes to complete this 15-question survey. Your input will help shape how our community prepares for and responds to future emergencies.

Survey: tinyurl.com/BSCA-DisasterSurvey-SP

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or you can scan the QR code:



To learn more about DMMHR SB and the services they support, visit dmmhrsb.org.

VISITING VETERANS PROGRAM

Visiting Veterans is for those veterans who are unable to leave their homes. Visiting Veterans assign a volunteer to be their “buddy.” This means they will make contact with the veteran at least once per week. (This is non-medical.) The volunteer is there to spend time with them by playing a game or listening to their stories. Visiting Veterans are looking for both the veterans and volunteers to grow this program. Anyone interested in participating, please contact Kim Gilley, Delaware County Veterans Service Office, at 740-833-2010 or kgilley@co.delaware.oh.us.

Those interested in volunteering can go to this website to apply (full background checks due to vulnerable adults):

governmentjobs.com/careers/codelawareoh/jobs/4874551/veteran-services-volunteer?page=3&pagetype=jobOpportunitiesJobs

HEALTH & WELLNESS EXPO

Tuesday, May 19, 10 a.m.–1 p.m. at Delaware County Fairgrounds, Agricultural Center, 236 Pennsylvania Ave., Delaware.

Join SourcePoint, sponsor OhioHealth, and local partners like the Delaware Public Health District for a variety of free health screenings and wellness resources. More details on screenings will be available in late April at MySourcePoint.org/events. Admission is free and registration is not required.

WHEELS FOR MEALS CHARITY CAR SHOW

Saturday, June 6, 11 a.m.–3 p.m.

Please join us for the inaugural Wheels for Meals charity car show event on Saturday, June 6 to raise awareness and proceeds for SourcePoint’s Meals on Wheels program.

This event is not only for car enthusiasts; it’s a family-friendly day of fun for everyone! Enjoy live music and delicious food from local food trucks. There will be activities for kids, opportunities to meet adoptable pets from the Humane Society of Delaware County, and a chance to explore a Delaware City Fire Department fire engine. You can also check out the Meals on Wheels delivery van and learn how a typical delivery route looks.

Throughout the event, attendees can donate to the Meals on Wheels program which serves over 1,200 meals a day to over 600 people in Delaware County.

You can also give online anytime at MySourcePoint.org/give.