

INDEPENDENCE DAY CLOSURE

Reminder: SourcePoint will be closed Friday, July 3 and Saturday, July 4 in recognition of Independence Day.

There will be no meal delivery on Friday, July 3 or Monday, July 6. Clients who receive home-delivered meals and opted to receive holiday meals will receive five frozen holiday meals during the week of June 22. If you prefer not to receive holiday meals, please contact our office at 740-204-2434 by June 19. 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 contact the nutrition program staff at the number listed above. The office is open Monday–Friday, 8 a.m.–4 p.m.

Please note that due to the closure, if you normally receive a weekend meal delivery on Friday, it will be delivered on Thursday, July 2.



- Proof of citizenship, such as birth certificate, baptism records, passport, voter registration card
 - Dates of birth for all household members
 - Disconnect notice for gas and/or electric
 - Bulk fuel at 25% or less of the tank's capacity
- Case number from the Department of Job and Family Services
 - Current utility statements and/or invoices
- Renters need to bring the name, address, and phone number of your landlord

HOME ENERGY ASSISTANCE PROGRAM

The Home Energy Assistance Program (HEAP) provides eligible low-income Ohioans with a one-time payment to help them meet the high costs of heating and cooling their homes. Payments are made directly to regulated and unregulated utilities.

WHO IS ELIGIBLE?

Total household income must be at or below 175% of federal poverty guidelines.

HOW DO I APPLY?

To find out if you're eligible and to start the application process, go to bridgescap.org or call 800-858-4452 to schedule an appointment.

WHAT DO I NEED TO BRING TO MY APPOINTMENT?

- Proof of income for 30 days and/or 1 year (pay stubs, W2, award letter)
- Social Security numbers for everyone in the household

EXTREME HEAT PRECAUTIONS

Be Informed, Make a Plan, Build a Kit, Get Involved from the Administration on Community Living

Summer is almost here. While we prepare to enjoy the warm weather, it's important to take precautions in case extreme heat strikes. By evaluating your needs, you can plan for any heat related situation.

The following steps will prepare you to handle periods of extreme heat and the associated risks:

- Consider how potential power outages during periods of extreme heat might affect you. Plan to be temporarily self-sufficient if the electricity goes out. It's possible that you will not have access to a medical facility or a pharmacy.
- Identify the resources you use daily and what you can do if they are limited or not available. Make provisions for medications that require refrigeration, and plan arrangements to get to a cooling center, if needed.
- Think about what you need to maintain your health, safety, and independence. Build a kit that includes any specialized items, such as extra wheelchair batteries, oxygen, catheters, and medication. Also include non-perishable food and water, items for service animals...

CONTINUED ON REVERSE...

...and pets, a cooler, and anything else you might need.

- Check on family, friends, and neighbors who do not have air conditioning, especially those who spend much of their time alone, or are more likely to be affected by extreme heat.
- Be watchful for signs of heat stroke and dehydration. These include shallow breathing, a lack of perspiration, dizziness, dry mouth, and headaches.

PET SAFETY REMINDER

As you are aware, we ask that during visits to your home, pets be properly restrained/contained to ensure the safety of visiting team members. While pets are important aspects of our lives, we also know they can be unpredictable. We have had unfortunate situations in the past between service providers, volunteers/team members, and protective pets. Our goal is to provide you with the services you need, as well as protect the safety of everyone who provides a service to you. To meet this goal, we respectfully request that you have a plan to properly restrain/contain your pets during times that you are receiving a service approved by SourcePoint. This may include, though is not limited to, such things as meetings, meal delivery, homemaking, etc. Service animals are an exception to this request. If you have any questions about this expectation, please contact your care consultant for assistance. Thank you for your help in making service delivery a positive and safer experience for everyone.

FARMERS MARKET VOUCHER PROGRAM

SourcePoint's farmers market voucher program is underway, and we are once again distributing farmers market vouchers to qualified Delaware County adults! To qualify participants must be a Delaware County resident, age 55 or older, and within 200% of the federal poverty level.

The vouchers may be used to purchase fresh fruits and vegetables, herbs, honey, and food-bearing plants. Participants who sign up will receive 25 \$3 vouchers—a total value of \$75. Please visit MySourcePoint.org/farmers for the most up-to-date list of participating vendors.

Vouchers are available on a first-come, first-served basis. Applications may be downloaded at MySourcePoint.org/farmers and must be submitted in person. To receive the most up-to-date information about where vouchers may be available to pick up, please call our Farmers Market Hotline at 740-936-7117.

PLEASE NOTE: THERE WILL BE NO WALK-IN HOURS TO PICK UP VOUCHERS OR MAIL-IN APPLICATIONS ACCEPTED.

AGE-FRIENDLY DELAWARE COUNTY UPDATE

SourcePoint is proud to announce Delaware County's second Age-Friendly Plan. Follow the QR code or visit MySourcePoint.org/age-friendly to learn more.



Age-Friendly is a global movement focused on improving all aspects of livability in our community—ensuring it works well for everyone at every age.

MEDICARE MASTERY CLASS

Saturday, June 6, 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.

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. *CONTINUED ON NEXT PAGE...*

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.

NEW TO MEDICARE CLASS

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.

MEDICARE: OPTIONS 1 AND 2 WORKSHOP

Tuesday, June 16, 6-8 p.m.

Learn more about Medicare Supplements, Part D plans, and Medicare Advantage plans. Bring a list of your medications and your tablet or laptop, if possible, to learn to use the online Medicare.gov tool to find the best plans for you.

MEDICARE EDUCATION ONLINE VIDEOS

Three digital presentations are available at MySourcePoint.org/online-insurance-education, including:

- Introduction to Medicare
- Medicare Supplements and Part D Plans
- Medicare Advantage Plans

MEDICARE: ONE-ON-ONE APPOINTMENTS

After attending a New to Medicare class, or completing the online Medicare video, you may schedule a one-on-one appointment with an insurance specialist. To schedule, call 740-363-6677, or submit the online form at the end of the video.

COMMUNITY EDUCATION

Nuturing Your Skin Through The Years

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. OhioHealth 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. He will also look at treatments to prevent or address skin damage and pre-cancerous cells.

Alzheimer's Assoc.: Building Foundations of Caregiving

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.

WHEELS FOR MEALS CHARITY CAR SHOW

Saturday, June 6, 11 a.m.-3 p.m. at SourcePoint

Open to the public with free admission, Wheels for Meals will feature a wide range of vehicles from across the region, welcoming all makes and models. Guests can enjoy live music, food trucks, and interactive displays, including a Meals on Wheels van showcasing the impact of the program.

Car enthusiasts are invited to register their vehicles for \$10 for a chance to win the People's Choice Trophy.

CONTINUED ON REVERSE...

Proceeds from the event and the broader campaign will directly benefit SourcePoint's Meals on Wheels services, which play a vital role in supporting the health and independence of local older adults.

To register a vehicle or learn more about the campaign, visit MySourcePoint.org/events.

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 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.

REMINDER TO CHARGE YOUR EMERGENCY RESPONSE DEVICE

This is a general reminder that all mobile (go-anywhere) devices require regular charging just like a personal cell phone. As a cell phone cannot make a call if the battery is dead, the same holds true for these devices. The pendant cannot send a signal to the care center if the battery isn't charged.

Our providers continue to receive a concerning amount of low-battery alerts each week, which jeopardizes the safety and security for those we mutually serve. Placing the device on the charging cradle just 1-2 hours each day keeps the battery at optimum levels. They do not recommend charging the device overnight.

SOURCEPOINT BOARD OF DIRECTORS RECRUITING NEW MEMBERS FOR 2027

SourcePoint's board of directors seeks candidates to serve on the organization's governing board for terms beginning in 2027. The nonprofit organization provides professional expertise, services, and programs to help

Delaware County adults live well after 55. SourcePoint provides in-home care services and community programs that benefit the health and wellness of adults aged 55 and better, as well as family caregivers.

SourcePoint's volunteer board of directors is responsible for planning, policy development, resource development, financial oversight, evaluating the performance of the chief executive officer, and ensuring that the organization is addressing its mission of service. The board meets six times annually, and board members are expected to participate in at least two board committees and attend key events. It is expected that board members will support and participate in fundraising activities.

The board typically meets at the organization's Cheshire Road headquarters at 11:30 a.m. on the last Wednesday of the month. Hybrid meetings with a virtual option remain available in 2027.

The board is seeking a diverse mix of community members, and adults of any age are encouraged to apply. Those interested in serving and providing board leadership for a dynamic nonprofit organization that serves a rapidly growing older population should complete an application, available online at MySourcePoint.org/board. The application deadline is Monday, July 13, 2026.

For more information about joining the board of directors, please contact Alison Yeager, chief advancement officer, at 740-363-6677 or alison@MySourcePoint.org.