

Empower Transitions in Aging

In-Person and Online Programs

September 2021



740-363-6677

MySourcePoint.org



Aug. 30–Oct. 2, 2021

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 4 p.m. Sept. 3 and 2 p.m.

Sept. 10; closed Sept. 4, 6, Oct. 1.

Registration is required and begins Aug. 23 at MySourcePoint.org/EC or with customer service. All programs take place at SourcePoint, 800 Cheshire Road, Delaware unless otherwise indicated. Programs subject to change.

Scholarships are available and applying is easy! Contact Annette at 740-363-6677 or aleatherman@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

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

FALLS PREVENTION AND BALANCE *SPECIAL EVENT!*

Monday, Sept. 20, 5:30–6:30 p.m.

In support of Falls Prevention Awareness Month, Tim Blecke, physical therapist at Big Walnut Family Physical Therapy, provides insights for falls prevention and balance. Tim graduated from the Ohio State University Physical Therapy Program and is a board-certified Neurological Clinical Specialist.

SENIOR DAY AT THE FAIR & FALLS PREVENTION AWARENESS DAY *SPECIAL EVENT!*

Tuesday, Sept. 21, 9 a.m. to 1 p.m., Delaware County

Fairgrounds, 236 Pennsylvania Ave., Delaware, in the Top of the Stretch tent.

Join us for fun and falls prevention, with interactive demonstrations of Zumba, a Matter of Balance, and more. Free falls-risk screenings will be available all morning. Stick around for bingo, visits from farm animals, and more surprises from the fair! Registration not required. Delaware County residents 55+ get free admission to the fair on Sept. 21 with a valid ID.

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, Sept. 23, 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: FIND YOUR PLAN

Tuesday, Sept. 21, 6–8 p.m.

Did you know Medicare beneficiaries should do a plan comparison each year? Learn how to use the Plan Finder Tool on Medicare.gov so you can run your own plan comparison. Bring a complete and current list of medications with you!

MEDICARE: NEW TO MEDICARE

Saturday, Sept. 18, 2–4 p.m., at Unity Community Center, 50A Ross St., Delaware.

Monday, Sept. 13, 10 a.m.–noon, at SourcePoint’s South

Office, 1070 Polaris Parkway, Suite 200, Columbus.

Wednesday, Sept. 22, 6–8 p.m., at SourcePoint, 800 Cheshire.

Saturday, Oct. 2, 10 a.m.–noon, at SourcePoint.

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

MEDICARE: OPEN ENROLLMENT CHECK-UP DAYS

***In-Person:* Mondays, Oct. 18 and Nov. 8, 9 a.m.–2:15 p.m. by appointment.**

***By Phone:* Mondays, Oct. 25, Nov. 1, 15, 22, and Dec. 6, 9 a.m.–2:15 p.m. by appointment.**

Each year, SourcePoint partners with the Ohio Dept. of Insurance and the Ohio Senior Health Insurance Information Program to provide this FREE service to Delaware County residents. During the Medicare Annual Open Enrollment Period, you will be able to meet with an OSHIIP-certified counselor to compare, change, or enroll in the Medicare Part D or Medicare Part C plan that best meets your health insurance needs. ***Please note each appointment is only for one person.*** If there is a second person in your household who needs their Medicare plan reviewed as well, they MUST register for an individual appointment.

If you would like to work with the same counselor as another individual, schedule consecutive appointments. Also note, if you have access to a Medicare Connector through a previous employer, you MUST ENROLL in your Medicare Advantage Plan or Medicare Supplement coverage THROUGH THE CONNECTOR. SourcePoint cannot assist you, as this will cause you to forfeit your health reimbursement account dollars.

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 CONCEPTS

Tuesday, Sept. 21, 2–3 p.m.

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.

CAREGIVER: LIVING BEYOND LOSS

Tuesday, Sept. 14, 2–3 p.m.

Living Beyond Loss provides dynamic support for caregivers

who have lost loved ones. Also available online.

CAREGIVER SUPPORT GROUP

Tuesday, Sept. 14, 9–10 a.m. or 6–7 p.m. at SourcePoint.

Thursday, Sept. 16, 5:30–6:30, at Community Library, 44 Burrer Drive, Sunbury.

Wednesday, Sept. 22, 5:30–6:30 p.m., at SourcePoint's South Office, 1070 Polaris Parkway, Suite 200, Columbus.

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

CAREGIVERS FROM THE HEART

Monday, Sept. 20, 9–10 a.m.

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.

Role Transitions Online Options

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

CAREGIVER CONCEPTS

In addition to the in-person class, this presentation is available at **MySourcePoint.org/caregiver-concepts.**

CAREGIVER: LIVING BEYOND LOSS

Tuesday, Sept. 28, 2–3 p.m.

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

CAREGIVER SUPPORT GROUP

Tuesday, Sept. 28, 10–11 a.m.

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