

MEMORIAL DAY CLOSURE

SourcePoint is closed for the Memorial Day holiday on Saturday, May 23 and Monday, May 25.

There will be no meal delivery on Monday, May 25 or Tuesday, May 26. If you receive home-delivered meals and selected holiday meals as part of your meal plan, your frozen meals will be delivered between May 13 and May 19. The holiday meals box will consist of five meals, so you will have two meals for the 25th, two for the 26th, plus an extra meal that can be placed in your freezer for future use.

If you would prefer not to receive holiday meals, please call at 740-204-2434 by May 8. If you are not sure if you selected to have holiday meals delivered or would like to add them to your meal plan, you may call the same number. The office is open Monday through Friday from 8 a.m. to 4 p.m.



Eligible participants will receive \$75 worth of vouchers to use on fresh produce, herbs, honey, and produce-bearing plants from participating markets and independent vendors. For the most up-to-date list of vendors, go to MySourcePoint.org/farmers.

Please note that we cannot take walk-ins and mailed applications will not be accepted.

FARMERS MARKET VOUCHER PROGRAM

Individuals who received vouchers in 2025 will receive a letter containing this year's application and detailed information about the 2026 drive-thru voucher distribution. Those individuals who reside at the following apartment complexes, may see their service coordinator or property manager for applications: Ashley Villa, Londontown, Oakhurst, Rainbow, Riverside Landing, St. Michael's, Sunbury Park, and Sunnyview Square.

Individuals who do not receive this letter may attend our other voucher distributions. Information on these distributions can be found by calling our farmers market voucher program hotline at 740-936-7117.

To qualify for vouchers, individuals must be Delaware County residents, age 55 or older, and be within 200% federal poverty level.

MEDICARE MASTERY CLASS

Learn the basics of Medicare and what options are available. Completion of the Medicare Mastery Class meets the prerequisite for scheduling a one-on-one Medicare counseling appointment. To register, call 740-363-6677. An online option is also available at MySourcePoint.org/insurance.

- Thursday, May 14, 10:30 a.m.–12:30 p.m. at Wornstaff Memorial Library in Ashley.

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)
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MAY IS MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month, observed in May, is a nationwide effort to highlight the importance of mental well-being and support for individuals living with mental health conditions. The National Alliance on Mental Illness (NAMI's) 2026 campaign theme is "Stigma grows in silence. Healing begins in community," emphasizing the power of sharing personal stories and fostering connection to break stigma and encourage recovery. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org.

FREE PET VACCINE CLINIC

The Humane Society of Delaware County is partnering with SourcePoint to provide FREE vaccines for dogs and cats! Pets and owners will remain in their car. Staff will come to your vehicle to administer the vaccines. Available vaccines include distemper/parvo, rabies for dogs, and FVRCP and rabies for cats. Please note: This clinic is only open to Delaware County residents aged 55 and older with owned pets. Dates of the clinic are May 28, July 30, and Sept. 24 from 2:30-4:30 p.m. (or while supplies last) at 800 Cheshire Road. For more information, please call 740-369-7387.

EASY WALKERS GROUP

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

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.

STROKE AWARENESS

Wednesday, May 13, 1–2 p.m.

Cardiovascular disease is the number one cause of death in the United States. 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.

ALZHEIMER'S ASSOC.: UNDERSTANDING ALZHEIMER'S & DEMENTIA

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.

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.

HEARING AID TECH TALK

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.

WANT TO LEARN HOW TO USE RIDE SHARE APPS?

If you are curious about using ride share apps, such as Uber, but not sure where to start, we invite you to join a research study aimed at improving the ride share app user experience for seniors. If you are 65 or older and interested participating, please email luliangyue@ocadu.ca, or call 614-733-8760 and leave a message, or scan the QR code to take a survey. Qualified participants will receive a \$25 gift card.



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.