

# Empower Transitions in Aging

In-Person and Online Programs

August 2021



740-363-6677

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



**Aug. 2–28, 2021**

Hours of operation:

Monday–Thursday, 8 a.m.–8 p.m.

Friday, 8 a.m.–5 p.m.

Saturday 8 a.m.–noon.

Registration is required and begins July 26 at [MySourcePoint.org/EC](http://MySourcePoint.org/EC) or with customer service. All programs take place at SourcePoint, 800 Cheshire Road, Delaware unless otherwise indicated. Programs subject to change.

**Financial assistance** is available and applying is easy! Contact Laura Smith at 740-363-6677 or [laura.smith@MySourcePoint.org](mailto:laura.smith@MySourcePoint.org).

**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.

Find current visitor guidelines at [MySourcePoint.org/restart](http://MySourcePoint.org/restart)

*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.*

## **Body, Brain & Behavioral Health**

### **PARKINSON'S SUPPORT: SPEECH THERAPY**

**Second and fourth Wednesdays of each month, 2:30–3:30 p.m.**

A specialist from Delaware Speech & Hearing Center helps those with Parkinson's learn to speak louder and clearer.

## **Financial, Insurance & Legal**

### **LEGACY GIVING CONVERSATIONS**

Schedule a one-on-one conversation with SourcePoint's development officer, Julie Zdanowicz, to learn more about:

- How gifts impact an organization.
- Connecting with an organization's mission.
- Working with financial advisors and other experts.
- Why you should consider planned giving.

Call Julie "Z" at 740-203-2420 to schedule an appointment.

### **LEGAL AID BY APPOINTMENT**

**Thursday, Aug. 26, 9 a.m.–2 p.m., by appointment.**

Meet with a paralegal from the Legal Aid Society. Services include wills, POA, help to avoid 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 888-301-2411, ext. 273 to make an appointment.

### **MEDICARE: NEW TO MEDICARE**

**Monday, Aug. 9, 6–8 p.m., at SourcePoint's South Office, 1070 Polaris Parkway, Suite 200, Columbus.**

**Wednesday, Aug. 11, 10 a.m.–noon.**

**Wednesday, Aug. 25, 6–8 p.m.**

**Saturday, Aug. 28, 10 a.m.–noon.**

**Monday, Aug. 30, 1–3 p.m., at Wornstaff Memorial Public**

## **Library, 302 E. High St., Ashley.**

Learn the basics of Medicare, whether you're becoming eligible for the first time or assisting a loved one.

### **MEDICARE: FILL THE GAP**

**Thursday, Aug. 19, 10 a.m.–noon.**

If you're looking for a Medicare Supplement Plan to help cover costs, this workshop gives you a better understanding of supplements, including terms and how to obtain rates.

### **ONLINE INSURANCE EDUCATION**

Free presentations are available at **MySourcePoint.org/online-insurance-education**, including an intro to Medicare, Supplements and Part D, and Advantage Plans.

## **Role Transitions**

### **CAREGIVER: LIVING BEYOND LOSS**

**Tuesday, Aug. 10, 2–3 p.m.**

Living Beyond Loss provides dynamic support for caregivers who have lost loved ones. Also available online.

### **CAREGIVER SUPPORT GROUP**

**Tuesday, Aug. 10, 9–10 a.m. or 6–7 p.m. at SourcePoint.**

**Thursday, Aug. 19, 5:30–6:30, at Community Library, 44 Burrer Drive, Sunbury.**

Join us to share experiences, meet other caregivers, discover resources, and ask questions. Also available online.

### **CAREGIVERS FROM THE HEART**

**Mondays, Aug. 2 and 16, 9–10.**

Living with the demands of caring for our loved ones, we are a peer-led group seeking to provide encouragement and support for each other. We value actively listening to each other as we learn about the phases and stages of our care receivers' health conditions.

### **SENIOR SAFETY DAY *SPECIAL EVENT!***

**Thursday, Aug. 3, 9 a.m.–5 p.m.**

This event is both in-person and online. Please register for either option. Dan's Deli Food Truck will be on-site if you'd like to purchase lunch.

***Morning Session: Age-Friendly Community Support, Health & Safety***

Featuring information on scams, identity theft, mental health awareness, LifeCards, home safety checks, special needs registry, weather notifications, crisis intervention, and more.

***Afternoon Session: Driver Safety***

Featuring panel discussion on driver safety as we age and free CarFit assessments. To sign up for a CarFit

assessment, please select In-Person Afternoon Session.

## **Role Transitions Online Options**

*You will receive the program link via email after registration is complete.*

### **CAREGIVER CONCEPTS**

This one-hour class is packed with information for new, current, and future caregivers. Topics include safety, falls, getting organized, basic legal information, local resources, and self-care. Currently available at **MySourcePoint.org/caregiver-concepts**.

### **CAREGIVER: LIVING BEYOND LOSS**

**Tuesday, Aug. 24, 2–3 p.m.**

Living Beyond Loss provides dynamic support for caregivers who have lost loved ones.

### **CAREGIVER SUPPORT GROUP**

**Tuesday, Aug. 24, 10–11 a.m.**

**Wednesday, Aug. 25, 5:30–6:30 p.m.**

Join us to share experiences, meet other caregivers, discover resources, and ask questions.