

My Communicator



A Crisis of Care

The pandemic and a growing population shine a light on the shortage of home-care workers

SEE CRISIS ON PAGE 4

Join us
Thursday, Oct. 7
at 6:30 p.m.
for our virtual
fall fundraiser

The Stories of SourcePoint

Details on back cover.

HEALTH & WELLNESS

Mindfulness for Your Health

The benefits of living moment by moment

Paying attention to what’s going on right this second can be hard. We often spend more time thinking about what’s coming up in the future. Or dwelling on things in the past we can’t change. We can miss out on experiencing the present.

It’s possible to train yourself to focus on the present moment. You become aware of what’s going on inside and around you—your thoughts, feelings, sensations, and environment. You observe these moments without judgment. This is called mindfulness.

“We’re looking at our thoughts and feelings with curiosity, gentleness, and kindness,” explains Dr. Eric Loucks, director of the Mindfulness Center at Brown University.

Mindfulness has its roots in Buddhist meditation. Meditation is a practice that aims to increase awareness of the mind and concentration.

In recent years, mindfulness has become a household term. Mindfulness programs are now commonly found in schools, workplaces, and hospitals.

See MINDFULNESS on page 13



Find us at **MySourcePoint.org** and follow us on



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SourcePoint is the primary resource and starting point for professional expertise, services, and programs for Delaware County adults who want to thrive after 55. SourcePoint is a nonprofit 501(c)(3) organization. Services and programs are supported in part by the local senior services levy, corporate and private donations, sponsorships, grants, the Central Ohio Area Agency on Aging, and United Way of Delaware County.

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IN OUR COMMUNITY

SourcePoint's Virtual Fundraiser Oct. 7

Join SourcePoint, Delaware County's most comprehensive aging services provider, for The Stories of SourcePoint on Thursday, Oct. 7 at 6:30 p.m. This hour-long virtual event, presented by OhioHealth, is the nonprofit organization's annual fundraiser in support of senior services.

The Stories of SourcePoint will spotlight some of the older adults and family caregivers served by the organization, sharing personal stories and the impact of SourcePoint in the community. Tickets are \$75 per person and include a swag bag with a charcuterie or vegetarian appetizer box, dessert, creative experience, gift, and more.

A drive-thru pick-up for the swag bag is available Wednesday, Oct. 6, the day prior to the virtual event, between 4 and 6 p.m. at SourcePoint, 800 Cheshire Road, Delaware. With each event ticket, there is also an opportunity to purchase raffle tickets for a chance to win one of several local restaurant gift cards, each valued at \$20 or more.

Tickets are available through Friday, Oct. 1 online at MySourcePoint.org/stories or at the customer service desk at SourcePoint.

In addition to OhioHealth, SourcePoint's 2021 fall fundraiser is sponsored by First Commonwealth Advisors, Performance Chrysler Jeep Dodge Ram Delaware and IMPACT60, United Church Homes, The Polaris Community, and Willow Brook Christian Communities.

For those who cannot attend the virtual event, donations are welcome at MySourcePoint.org/stories to support the programs and services that help Delaware County adults live well as they age.

SourcePoint is a nonprofit 501(c)(3) organization that provides professional expertise, services, and programs for Delaware County adults who want to thrive after 55. Services and programs are supported in part by the local senior services levy, corporate and private donations, grants, the Central Ohio Area Agency on Aging, and United Way of Delaware County.

Buy your tickets and make your donation today at MySourcePoint.org/stories.

Caregiver SUPPORT GROUP



Conveniently
located at 1070
Polaris Parkway,
Suite 200,
Columbus



Being a caregiver for a loved one takes time, effort, and hard work. And you don't have to do it alone! In SourcePoint's free monthly support groups, family caregivers meet others, share experiences, discover new resources, and ask questions.

When: Fourth Wednesday of each month at 5:30 p.m.

Where: 1070 Polaris Parkway, Suite 200, Columbus.

Register: MySourcePoint.org/caregiver or call 740-203-2399.

Prefer another day or location? Support groups are also available in Delaware, Sunbury, and online.



SourcePoint's caregiver programs are funded in part by the Central Ohio Area Agency on Aging.

Crisis

From page 1

In 1992, when SourcePoint began to offer its services for Delaware County adults 55 and older, it had one primary goal in mind—to help local seniors live safely at home and avoid premature nursing home care and long waitlists.

Nearly 30 years later, SourcePoint and similar organizations around the country are faced with the same challenge—a shortage of home-care workers to help achieve that goal.

Part of the shortage is due to the growing number of baby boomers. According to information in the 2020 census, about 10,000 people per day have turned 65, and all boomers are expected to be at least 65 by the year 2030. Additionally, life expectancy is going up while the birth rate is going down, resulting in fewer people in generations behind the boomers.

According to a Kaiser Health News article, subject experts have been warning about a home-care worker shortage for at least 20 years. The article cites a report from the Urban Institute and Robert Wood Johnson Foundation, the co-author of which said many of the problems identified 20 years ago have only worsened.

Those issues include low wages and benefits, difficult working conditions, and heavy workloads. Add the pandemic to the mix and you have a perfect storm for those involved with providing home care and home-care workers for clients who need them, including SourcePoint.

"The home-care industry for unskilled or non-medical home care, which includes things like bathing, showering,



and homemaking, has historically been undervalued and underpaid in the state and the country," said SourcePoint Quality Assurance Administrator Amelia Tucciarone. "That means razor-thin margins for companies that can't pay staff well. It's been tough, especially in Delaware County."

Tucciarone said it's always been a challenge to find home-care workers, but filling lower-paying jobs—especially in the home-care industry—has become nearly impossible during the pandemic.

"You have places like McDonald's offering jobs starting at \$15 an hour, and other places doing sign-on and retention bonuses. Home-care companies don't have the flexibility to do that," she said. "That's one reason we're seeing the industry being hit as hard as it has. Additionally, the work is typically done by younger females, and many of them were forced out of the job market during the pandemic to take care of their own children. We lost a ton of workers who haven't returned yet."

Returning to home-care work may also hinge on personal safety, as workers wonder whether going into someone's home puts them at increased risk of COVID exposure.

"We'll see what the fall brings, but right now, folks are going home from

hospital stays with no continuum of care in place and we're seeing the highest rate of unfilled referrals that we've ever seen," Tucciarone said. "We are consistently hearing back from providers that they don't have the staffing."

SourcePoint's director of client services, Karen Waltermeyer, said the rate of unfilled referrals for the year to date through June was 21%, and 60% for June alone, far exceeding SourcePoint's target rate, which is always less than five percent.

Holly Novak, branch manager for Interim HealthCare, an in-home provider that works with SourcePoint to provide care workers for clients, spoke about the shortage of workers during state budget testimony before the Ohio House of Representatives in March of this year.

"Sadly, I am aware of all too many employees that left home care, what they loved to do, in order to access a more livable wage," Novak said in her testimony. "Health care and home care in particular are not keeping pace—we just can't with the current reimbursement structure."

"I've been part of the home-care community for more than 30 years and I currently manage home-care offices in Delaware, Union, and Marion

To read the Kaiser Health News article on this nationwide problem, see **page 20**.

counties," Novak continued. "In 2020, we served 340 clients with 65 direct care employees. In our Marysville office, in all of 2020, we hired four employees. In the same year, we lost 15 employees for a variety of reasons, though many attribute their decision to a better wage, away from home care."

Tucciarone said the fall months should provide SourcePoint with a better idea of whether home-care workers are returning.

"The first thing we were waiting to see is when Ohio opted out of the additional unemployment benefits. That just happened toward the end of June," she said. "Now folks are getting the credit for their children, so we don't know what type of impact that will have. We're probably looking at September and the report we'll do in October to show whether people are coming back."

The impact of the worker shortage trickles down to the clients and their families. Stephen Darke is the owner of Assisting Hands, another in-home care provider that works with SourcePoint. He said it isn't unusual to speak with prospective clients who have tried more than 10 companies for care with no luck.

"Having to say no to people who are in need is very hard to do and very stressful on our staff," Darke said.

"We are seeing more people come to us and want the care, and we're trying now to moderate their expectations," Waltermeyer said. "We have not stopped

sending referrals, but we are trying to be realistic. It may be several weeks before you can get the service you need now."

In her House testimony, Novak said, "We regularly hear that providers just aren't accepting referrals in our area. It's an awful feeling to know the need and not have the capacity to respond."

In some cases, clients working with SourcePoint end up having a family member assist if they can't get an in-home care worker.

"That puts more stress on the family caregiver, and it means losing the case manager here who can help the client navigate other areas of aging," Tucciarone said. "We had a lot of people pull back from home care

when the pandemic started because they didn't want to have people in their home. But as things get back to normal we are unable to provide the support to these caregivers, and the caregivers are reaching their breaking point."

A bright spot

If there's a silver lining to all of these challenges faced by the home-care industry, Darke said it could be the increased awareness of the worker shortage, which leads home-care companies and organizations—and those who work with them—to evaluate how they operate and how things could be changed.

"The biggest changes for us have been in how we hire and how we accept new clients," Darke said. "Hiring has become the most important function in our company, and we have increased our efforts in this area. We have tripled our hiring budget in the past year and are spending money with various job boards. There are also some community-based initiatives to get the word out, like this article."

See *HOME CARE* on page 6

MAKE YOURSELF AT HOME



Whether you're at **Ohio Living Sarah Moore** for assisted living, long-term nursing care, or short-term rehabilitation, one thing remains the same – we don't believe that you're living in our facility. We believe that we're working in your home.

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Home Care

From page 5

"We've changed the way we do our job in that nearly every aspect of our job includes a focus on recruitment and retention," said Novak. "We've shifted resources at every level to bridge the gap in needed workforce."

Tucciarone said SourcePoint is seeing an increase in reimbursement rates and has other things in the works with its provider networks that are meant to lead to higher wages being passed on to the home-care worker. SourcePoint also is taking this opportunity to let the community know that the paycheck is not the only rewarding thing about being a home-care worker.

"This is a job that is more than just a job. It can bring something that feels a little more valuable, and we're trying to educate the community on that," Tucciarone said. "If people aren't being cared for in their homes, they are in nursing homes. We want to create a better understanding of how important this work is to prevent unnecessary nursing home placement."

Part of increasing the number of home-care workers is bringing those new to the position into the field. To be a homemaker aide for SourcePoint, you need only to have a high school diploma or GED; the agency for which you work will do the training.

"You can come in as a homemaker aide and get enough experience to do more of the hands-on care that requires more training," Tucciarone said. "And our providers can offer an advancement opportunity after a couple of years."

What does the future hold?

The home-care crisis didn't happen overnight and won't be solved overnight. But those working closest to the situation have advice for getting through it one day at a time, whether you're the one providing the care or receiving it.

"My advice to anyone seeking care right now is to be very flexible in the time of day, day, or week you will be willing to have service," Darke said.

"We are not scheduling you into a blank calendar; we are trying to shoehorn you into a schedule that is already full. If you are not flexible, your options will be limited, potentially down to no options at all."

"In the long-term, efforts to connect with those who are looking to make a difference in their careers are key," Novak said, adding that could include finding workers who are pursuing a second career or who are looking for a more flexible part-time work schedule.

"Flexibility has always been a bonus in home care, and if we can couple that with an improved wage, we may expand our workforce again."

Looking ahead, Darke said while he is hopeful that there will be an increase in the number of available home-care workers in the months ahead, that will address only the immediate need.

"Unfortunately, when the pandemic finally disappears I don't think we are out of the woods because the pandemic primarily affects the short-term supply of labor," he said. "The long-term situation needs to be handled by convincing more health care companies to cover home-based care services, especially with Medicare and Medicare advantage. There has been some movement here, but there needs to be more."

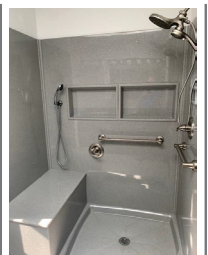
Darke said he'd like to see the health insurance industry cover home-based care services more than it does currently.

"After all, it's less expensive than facility-based care and has better outcomes," he said.

Despite the obstacles faced by those in the home-care industry, Waltermeyer said one critical point has emerged—hopefully, for good.

"This has put more of a spotlight on how important these workers are," she said.

Jeff Robinson is a feature writer for SourcePoint's My Communicator.



Your One Stop Shop For Home Medical Equipment!

884 Stratford Road Delaware, Ohio 43015

Are you interested in a home-care position?
See a list of the SourcePoint providers
currently hiring on **page 19**.

IN OUR COMMUNITY

Armin Rahmanian Named President OhioHealth Dublin Methodist and Grady Memorial Hospitals

OhioHealth Dublin Methodist Hospital and OhioHealth Grady Memorial Hospital announced Armin Rahmanian, MHA, has been named president. Rahmanian replaces Steve Bunyard who retired in August.

Rahmanian joins OhioHealth with an extensive background in health care administration. He previously worked for The Ohio State University (OSU) Wexner Medical Center, where he served as the chief operating officer of the Richard M. Ross Heart Hospital and associate executive director for University Hospital. During his 17 years at OSU, he held a position on the senior leadership team responsible for operations, including support services and strategic direction.

"I am very excited to be joining the OhioHealth family," Rahmanian said. "I believe the best way to continue the excellent reputation of both Dublin Methodist and Grady Memorial built under the tremendous leadership of Steve Bunyard is to be committed to exceptional patient care. My commitment is to take our strong culture to another level, and doing that through collaboration with leaders, associates, and physicians. Patients and families will get our best each day, our teams will get my best, and I'm ready for our journey in Dublin and Delaware together."

Rahmanian has another connection to OhioHealth. His wife Shiva Rahmanian, MD, is a pulmonary and critical care physician at OhioHealth Grant Medical Center. They are members of the Dublin community where they live with their two children.

He is active in the community and recently finished a term with the Crohn's and Colitis Foundation as president for the central Ohio board, joining the national board for that organization. He has been involved with Dublin City Schools and various Dublin youth sports programs over the years.

As Rahmanian moves into his new role, long-time Dublin Methodist and Grady Memorial Hospital president Steve Bunyard retired in August.

Bunyard was a member of the OhioHealth family for almost 20 years and has more than 35 years of health care experience. He had been president at Dublin Methodist and Grady Memorial since 2015.



Prior to his role as president, he served as chief operating officer of Dublin Methodist and Grady Memorial, and before that, served in other leadership roles, including chief operating officer of the OhioHealth Physician Group, vice president of operations at OhioHealth Doctors Hospital, and director of Medical Staff Services at OhioHealth Riverside Methodist Hospital.

"A leader is only as good as the team," Bunyard said. "During my time at OhioHealth, I have been beyond lucky to have a wonderful team around me. Dublin Methodist and Grady Memorial will always have a very special place in my heart. We have done great work, and I couldn't be prouder of where we are. I know Armin will take what is already a pair of wonderful hospitals and bring a new voice further cementing OhioHealth as the place people want to come for care, and where people want to work."

During his time as president, Dublin Methodist and Grady Memorial consistently excelled in all quadrants of the balanced scorecard, receiving numerous quality and safety recognitions, including Watson Health Top 100 Hospitals and Leapfrog Safety Scores. In addition, Bunyard led his teams in several expansion and modernization projects at both Dublin Methodist and Grady Memorial, including:

- Dublin Methodist surgery expansion.
- Dublin Methodist women's health, labor, and delivery expansion.
- Grady Memorial surgery and imaging expansion and modernization project.
- Cancer services expansion at the OhioHealth Delaware Medical Campus.
- Dublin Cancer Center.

Bunyard is very active in the community, serving on the United Way of Delaware County board and on several joint venture boards for OhioHealth, and he's built positive and lasting relationships with Dublin and Delaware community partners.

Based in Columbus, Ohio, OhioHealth is a nationally recognized, not-for-profit, charitable, health care outreach of the United Methodist Church. For more information, visit ohiohealth.com. OhioHealth has been SourcePoint's health and wellness partner since 2014.

HEALTH & WELLNESS

Your Healthiest Self: Wellness Toolkits

Each person's "healthiest self" is different. We have different bodies, minds, living situations, and people influencing our lives. Each area can impact your overall health. This means we each have a unique set of health needs. Use NIH Wellness Toolkits to find ways to improve your well-being in any area you'd like. For more wellness details, go to nih.gov/wellnesstoolkits.



Your Surroundings

What surrounds you each day in your home, work, or neighborhood and the resources available to you can affect your health. Here are some tips to make your environment safer:

MAKE YOUR HOME HEALTHIER

Take a look around your home. Do you know what's in your household goods and products? Some chemicals can harm your health if too much gets into your body. Becoming aware of potentially harmful substances and clearing them out can help keep you healthy.

To reduce toxic substances in your home:

- ☐ Clean with non-toxic products.
- ☐ Dust using a damp rag.
- ☐ Use a wet mop to clean floors.
- ☐ Vacuum with a HEPA filter.
- ☐ Open a window or use a fan to improve air circulation when you're cleaning.
- ☐ Have a good ventilation system.
- ☐ Wash your hands often.

GUARD AGAINST COLD WEATHER

The frosty air of winter can be invigorating. But cold air can also pose threats to your health, whether you're indoors or outside. Learn to recognize the signs of your body temp dropping too low, and take steps to keep yourself and your family warm and safe during the chilly season.

To guard against the cold:

- ☐ Dress in layers.
- ☐ Cover up with blankets.
- ☐ Wear a jacket with a water- and windproof outer shell.
- ☐ To keep warm at home, wear socks, slippers, and a hat.
- ☐ Set your heat at 68° or higher when it's cold outside. To save on heating bills, close off rooms you're not using.
- ☐ If you need help paying your heating bills, you may qualify for an energy assistance program.

REDUCE YOUR ALLERGIES

A change in season can brighten your days with vibrant new colors. But blooming flowers and falling leaves can usher in more than beautiful backdrops. Airborne substances that irritate your nose can blow in with the weather. When sneezing, itchy eyes, or a runny nose suddenly appears, allergies may be to blame.



To reduce allergies:

- ☐ Avoid going outdoors when you're having allergies.
- ☐ If you go outside, wash your hair and clothing when you come in.
- ☐ Keep humidity levels low in the home.
- ☐ Avoid upholstered furniture and carpets.
- ☐ Wash your bedding in hot water once a week.
- ☐ Vacuum the floors once a week.
- ☐ Talk with your doctor about medications and shots.

AIR QUALITY AND YOUR HEALTH

The combination of high temperatures, pollution, and airborne particles can brew up an unhealthful mixture in the air, just waiting to enter your lungs. This can make it hard to breathe and sap your energy. But air pollution can also occur inside—in homes, offices, or even schools. If you're regularly exposed to high levels of unhealthy air, the health consequences can linger for months or years.

To reduce the effects of poor quality air:

- ☐ Avoid outdoor activities in the afternoons on warmer days, when the risk of air pollution is highest.
- ☐ Avoid strenuous outdoor activities if the air is polluted. Check your region's air quality index at airnow.gov.
- ☐ Reduce pollutants in your home. Don't let anyone smoke in your home. Avoid burning candles, incense, or wood fires. Run fans or open a window when cooking. Use a vacuum with a HEPA filter.



Your Feelings

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:

BRIGHTEN YOUR OUTLOOK

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times.

To develop a more positive mindset:

- ☐ Remember your good deeds.
- ☐ Forgive yourself.
- ☐ Practice gratitude. Create positive emotions by being thankful every day.
- ☐ Spend more time with your friends.
- ☐ Explore your beliefs about meaning and purpose of life.
- ☐ Develop healthy physical habits.

STRENGTHEN SOCIAL CONNECTIONS

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health—both emotionally and physically. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.



To build healthy support systems:

- ☐ Build strong relationships with your kids.
- ☐ Get active and share good habits with family and friends.
- ☐ If you're a family caregiver, ask for help from others.
- ☐ Join a group focused on a favorite hobby, such as reading, hiking, or painting.
- ☐ Take a class to learn something new.
- ☐ Volunteer for things you care about in your community, like a community garden, school, library, or place of worship.
- ☐ Travel to different places and meet new people.

GET QUALITY SLEEP

To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your well-being. When you're tired, you can't function at your best. Sleep helps you think more clearly, have quicker reflexes, and focus better. Take steps to make sure you regularly get a good night's sleep.



To get better quality sleep:

- ☐ Go to bed and get up each day at the same time.
- ☐ Sleep in a dark, quiet place.
- ☐ Exercise daily.
- ☐ Limit the use of electronics.
- ☐ Relax before bedtime.
- ☐ Avoid alcohol before bedtime and stimulants like caffeine or nicotine.
- ☐ Consult a health care professional if you have ongoing sleep problems.

COPE WITH LOSS

When someone you love dies, your world changes. There is no right or wrong way to mourn. Although the death of a loved one can feel overwhelming, most people can make it through the grieving process with the support of family and friends. Learn healthy ways to help you through difficult times.

To help cope with loss:

- ☐ Take care of yourself.
- ☐ Talk to a caring friend.
- ☐ Try not to make any major changes right away.
- ☐ Join a grief support group.
- ☐ Consider professional support.
- ☐ Talk to your doctor if you're having trouble with everyday activities.
- ☐ Be patient. Mourning takes time.

Wellness toolkits continue on the next page...



Your Body

Positive physical health habits can help decrease your stress, lower your risk of disease, and increase your energy. Here are tips for improving your physical health:

GET ACTIVE

Sedentary behavior has been linked to many medical problems. Moving more and sitting less can have major health benefits. Experts recommend adults get at least 150 minutes of moderate physical activity a week. You can benefit from even a little activity at a time. Every minute counts when it comes to movement.

To increase your activity:

- ☐ Take the stairs instead of the elevator.
- ☐ Walk on a treadmill while watching TV or stand while using your computer.
- ☐ Try an online exercise class to stay active from home.
- ☐ Set an alarm to go off every hour as a reminder to move around.
- ☐ Have small weights in your office or home for doing arm exercises.
- ☐ Take a walk on your lunch breaks.

FIND A HEALTHY WEIGHT

Keeping your body at a healthy weight may help you lower your risk of heart disease, type 2 diabetes, and certain types of cancer that can result from being overweight or obese. Take charge of your weight and your health.



To reach your weight loss goals:

- ☐ Eat smaller portions.
- ☐ Eat colorful vegetables each day.
- ☐ Choose whole grains.
- ☐ Go easy on sugar, fats, and oils.
- ☐ Stick with activities you enjoy.
- ☐ Go for a brisk walk, ride a bike, or do some gardening.
- ☐ Do strengthening activities.
- ☐ Get active for just 10 minutes, several times a day. Every little bit counts!
- ☐ Keep a food and physical activity diary.
- ☐ Be realistic and aim for slow, modest weight loss.

EAT A HEALTHY DIET

We make dozens of decisions every day. When it comes to deciding what to eat and feed our families, it can be a lot easier than you might think to make smart choices. A healthy eating plan not only limits unhealthy foods, but also includes a variety of healthy foods. Find out which foods to add to your diet and which to avoid.



To eat a healthier diet:

- ☐ Eat a variety of foods—vegetables, fruits, whole grains, beans, nuts, seeds, lean meat, seafood, eggs, milk, yogurt, and cheese.
- ☐ Limit foods low in vitamins and minerals.
- ☐ Cut down on sugar.
- ☐ Replace saturated fats in your diet with unsaturated fats. Use vegetable oils instead of butter, meat fats, or shortening.
- ☐ Get more fiber.
- ☐ Choose more complex carbs, like whole grain breads, starchy vegetables, or legumes.
- ☐ Watch out for foods high in salt.

BUILD HEALTHY HABITS

We know that making healthy choices can help us feel better and live longer. Maybe you've already tried to eat better, get more exercise or sleep, quit smoking, or reduce stress. It's not easy. But research shows how you can boost your ability to create and sustain a healthy lifestyle.

To build healthy habits:

- ☐ Plan. Set realistic goals.
- ☐ Change your surroundings. Remove temptations.
- ☐ Ask for support.
- ☐ Fill your time with healthy activities.
- ☐ Track your progress.
- ☐ Imagine the future.
- ☐ Reward yourself.
- ☐ Be patient. Improvement takes time, and setbacks happen. Focus on progress, not perfection.



Your Relationships

Positive social habits can help you build support systems and stay healthier mentally and physically. Here are some tips for connecting with others:

GET ACTIVE TOGETHER

Where you live, work, or go to school can have a big impact on how much you move and even how much you weigh. Being active with others in your community can have a positive effect on your health habits and create opportunities to connect. You can help your community create ways to encourage more physical activity.

To help make a more active community:

- ☐ Start a walking group with friends.
- ☐ Drive the speed limit and yield to people who walk.
- ☐ Consider joining an exercise group.
- ☐ Participate in local planning efforts to develop walking paths, sidewalks, and bike paths.
- ☐ Try different activities!

BUILD HEALTHY RELATIONSHIPS

Strong, healthy relationships are important throughout your life. They can impact your mental and physical well-being. As a child you learn the social skills you need to form and maintain relationships with others. But at any age you can learn ways to improve your relationships. It's important to know what a healthy relationship looks like and how to keep your connections supportive.



To build healthy relationships:

- ☐ Share your feelings honestly.
- ☐ Ask for what you need from others.
- ☐ Listen to others without judgment or blame. Be caring and empathetic.
- ☐ Disagree with others respectfully. Conflicts should not turn into personal attacks.
- ☐ Avoid being overly critical, angry outbursts, and violent behavior.
- ☐ Expect others to treat you with respect and honesty.
- ☐ Compromise. Try to come to agreements that work for everyone.
- ☐ Protect yourself from violent and abusive people. Set boundaries with others. Decide what you are and aren't willing to do. It's okay to say no.
- ☐ Learn the differences between healthy, unhealthy, and abusive ways of relating to others. Visit thehotline.org/healthy-relationships/relationshipspectrum.

MAKE CONNECTIONS

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health. Whether with family, friends, neighbors, romantic partners, or others, social connections can influence our biology and well-being. Look for ways to get involved with others.

To find new social connections:

- ☐ Join a group focused on a favorite hobby.
- ☐ Take a class to try something new.
- ☐ Try yoga, tai chi, or another new physical activity.
- ☐ Join a choral group, theater troupe, band, or orchestra.
- ☐ Help at a community garden or park.
- ☐ Volunteer at a school, library, or hospital.
- ☐ Participate in neighborhood events.
- ☐ Join a local community group.
- ☐ Travel to different places and meet new people.

CARE FOR YOURSELF WHILE CARING FOR OTHERS

Many of us will end up becoming a caregiver at some point in our lives. The stress and strain of caregiving can take a toll on your health. It's important to find ways to care for your health while caring for others. Depending on your circumstances, some self-care strategies may be more difficult to carry out than others. Choose ones that work for you.

To take care of yourself while caring for others:

- ☐ Make to-do lists, and set a daily routine.
- ☐ Ask for help. Make a list of ways others can help. For instance, someone might sit with the person while you do errands.
- ☐ Try to take breaks each day.
- ☐ Keep up with your hobbies and interests when you can.
- ☐ Join a caregiver support group.
- ☐ Eat healthy foods, and exercise as often as you can.
- ☐ Build your caregiver skills. Some hospitals offer classes on how to care for someone with an injury or illness.

Wellness toolkits continue on the next page...



Your Disease Defense

Health screenings, vaccines, and guarding yourself from germs and bugs can help keep you feeling your best. Here are tips to help you better prevent diseases:

GET SCREENED FOR DISEASES

Some screenings can reduce your risk of dying from a disease. But sometimes, experts say, a test may cause more harm than good. Before you get a test, talk with your doctor about the possible benefits and harms to help you decide what's best for your health.

To learn about screening tests, ask your doctor:

- ☐ What's my chance of dying of the condition with and without a screening?
- ☐ What are the harms of the test?
- ☐ How likely are false results?
- ☐ What are possible harms of the test?
- ☐ What's the chance of finding a disease that wouldn't have caused a problem?
- ☐ How effective are the treatment options?
- ☐ What are other ways to decrease my risk?

GUARD AGAINST GERMS

For nearly a century, bacteria-fighting drugs known as antibiotics have helped to control and destroy many of the harmful bacteria that can make us sick. But these drugs don't work at all against viruses, such as those that cause colds or flu. Learn how to protect yourself against germs in the environment.

To block harmful germs:

- ☐ Wash your hands often.
- ☐ If you're sick, make sure your doctor has a clear understanding of your symptoms.
- ☐ If antibiotics are needed, take the full course exactly as directed.
- ☐ Maintain a healthy lifestyle—including proper diet, exercise, and good hygiene.

PROTECT YOUR BODY'S BACTERIA

Microscopic creatures—including bacteria, fungi, and viruses—can make you ill. But what you may not realize is that trillions of microbes are living in and on your body right now. Most don't harm you at all. We tend to focus on destroying bad microbes. But taking care of good ones may be even more important.



To protect good microbes:

- ☐ Eat a diet high in fiber. Fiber is found in fruits, vegetables, and whole grains.
- ☐ Limit foods that can hurt your gut microbes, including sugar and fatty foods.
- ☐ Know when to wash your hands, like when preparing food and before eating.
- ☐ Use hand sanitizer (at least 60% alcohol) when you can't use soap and water.
- ☐ Avoid antibacterial soaps and other products.
- ☐ Be wary of "probiotics." Many are untested.

PROTECT YOURSELF AND EVERYONE ELSE

We share more than food and culture within our homes and communities. We can also spread disease. Luckily, we live in a time when vaccines can protect us from many of the most serious illnesses. Staying current on your shots helps you—and your neighbors—avoid getting and spreading disease.

To stay up-to-date, check on shots for:

- | | |
|---|--|
| <input type="checkbox"/> Bacterial meningitis | <input type="checkbox"/> Influenza (flu) |
| <input type="checkbox"/> Chickenpox | <input type="checkbox"/> Measles, Mumps, and Rubella |
| <input type="checkbox"/> Diphtheria | <input type="checkbox"/> Pertussis (whooping cough) |
| <input type="checkbox"/> Haemophilus influenzae type b | <input type="checkbox"/> Pneumococcal pneumonia |
| <input type="checkbox"/> Hepatitis A and B | <input type="checkbox"/> Rotavirus diarrhea |
| <input type="checkbox"/> Cervical & other cancers caused by HPV | <input type="checkbox"/> Shingles |
| | <input type="checkbox"/> Tetanus |

Learn more about SourcePoint's services and programs that may help you improve your wellness as you age at MySourcePoint.org.

Mindfulness

From page 1

Mindfulness can involve a sitting meditation that's practiced in a quiet space. In this practice, you focus on your breathing or sensations in your body. If your mind wanders—like thoughts popping in about things you need to do—you try to return your mind to the present moment.

But mindfulness doesn't have to be done sitting still or in silence. You can integrate the practice into things you do every day, like walking or eating. You can also be mindful while interacting with others.

Health Benefits of Mindfulness

Studies suggest that focusing on the present can have a positive impact on health and well-being.

Mindfulness-based treatments have been shown to reduce anxiety and depression. There's also evidence that mindfulness can lower blood pressure and improve sleep. It may even help people cope with pain.

"For many chronic illnesses, mindfulness meditation seems to improve quality of life and reduce mental health symptoms," says Dr. Zev Schuman-Olivier of Harvard University.

One of the first mindfulness-based therapies was used for depression. Many studies have shown that it can be effective for some people.

Mindfulness appears to help with depression in two ways. First, it helps you develop the ability to stay grounded in the present, explains Dr. Sona Dimidjian of the University

of Colorado Boulder. She studies the use of mindfulness-based treatments to prevent relapse of depression, including among pregnant women.

With depression, "your attention can get hijacked into the past or future," she explains. You spend time focusing on past negative experiences or worrying about things to come.

Second, mindfulness can help you "de-center" from such thoughts. "It's like being able to sit on the riverbank and watch thoughts floating by like leaves on a stream," Dimidjian says. "Developing the skill of mindfulness can help stop you from being pulled into any one thought and carried down the stream. People often experience thoughts like, 'nothing ever works out for me,' or 'it's always going to be this way.' Over time, and with practice, you can develop the ability to stand back from these painful thought patterns."

Researchers are now studying whether mindfulness training can help with a variety of other conditions, including PTSD, eating disorders, and addiction.

Schuman-Olivier is looking at whether mindfulness can help reduce anxiety among people being treated for opioid use. This could help prevent relapse.

Developing Healthy Habits

Being mindful may also help you make healthier choices. Loucks' team at Brown created an eight-week mindfulness program for people with high blood pressure.

They studied whether the program increased participants' awareness of their habits. This included how they ate. The study found participants chose a healthier diet after taking the course.

You can bring mindfulness to your eating habits, too. Studies suggest that it can help reduce binge eating and emotional eating. Paying closer

attention to your body can help you notice signals that you're full and help you better enjoy your food.

This body awareness seems to be one part of how mindfulness helps people adopt healthier habits. If you've just eaten a jelly donut, you may be more likely to notice an unpleasant sugar crash, Loucks explains. Remembering this can help you make better food choices in the future.

This goes for positive feelings, too. "With physical activity, just about everybody feels better afterwards. So, with mindfulness training we're aware of it improving our mood...

See MOOD on page 14

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Mood

From page 13

"and then we can use that reward to actually train ourselves," Loucks says.

Mindfulness may also help with setting a goal. "We can place our mind on being more active or eating more fruits and vegetables. And if we place our intention there, it may be more likely that we're going to carry through and make it happen," Loucks explains.

Learning to be Mindful

If you want to practice mindfulness, there are many online programs and apps. But they're not all created equal. Experts suggest looking for resources from medical schools and universities. Check to see if they're evidence-based.

Dimidjian's team developed an eight-week self-guided online mindfulness program. Her studies showed that the

program helped reduce symptoms of depression more than a standard treatment alone.

"If you end up having difficulty with an app, though, don't take it personally or think that you're somehow bad at mindfulness, or it's not meant for you," Schuman-Olivier says. You can also try finding a teacher or someone with the skills to guide you in mindfulness training.

And just like any skill, mindfulness takes practice. "Just because something is simple, doesn't mean that it's easy," Dimidjian says.

Mental training can take time and dedication. Aim for a few minutes of mindfulness each day to start.

A body scan meditation can be a good way to connect with your body. It helps make you aware of how your body feels as you mentally scan from head to toe.

Start in a comfortable position with your eyes closed. Take several deep breaths. Then, notice your feet. How do they feel?

Let your scan travel up your body—legs, stomach, arms, hands, neck, and finally, head. Notice any sensations or discomfort. Try not to change or judge these feelings—you're simply checking in. Doing body scans on a regular basis can help increase mindfulness.

For more tips on practicing mindfulness, see the helpful boxes on the next page.

Source: NIH News in Health. Read more at [news.nih.gov](https://www.news.nih.gov).

Depression Bipolar Disorder Anxiety OCD Depression Schizophrenia Anxiety Panic Disorder Depression PTSD Anxiety

Depression Dissociative Identity Disorder ADHD Dissociative Identity Disorder

ADHD Mood Disorders

Mood Disorders PTSD

PTSD Panic Disorder

Anxiety Bipolar Disorder Depression OCD Anxiety Schizophrenia Depression Panic Disorder Anxiety PTSD Depression



Do you feel helpless because your adult child or spouse is struggling with depression, anxiety or other mental health conditions?

Do you need help because you are experiencing depression, anxiety, or other mental health conditions?

NAMI Support Groups help you and your family members.

1 in 3 people report symptoms of Anxiety and Depression.

You Are Not Alone.


National Alliance on Mental Illness | Delaware & Morrow Counties
Celebrating 20 Years!

Call 740-815-1767

A schedule of all groups is available at www.NotAloneOhio.org

Funding provided by:

Being Mindful

Becoming more mindful requires practice. Here are some tips to help you get started:

Take some deep breaths. Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.

Enjoy a stroll. As you walk, pay attention to your breath and the sights and sounds around you. If thoughts and worries enter your mind, note them but then return to the present.

Practice mindful eating. Be aware of taste, textures, and flavors in each bite. Listen to when your body is hungry and full.

Do a body scan. Bring your attention to how each part of your body is feeling. This can help you connect with your body.

Find mindfulness resources including online programs and teacher-guided practices. [Mindful.org](https://www.mindful.org) and umsystem.edu/totalrewards/wellness/mindfulness are good places to start.



Managing Stress

Be observant. Recognize signs of excessive stress. These include difficulty sleeping, being easily angered or irritable, feeling depressed, and low energy.

Exercise regularly. Just 30 minutes per day of walking can help boost your mood and reduce stress.

Schedule regular times for a relaxing activity. Activities that use mindfulness or breathing exercises, such as meditation, yoga, or tai chi, may help.

Get enough sleep. Adults need about 7 or more hours of sleep per night.

Set goals and priorities. Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you’re taking on too much.

Build a social support network. Stay connected with people who can provide emotional support.

Show compassion for yourself. Note what you’ve accomplished at the end of the day, not what you’ve failed to do.

Seek help. Talk to a health care provider if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope. If you or someone you know is in crisis, call the National Suicide Prevention Lifeline at 800-273-TALK. Or text “HOME” to the Crisis Text Line at 741741.

Medicare Check-Up Days

Each year, SourcePoint partners with the Ohio Dept. of Insurance and Ohio Senior Health Insurance Information Program to provide free open enrollment check-ups. Appointments are available in October and November in-person and by phone.



REGISTER AT [MYSOURCEPOINT.ORG/INSURANCE](https://mysourcepoint.org/insurance) OR CALL 740-363-6677.

New to Medicare?

SourcePoint takes the mystery out of Medicare and empowers you to make sound decisions. Whether you’re becoming eligible for Medicare for the first time, or assisting a loved one with insurance needs, SourcePoint is the place to start! Classes are available in-person and online.

FROM THE SOURCE

The latest news, programs, and resources available at SourcePoint.



Health & Safety Protocols

SourcePoint currently requires masks indoors. We continue to encourage social distancing and health and hygiene best practices.

SourcePoint continues to monitor Delaware County and the surrounding area, and protocols may change at any time. Adjustments are made in consultation with the Delaware Public Health District and CDC guidelines. Visitors should go to MySourcePoint.org/restart for the most up-to-date information.

In-Person & Online Programs

From hundreds of programs available on-site and online at our enrichment center to classes offered at partner organizations in your neighborhood, there's something for everyone!

You can find in-person and online program information at MySourcePoint.org/enrichment. Register online or with customer service.

Health & WELLNESSEXPO

Saturday, Oct. 16, 9 a.m.–noon
800 Cheshire Road, Delaware

*Back to Basics: Jump-Start Your Health
with Preventive Screenings!*

Free for Delaware County adults ages 55+
 COVID safety protocols in place

**Learn more and register at
MySourcePoint.org**



2014-2022 Health & Wellness Partner

OhioHealth



Scholarship Funds Available

There is no annual fee for Delaware County residents ages 55 and older to visit SourcePoint's enrichment center. A free community pass provides access to the center, as well as numerous free programs. Select programs, including some fitness, arts, and education classes, require a fee.

For qualifying individuals, scholarship awards help with program fees, and applying is quick and easy!

For more information, visit the customer service desk at SourcePoint or call 740-363-6677.

Thursday, Nov. 11, 2021

On this Veterans Day, SourcePoint extends our gratitude to all veterans and military personnel for your service, as well as to their families for supporting their loved ones.

Thank you.

Find visitor guidelines and related updates at MySourcePoint.org/restart.

Questions? Call us at 740-363-6677.

NUTRITION

Setting the Table for More Older Adults

Meals on Wheels is a nationwide network of community-based, nonprofit programs dedicated to providing older adults in their communities with the support that enables them to remain living in their own homes, where they want to be. This support is typically a nutritious meal, a friendly visit, and a quick safety check. SourcePoint is the proud Meals on Wheels provider in Delaware County.

Meals on Wheels was created as a partnership between the federal government and the public. The Older Americans Act pays for approximately one-third of Meals on Wheels funding, while local communities and private resources generate the rest.

SourcePoint utilizes several sources to cover the cost of the nearly 250,000 meals we serve each year. It costs an average of \$10 to create and deliver each meal. This total includes raw food cost, labor, packaging, delivery, and administrative costs. SourcePoint receives approximately \$424,035 annually from the Older Americans Act, which provides reimbursement of \$2.75 per meal for just over 154,000 meals. Approximately 5% of our clients have dual coverage under Medicare and Medicaid. These meals are reimbursed at an average of \$7.59 per meal.

With an operating budget of over \$2 million in the nutrition department, it is easy to see that the funding received from the federal government does not come close to covering our costs. The balance is supported by the Senior Services property tax levy and donations.

In addition, SourcePoint's Meals on Wheels program utilizes close to 400 volunteers to assist with meal preparation, delivery, packing, and serving. This allows us to stretch our monetary resources even further to ensure any eligible county residents can receive meals without waiting lists.

Clients are eligible to receive meals if they are at least 55 years of age, are a Delaware County resident, and are unable to prepare meals for themselves or do not have access to a consistent source of food. An individual's ability to pay for meals has no bearing on their eligibility.



Guests who visit our community cafes who are at least 55 and Delaware County residents are also supported by Older Americans Act funding, if a registration form is on file. It is important that each eligible guest have a current registration on file, as it allows us to seek the one-third federal reimbursement.

To support the remaining meal costs, which increase each year, all

Meals on Wheels recipients and cafe guests are invited to make a voluntary contribution. We often suggest a donation of \$4 per meal but recognize some clients may not be able to afford that amount.

The support of our community ensures no senior in need is turned away due to an inability to contribute.



The generous donations from community members support the rapid growth of the older population in Delaware County and ensures that SourcePoint is able to serve more seniors today—and in the future.

When you contribute to SourcePoint's Meals on Wheels program, you're investing in a better life for the older adults in our community. You become our partner not only in providing nutritious meals, but also enabling local seniors to maintain their independence and quality of life.

We are grateful for every donation, regardless of the amount. Moreover, we are grateful for you. You are part of our mission to help our community set a course to live well after 55. Make an impact at MySourcePoint.org/give today.

Karen Pillion is SourcePoint's nutrition program administrator.

AGE-FRIENDLY Delaware County

News for an Age-Friendly Community
Small Steps. Big Impact.



DEMENTIA-FRIENDLY Delaware County

More than 6 million Americans are living with Alzheimer's disease. In Ohio, there are about 220,000 adults 65 and older living with the disease. Here in Delaware County, it's estimated there are 12,000 local people impacted by Alzheimer's disease, including those living with the disease and their caregivers.

That's why this fall, we are proud to introduce Dementia-Friendly Powell.

Our mission is to create a welcoming, inclusive, compassionate community, where people living with dementia and care partners are fully supported and thrive in day-to-day living.

In partnership with Ganzhorn Suites and with the support of Greif, Inc., SourcePoint is piloting the dementia-friendly model in the City of Powell and Liberty Township. This is part of the Age-Friendly Delaware County action plan that seeks to improve outdoor spaces and public buildings.

"Maybe it's offering less-frequented times of day for a restaurant or a special day that people living with dementia, as well as their caregivers, can patronize local businesses and feel welcome and at ease."

We are currently working on business engagement in the Powell area, to equip local organizations to engage with and respond effectively when serving people living with dementia and their care partners.

Get Help. Get Answers. Get Connected.

Statistics show that one in four Americans has a mental health condition. Even more startling, 70% do not seek treatment.

Mental health screenings are a quick way to determine if you or someone you care about may need to reach out to a doctor or mental health professional for an evaluation. They are educational, not diagnostic.

Go to screening.mentalhealthscreening.org.

Local resources can help:



Call 211 or 800-684-2324,
or text helpline to 898211.



**Delaware-Morrow Mental Health
& Recovery Services Board**
Supporting Wellness. Building Hope. Transforming Lives.

Call 740-368-1740 or go to
dmmhrsb.org.

Do You Have Your LifeCard?

A LifeCard stores your latest medical information—including allergies, medications, contacts, and more—all in one safe place. LifeCards help first responders reference important emergency contact and health information. *Because every minute counts!*

Download yours today at
MySourcePoint.org/care
or call 740-363-6677.

VOLUNTEERING

Scenes from a Picnic

In September, SourcePoint held an outdoor picnic in appreciation of its dedicated volunteers.

*Now Hiring!*

Several in-home care providers are seeking professional caregivers to help serve the older adults in our community.

Join this rewarding profession today!



Contact the following about open positions for home health aides and homemakers:

Arcadia HomeCare: Alice Sarkodie
asarkodie@arcadiahomecare.com, 614-846-8209

Assisting Hands: Shawna Malone
smalone@assistinghands.com, 740-868-4089

Care With a Heart: Marissa Vogelpohl
office@advancedseniorsupport, 614-891-7480

Caregiver USA
caregiverusecorp.easyapply.com, 614-408-9939

FirstLight HomeCare: Cindy Maio
614-495-0276, ext. 103

Home Health Connections: Marsha Lee
mlee@hhc-oh.com, 614-839-4545

Home Helpers: Nancy Rogers
58321@homehelpershomecare.com, 740-892-2255

Interim HealthCare: Patrick Blevins
pblevins@interim-health.com, 740-409-0001

Right at Home: Gretchen Brewster
gretchen@rahcolumbus.com, 614-734-1110

Silver Crown: Mark Breker
mark@silvercrownservices.com, 614-407-1231

Visiting Angels: Eileen Huber
ehuber@visitingangels.com, 614-392-2820

Wise Medical Staffing: Sharmella Morgan
smorgan@wisemedicalstaffing, 614-801-2800, ext. 108



Proud Sponsor

Saturday, Oct. 2, 2021

14 W. Winter St., Delaware

Registration at 8 a.m., Ceremony at 9, Walk at 9:30

For more information, contact Jason Abady at 614-643-2130 or jrabady@alz.org.

HOME HEALTH CARE

Seniors Desperate for Home Care

For years, Louise Shackett has had trouble walking or standing for long periods, making it difficult for her to clean her house in southeastern Maine or do laundry. Shackett, 80, no longer drives, which makes it hard to get to the grocery store or doctor.

Her low income, though, qualifies her for a state program that pays for a personal aide 10 hours a week to help with chores and errands.

“It helps to keep me independent,” she said.

But the visits have been inconsistent because of the high turnover and shortage of aides, sometimes leaving her without assistance for months at a time, although a cousin does help look after her. “I should be getting the help that I need and am eligible for,” said Shackett, who has not had an aide since late March.

The Maine home-based care program, which helps Shackett and more than 800 others in the state, has a waitlist 925 people long; those applicants sometimes lack help for months or years, according to officials in Maine, which has the country’s oldest population. This leaves many people at an increased risk of falls or not getting medical care and other dangers.

The problem is simple: Here and in much of the rest of the country there are too few workers. Yet, the solution is anything but easy.

Katie Smith Sloan, CEO of Leading Age, which represents nonprofit aging services providers, says the workforce shortage is a nationwide dilemma. “Millions of older adults are unable to access the affordable care and services that they so desperately need,” she said at a recent press event. State and federal reimbursement rates to

elder care agencies are inadequate to cover the cost of quality care and services or to pay a living wage to caregivers, she added.

President Joe Biden allotted \$400 billion in his infrastructure plan to expand home and community-based long-term care services to help people remain in their homes and out of nursing homes. Republicans pushed back, noting that elder care didn’t fit the traditional definition of infrastructure, which generally refers to physical projects, such as bridges, roads, and such, and the bipartisan deal reached among centrist senators dealt only with those traditional projects. But Democrats say they will insist on funding some of Biden’s “human infrastructure” programs in another bill.

As lawmakers tussle over the proposal, many elder care advocates worry that this \$400 billion will be greatly reduced or eliminated.

But the need is undeniable, underlined by the math, especially in places like Maine, where 21% of residents are 65 and older.

Betsy Sawyer-Manter, CEO of SeniorsPlus in Maine, one of two companies that operate that assistance program, said, “We are looking all the time for workers because we have over 10,000 hours a week of personal care we can’t find workers to cover.”

For at least 20 years, national experts have warned about the dire consequences of a shortage of nursing assistants and home aides as tens of millions of baby boomers hit their senior years. “Low wages and benefits,



hard working conditions, heavy workloads, and a job that has been stigmatized by society make worker recruitment and retention difficult,” concluded a 2001 report from the Urban Institute and Robert Wood Johnson Foundation.

Robyn Stone, a co-author of that report and senior vice president of Leading Age, says many of the worker shortage problems identified in 2001 have only worsened. The risks and obstacles that seniors faced during the pandemic highlighted some of these problems. “COVID uncovered the challenges of older adults and how vulnerable they were in this pandemic and the importance of front-line care professionals who are being paid low wages,” she says.

Michael Stair, CEO of Care & Comfort, a Waterville, Maine-based agency, said the worker shortage is the worst he’s seen in 20 years in the business.

“The bottom line is it all comes down to dollars—dollars for the home care benefit, dollars to pay people competitively,” he said. Agencies like his are in a tough position competing for workers who can take other jobs that don’t require a background check, special training, or driving to people’s homes in bad weather.

“Workers in Maine can get paid more to do other jobs that are less challenging and more appealing,” he added.

His company, which provides services to 1,500 clients—most of whom are enrolled in Medicaid, the federal-state health program for people with low incomes—has about 300 staffers

but could use 100 more. He said it's most difficult to find workers in urban areas, such as Portland and Bangor, where there are more employment opportunities. Most of his jobs pay between \$13 and \$15 an hour, about what McDonald's restaurants in Maine advertise for entry-level workers.

The state's minimum wage is \$12.15 an hour.

Stair said half his workers quit within the first year, a little better than the industry's average 60% turnover rate. To help retain employees, he allows them to set their own schedules, offers paid training, and provides vacation pay.

"I worry there are folks going without care and folks whose conditions are declining because they are not getting the care they need," Stair said.

Medicare does not cover long-term home care.

Medicaid requires states to cover nursing home care for those who qualify, but it has limited entitlement for home-based services, and eligibility and benefits vary by state. Still, in the past decade, states including Maine have increased funding to groups providing Medicaid home and community services—anything from medical assistance to housekeeping help—because people prefer those services and they cost much less than a nursing home.

The states also are funding home care programs like Maine's for those same services for people who don't qualify for Medicaid in hopes of preventing seniors from needing Medicaid coverage later.

But elder care advocates say the demand for home care far outweighs supply.

Bills in the Maine legislature would increase reimbursement rates for thousands of home care workers to ensure they are being paid more than the state's minimum wage.

The state does not set worker pay, only reimbursement rates.

It's not just low pay and lack of benefits that hobbles the hiring of workers, according to experts who study the issue. In addition, home care providers struggle to recruit and retain workers who don't want the stress of caring for people with physical disabilities and, often, mental health issues, such as dementia and depression, said Sawyer-Manter of SeniorsPlus.

"It's backbreaking work," said Kathleen McAuliffe, a home care worker in Biddeford, Maine, who formerly worked as a Navy medic and served in the Peace Corps. She provides homemaker services for a state-funded program run by Catholic Charities. She usually visits two clients a day to help them with chores like cleaning and scrubbing floors, wiping down bathrooms, vacuuming, preparing meals, food shopping, organizing medicines, and getting them to the doctor.

Her clients range in age from 45 to 85. "When I walk in, the laundry is piled up, the dishes are piled up, and everything needs to be put in order.

It's hard work and very taxing," said McAuliffe, 68.

She makes about \$14 an hour. Though the job of taking care of the frail elderly requires broad skills—and training in things like safe bathing—it is generally classified as "unskilled" labor. Working part time, she gets no vacation benefits. "Calling us homemakers sounds like we are coming in to bake brownies," she said.

The homemaker program serves 2,100 Maine residents and has more than 1,100 on a waitlist, according to Catholic Charities Maine. "We can't find the labor," said Donald Harden, a spokesperson for the organization.

The federal government is giving states more dollars for home care—at least temporarily.

The American Rescue Plan, approved by Congress in March, provides a 10 percentage point increase in federal Medicaid funding to states, or nearly \$13 billion, for home and community-based services.

The money, which must be spent by March 2024, can be used to provide personal protective equipment to home care workers, train workers, or help states reduce waiting lists for people to receive services.

For Maine, the bump in funding from the American Rescue Plan will provide a \$75 million increase in funding. But Paul Saucier, aging and disability director at the Maine Department of Health and Human Services, said the money will not make the waitlists disappear, because it will not solve the problem of too few workers.

Joanne Spetz, director of the Health Workforce Research Center on Long-Term Care at the University of California-San Francisco, said throwing more money into home care will work only if the money is targeted for recruiting, training, and retaining workers, as well as providing benefits and opportunities for career growth. She doubts significant improvements will occur "if we just put money out there to hire more workers."

"The problem is the people who are in these jobs always get the same amount of pay and the same low level of respect no matter how many years they are in the job," Spetz said.

Source: Phil Galewitz, Kaiser Health News. Read more at [khn.org](https://www.khn.org).



IN OUR COMMUNITY

Manos, Martin Welcomes Pollock

Manos, Martin & Pergram Co., LPA, a law firm with offices in Delaware and Galena, Ohio, is pleased to announce that Stacy Pollock joined the firm as an "Of Counsel" Attorney.

Stacy received her B.A. from Wittenberg University and her J.D. from Chicago-Kent College of Law, Illinois Institute of Technology in 2005 and began practicing law in 2006. She concentrates in several areas of practice, is certified as a specialist in labor and employment law by the Ohio State Bar Association, and advises clients on all aspects of human resources, employment, and labor, both public and private sectors. In the education law area, she provides support for school administration on educational or professional matters including employment and student disciplinary matters. In the workers' compensation area, she represents clients before the Industrial Commission and in judicial appeals of workers' compensation cases.



Attorney Pollock is admitted to practice law by the State of Ohio Supreme Court, Commonwealth of Kentucky Supreme Court, U.S. Supreme Court, the U.S. Sixth Circuit Court of Appeals, the U.S. Southern District of Ohio, and the U.S. Northern District of Ohio. Her professional accomplishments have earned her numerous recognitions, including Ohio Super Lawyer, Employment Law (2021), "Rising Star" Ohio Super Lawyers, Employment Law (2014-2020), and most notably, recognition by Best Lawyers in America in Education Law.

Manos, Martin & Pergram Co., LPA is the result of the 1990 merger of Peter J. Manos Co., LPA, formed in Delaware, Ohio in 1951, and Martin & Eichenberger, formed in Columbus, Ohio in 1975. The firm specializes in employment law, real estate, business legal services, school law, estate planning and administration, and civil litigation.



The Polaris Community is here for you with **vibrant 55+ independent living**. Should you need assistance we also offer:

- Service Coordination
- UCH Cares, personal support services

"We are more than an apartment building. The Polaris Community offers community, connection and wellbeing."

Tracy Brannon, Executive Director



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Join Grace Clinic Delaware for this **FREE**, fun, walking program. What better way to start the spring season than making strides toward a healthier lifestyle?

Every 2nd and 4th Tuesday of the Month
10:00am – 11:00am
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Everyone is welcome!

At the Walk, you will:

- Learn about important health topics
- Have your questions answered by local physicians
- Build new friendships
- Enjoy an informal, relaxed and fun walk at your own pace

Questions?
740-816-6955
Graceclinicweb.org



CREATIVE WRITING

Every 17 Years

They've gone. The loud drone that has dominated the soundscape outside my condo and everywhere at Highbanks Metro Park has silenced. Brood X or the 17-year cicadas have returned to their underground home, or more correctly, the offspring of the latest emergence have. There they will stay until 2038. I'll be 96 then. I wonder if I'll still be around and active enough to experience them then.



That thought occurred to me as I was beginning a hike along the overlook trail with the woods full of the cicadas' song and the large, clumsy insects bumping into me as I walked. Seventeen-year cicadas are not very skilled flyers.

As I walked, I recalled the last emergence in 2004. That was the year I was in contract for my new condo. Building was just beginning in the early summer, and I made numerous trips up Route 23 to monitor progress and to complete paperwork and select interior design features. I remember driving through swarms of cicadas on my way to the builder's office on Orange Road.

Given all the soil disruption caused by the subsequent development I didn't expect to see much local activity this year. But they came. Noisy and flying erratically, out of the tree line on our southern boundary.

So where was I and where were the cicadas 17 years before that, in 1987? I was living in the townhouse at Rittenhouse Square and Mum came for a visit in May. Her last. She was 81 then and lived to be 94 but she never flew across the Atlantic again. Now that I am nearly that age I understand why. I have no memory of 17-year cicadas featuring in the news that spring. But that was before the internet and social media. And with a job, a lot of social activity, and a visitor to occupy my attentions I may have missed any news items on the cicada emergence.

I do recall a memorable experience from 17 years before, in 1970. I had only been in Columbus for two years and hadn't even considered becoming an American. I was still in discovery mode about what would become my new home. And I discovered the cicadas.

I was driving my newly acquired, but well used, Buick Special convertible along East North Broadway when I became aware of a loud and upsetting noise. I panicked, thinking something awful had happened to my car, and pulled off the street to stop. But the noise continued after I shut down, so it wasn't the car. Sighing thankfully, I gazed around trying to work out what had caused my panic and realized the noise was in the big, mature oaks that lined the street. I am pretty sure I hadn't encountered the cicadas of summer before that. I can't be sure these were the part of a 17-year emergence but the year, the season, and the landscape fit.

Fifty-one years later I am a much more fully educated American enjoying a rare natural phenomenon and hoping to be around for the next emergence.

Erica Scurr is a participant at SourcePoint's enrichment center.

Writers Block

There was an old lady
who was a writer
She wrote essays and poems
and some things brighter

Then her words began to sputter
refused to come to mind
Those that came made no sense
sometimes they even rhymed

So she pulled up her bootstraps
and tugged on her socks
to battle that demon
known as writers block

She wrestled with sentences
with her pen kept fighting
'til she broke through that block
and kept on writing

She wrote short stories
even started a novel
She just kept writing
'til she finished that novel

This lesson she learned
if you find yourself blocked
just keep on writing
until you're unlocked.

Judy Titus is a participant at SourcePoint's enrichment center.

HEALTH & WELLNESS

What's New for the Flu in 2021-2022

Why should people get vaccinated against flu? Influenza is a potentially serious disease that can lead to hospitalization and sometimes even death.

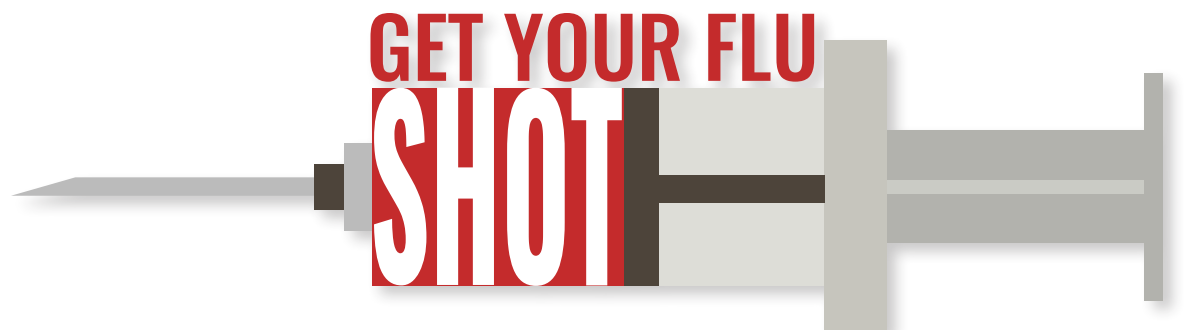
Every flu season is different, and influenza can affect people differently, but millions of people get flu every year, hundreds of thousands of people are hospitalized, and thousands to tens of thousands of people die from flu-related causes every year.

Flu can mean a few days of feeling bad and missing work or it can result in more serious illness. Complications of flu can include bacterial pneumonia, ear infections, sinus infections, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

An annual seasonal flu vaccine is the best way to help protect against flu. Vaccination has been shown to have many benefits including reducing the risk of flu illnesses, hospitalizations and even the risk of flu-related death in children. While some people who get a flu vaccine may still get sick, flu vaccination has been shown in several studies to reduce severity of illness.

Who should vaccinate? Everyone 6 months of age and older should get an influenza vaccine every season with rare exception. CDC's Advisory Committee on Immunization Practices has made this recommendation since the 2010-2011 influenza season.

Vaccination to prevent flu and its potentially serious complications is particularly important for people who are at higher risk of developing serious flu complications.



When is the best time to get my influenza vaccine? September and October are generally good times to be vaccinated. Ideally, everyone should be vaccinated by the end of October.

A few things are different for the 2021-2022 flu season, including:

The composition of flu vaccines has been updated. There are many different flu viruses, and they are constantly changing. The composition of U.S. flu vaccines is reviewed annually and updated as needed to match circulating flu viruses. This season, all flu vaccines will be designed to protect against the four viruses that research indicates will be most common. Each year, the Food and Drug Administration's Vaccines and Related Biological Products Advisory Committee makes the recommendation for the flu vaccine composition for US flu vaccines.

All flu vaccines will be quadrivalent, meaning designed to protect against four different flu viruses, including two influenza A viruses and two influenza B viruses.

For many years, flu vaccines were designed to protect against three different flu viruses: an influenza A(H1N1) virus, an influenza A(H3N2) virus, and one influenza B virus, even though there are two different lineages of B viruses that circulate during

most seasons. Adding a B virus from the second lineage was done to give broader protection against circulating flu viruses.

Like all seasonal flu vaccines, vaccines that protect against four flu viruses are monitored annually for their safety and effectiveness.

Quadrivalent vaccine cannot cause flu illness because they contain 'inactivated' (killed) virus, attenuated (weakened) virus, or are made using recombinant methods that don't use flu virus in the manufacturing process.

Flu vaccines and COVID-19 vaccines can be given at the same time.

Source: Centers for Disease Control and Prevention. Read more at [cdc.gov](https://www.cdc.gov).

Get your flu shot at your local pharmacy or go to delawarehealth.org/immunizations to make an appointment.

Caregivers from the *Heart*

Meets at SourcePoint
1st and 3rd Mondays at 9 a.m.

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Join our newest caregiver group!

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★★★★★

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www.sexton-dental.com

NUTRITION

Heart-Healthy Fall Recipes

Turkey Stuffed Cabbage

INGREDIENTS

1 head cabbage
½ pound 99% fat-free ground turkey
½ pound lean ground beef
1 small onion, minced
1 slice stale whole-wheat bread, crumbled
1¼ cup water, divided
⅛ teaspoon ground black pepper
1 can (16 ounce) no-salt-added diced tomatoes
1 small onion, sliced
1 medium carrot, sliced
1 tablespoon lemon juice
2 tablespoon brown sugar
1 tablespoon cornstarch

DIRECTIONS

1. Rinse and core the cabbage. Carefully remove 10 outer leaves, place them in a saucepan, and cover with water. Bring to a boil, and simmer for 5 minutes. Remove and drain cooked leaves on paper towels.
2. Shred ½ cup of the raw cabbage, and set aside.
3. Brown ground turkey, ground beef, and minced onion in a skillet. Drain off the fat.
4. Combine meat, bread crumbs, ¼ cup water, and black pepper in a mixing bowl. Drain the tomatoes, reserving liquid, and add ½ cup of the liquid to the meat mixture (set aside the tomatoes). Mix well.
5. To assemble cabbage rolls: Place ¼ cup filling near the edge of each cooked cabbage leaf. Roll up the leaf, tucking in the sides to keep the filling inside. Place folded side down in a large skillet; arrange cabbage rolls side-by-side.
6. On top of the assembled cabbage rolls, add tomatoes, sliced onion, 1 cup water, shredded cabbage, and carrot. Cover and simmer about 1 hour (or until cabbage is tender), basting occasionally.
7. Remove the cabbage rolls to a serving platter, and keep warm.
8. Mix lemon juice, brown sugar, and cornstarch together in a small bowl. Add to the vegetables and liquid in the skillet and cook, stirring occasionally, until thickened and clear. Serve over cabbage rolls.

NUTRITION: Makes 5 servings. Per serving: 257 calories, 9 g total fat (3 g saturated fat), 54 mg cholesterol, 266 mg sodium.

Corn Chowder

INGREDIENTS

1 tablespoon vegetable oil
2 tablespoons finely diced celery
2 tablespoons finely diced onion
2 tablespoons finely diced green pepper
1 package (10 ounce) frozen whole-kernel corn
1 cup peeled, diced, raw potatoes, cut into ½-inch squares
1 cup water
¼ teaspoon salt
Ground black pepper, to taste
¼ teaspoon paprika
2 cup low-fat (1%) or skim milk, divided
2 tablespoons flour
2 tablespoons chopped fresh parsley

**DIRECTIONS**

1. Heat oil in a medium-sized sauté pan.
2. Add celery, onion, and green pepper and sauté for 2 minutes.
3. Add corn, potatoes, water, salt, pepper, and paprika. Bring to a boil; reduce heat to medium; and cook, covered, for about 10 minutes or until potatoes are tender.
4. Place ½ cup milk in a jar with a tight-fitting lid. Add flour, close lid, and shake vigorously.
5. Add mixture gradually to cooked vegetables, and then add remaining milk.
6. Cook, stirring constantly, until mixture comes to a boil and thickens. Serve garnished with chopped fresh parsley.

NUTRITION: Makes 4 servings. Per serving: 186 calories, 5 g total fat (1 g saturated fat), 5 mg cholesterol, 205 mg sodium.

Source: National Heart, Lung, and Blood Institute, part of the National Institutes of Health. Read more at healthyeating.nhlbi.nih.gov.

FUN & GAMES

Sudoku

EASY

					6		3	
2					9			
	5	3	8		6	7		
1			6			9		
7					8		6	
9		2	7		5	8		
					3		9	
				1				
			5			1	3	

HARD

	5				9	3		
							2	
			7	3	2	5		6
		7						
2	8		5		4	7	6	
			9					
9					5			
	6			2				4
5						6	8	2

See Sudoku Solutions on page 31.

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TRANSITIONS IN AGING

Choices: Living Well at the End of Life

Today, advances in medicine and medical technology save many lives that only 60 years ago might have been lost. Unfortunately, sometimes this same technology also artificially prolongs life for people who have no reasonable hope of recovery.

Death and dying are inescapable realities of life. Armed with the information and forms in the Choices packet—available at MySourcePoint.org/choices—the goal is to provide you with the information you need to document your future health care decisions and take control of many choices regarding your medical future.

It is important to understand what Ohio's laws allow or do not allow in regards to expressing your desires, goals, and wishes by using tools, such as Ohio's Advance Directives. The Choices packet is meant to educate you about Ohio's Living Will, Health Care Power of Attorney, Anatomical Gifts, and Do Not Resuscitate laws.

In 1991, Ohio recognized your right to have a Living Will.

Ohio's other recognized advance directive at that time was the Health Care Power of Attorney. In 1998, Ohio recognized another tool to help you and your physician with effective health care planning called a Do-Not-Resuscitate (DNR) Order.

The Living Will allows you to decide and document, in advance, the type of care you would like to receive if you were to become permanently unconscious or terminally ill and unable to communicate. The Health Care Power of Attorney enables you to select someone to make decisions for you.

A person who does not wish to have Cardiopulmonary Resuscitation (CPR) performed may make this

wish known through a doctor's order called a DNR Order. A DNR Order addresses the various methods used to revive people whose hearts have stopped (cardiac arrest) or people who have stopped breathing (respiratory arrest). This physician order allows emergency medical workers or health care providers to honor individual wishes about resuscitation inside or outside a hospital, nursing home, home, or various other settings.

In contrast, if you choose, you can fill out the Living Will or Health Care Power of Attorney forms without the assistance of a lawyer. However, since these are important legal documents, you may wish to consult a lawyer for advice.

In addition to the Living Will and Health Care Power of Attorney forms, you will find a copy of the Donor Registry Enrollment Form in the Choices packet. Also included in this packet is information on hospice care and end of life issues and options. The last page offers a convenient wallet card that will provide important information to your health care provider.

The elements involved in drafting or determining one's wishes regarding Advance Directives are very important. After reviewing the contents of this packet, you may have additional questions or concerns specific to your personal situation. In such cases, it may be important that you discuss your decisions with your family, clergy, physician, and/or your lawyer.

LeadingAge Ohio, with the cooperation of the Ohio State Medical Association, Ohio Hospital Association, and Ohio Osteopathic Association, developed Choices as an advance directives packet.

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Living Will FAQ

Q: Who should complete a Living Will or Health Care Power of Attorney?

A: Serious illness or injury can strike at any stage of life, so it is important for anyone over age 18 to think about filling out these documents. A Living Will or Health Care Power of Attorney will help to ensure that your wishes regarding life-sustaining treatment are followed regardless of your age.

Q: Which is better to have, a Living Will or a Health Care Power of Attorney?

A: It is a good idea to fill out both documents because they address different aspects of your medical care. A Living Will applies only when you are terminally ill and unable to communicate your health care wishes or are permanently unconscious. In both cases, if you have indicated that you do not want your dying to be artificially prolonged and two physicians determine that there is no reasonable hope of recovery, your wishes will be honored.

A Health Care Power of Attorney becomes effective even if you are only temporarily unconscious and medical decisions need to be made. For example, if you were to become temporarily unconscious due to an accident or surgery, the person you name in your Health Care Power of Attorney could make medical decisions on your behalf.

If you have both documents and become terminally ill and unable to communicate or become permanently unconscious, the Living Will would be followed since it identifies your wishes in these situations.

Q: Do I have to use the standard forms for a Living Will or Health Care Power of Attorney or can I draw up my own documents?

A: The forms found in the Choices packet were produced jointly by the Ohio State Bar Association, the Ohio State Medical Association, the Ohio Hospital Association, Ohio Osteopathic Association, and the Midwest Care Alliance. They comply with the requirements of Ohio law, but you do not have to use these forms. You may wish to consult an attorney for assistance in drafting a document or you may draft your own. In either case, the documents must comply with the specific language spelled out in the Ohio Revised Code.

What is Guardianship?

An individual requiring guardianship is not able to care for themselves or their property as a result of a physical or mental illness or disability. The guardian assumes responsibility for the care and management of the person, the assets, or both, of the individual as specified in the appointing order of the Probate Court. The guardian is accountable to the Court, which serves as the superior guardian for all guardians. A corporation can serve as the guardian of a person's assets (referred to as "the estate"), but not of the person.

There are three types of guardianships of an incompetent adult:

- **Guardianship of the Person**—This is typically granted when the individual needs assistance meeting their personal needs.
- **Guardianship of the Estate**—This is typically granted when the individual only needs assistance managing their assets.
- **Guardianship of the Person and the Estate**—This is typically granted when the individual needs assistance with their personal needs, as well as their assets.

Guardians do many things to ensure the quality of life for the people they serve. They make informed, major life decisions concerning medical care, therapies, and living environments. But, guardians also do the "little things" and the little things mean a lot.

Because establishing a guardianship may remove considerable rights from an individual, it should only be considered after alternatives to guardianship have proven ineffective or are unavailable. Alternatives may include:

- Representative or substitute payee
- Case/care management
- Health care surrogacy
- Trusts
- Durable powers of attorney for property
- Durable powers of attorney for health care
- Living wills
- Community advocacy systems
- Joint checking accounts
- Community agencies/services
- Supported decision-making networks

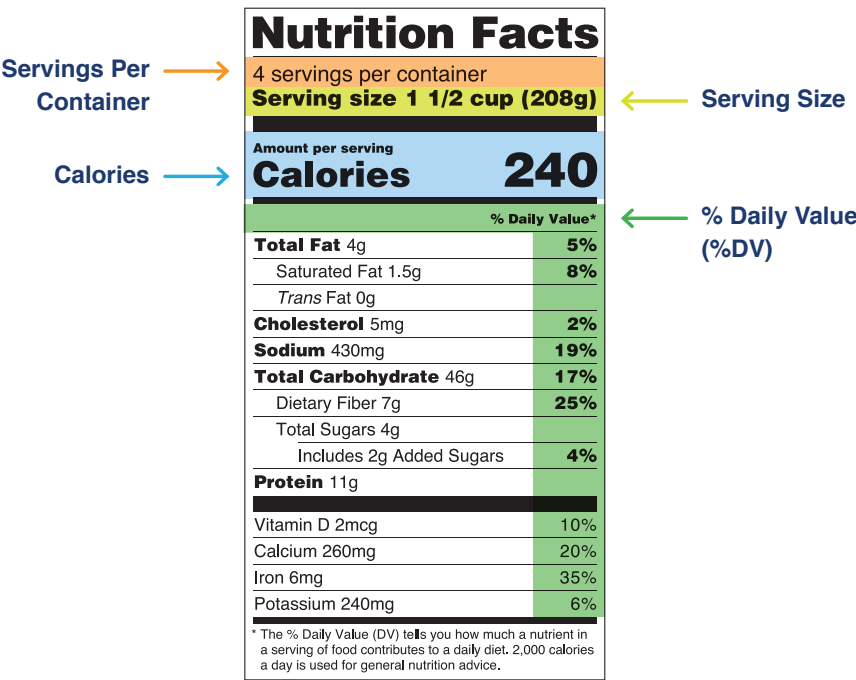
To learn more about volunteer guardianship, go to coaaa.org/cms/services/volunteer-guardian.

NUTRITION

Using the Nutrition Facts Label

Making healthy dietary choices can help you feel your best and stay active. It can also help you lower your risk of developing some health conditions that are common among older adults.

The U.S. Food and Drug Administration has a tool to help you make informed food choices that can have positive effects on your health and wellness. It is called the Nutrition Facts label and you can find it on packaged foods and beverages.



Understanding the Nutrition Facts Label

The following key terms are intended to make it easier for you to use the Nutrition Facts labels to make informed food choices.

Servings Per Container shows the total number of servings in the entire food package or container. One package of food may contain more than one serving. For example, if you eat or drink two servings, you are getting double the calories and double the nutrients that are listed on the label.

Serving Size is based on the amount of food that is usually eaten at one time. Serving size is not a recommendation of how much to eat. The nutrition information listed on the label is usually based on one serving of the food; however, some containers may also have nutrition information listed for the entire package.

Calories refers to the total number of calories in a serving of the food. To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses.

2,000 calories a day is used as a general guide for nutrition advice. Your calorie needs may be higher or lower and vary depending on your age, sex, height, weight, and physical activity level. Check your calorie needs at [ChooseMyPlate.gov/MyPlatePlan](https://www.choosemyplate.gov/MyPlatePlan).

% Daily Value (%DV) shows how much a nutrient in a serving of the food contributes to a total daily diet. The Daily Values are reference amounts (in grams, milligrams, or micrograms) of nutrients to consume or not to exceed each day.

Use the %DV to determine if a serving of the food is high or low in an individual nutrient. You can also use the %DV to compare food products (make sure the serving size is the same). For example, if you eat one serving of a food and it provides 10% DV of dietary fiber, then for that day, you have eaten 10% of your dietary fiber daily goal.

As a general guide:

5% DV or less of a nutrient per serving is considered **low**

20% DV or more of a nutrient per serving is considered **high**

Nutrients and Your Needs

Nutrients are substances in your food that keep your body working well. Eating too much or too little of some nutrients may increase your risk of certain chronic diseases, such as heart disease and high blood pressure.

Older adults have different nutritional needs than other age groups. The Nutrition Facts label can help you monitor some of the nutrients in your diet.

Below are some basic facts about the nutrients commonly seen on the Nutrition Facts label. Use this information to help you talk to your health care provider about which nutrients you should track closely for your overall health. Visit [ChooseMyPlate.gov](https://www.choosemyplate.gov) for more information on making healthy food choices.

Many older adults do not get the recommended amount of the following nutrients. More often, compare and choose foods to get more of these nutrients on most days:

Dietary fiber is a type of carbohydrate that cannot be easily digested. It can speed up the movement of food and waste through the body increasing the frequency of bowel movements. Diets higher in dietary fiber may reduce the risk of developing cardiovascular disease. The Daily Value for

dietary fiber is 28 grams (g) per day.*

Calcium is a mineral that is important for bone health. It also helps with muscle and nerve function, blood clotting, and hormone secretion. Diets higher in calcium can reduce the risk of developing osteoporosis (weak and brittle bones). The Daily Value for calcium is 1,300 milligrams (mg) per day.*

Vitamin D helps your body absorb calcium and is important for bone health. It also plays a role in blood pressure management, hormone production, and immune and nervous system function. Diets higher in vitamin D can reduce the risk of developing osteoporosis (weak and brittle bones). The Daily Value for vitamin D is 20 micrograms (mcg) per day.*

Potassium is a mineral that helps with fluid balance and heart, muscle, and nervous system function. The Daily Value for potassium is 4,700 mg per day.*

Most older adults get too much of the following nutrients. More often, compare and choose foods to get less of these nutrients each day:

Saturated fat is found in higher amounts in animal products. An exception is seafood, which is generally low in saturated fat. Unsaturated fats are found in higher amounts in plant-based oils (e.g., canola and olive oils), nuts, seeds, and seafood. Diets in which unsaturated fats are eaten in place of saturated fats and within the recommended daily limits for calories, are associated with a reduced risk of developing cardiovascular disease. The Daily Value for saturated fat is less than 20 g per day.*

Sodium is a mineral and is commonly found in table salt and in many commercially processed, packaged, and prepared foods. The body needs sodium in relatively small amounts. Sodium is important for fluid balance, as well as muscle and nervous system function. Diets higher in sodium are associated with an increased risk of developing high blood pressure, which can raise the risk of heart attacks, heart

failure, stroke, kidney disease, and blindness. Since blood pressure often rises with age, limiting your sodium intake becomes even more important each year. The Daily Value for sodium is less than 2,300 mg per day.*

Added sugars includes sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. Diets high in calories from added sugars can make it harder to meet nutrient needs while staying within

calorie limits. The Daily Value for Added Sugars is less than 50 g per day.*

**Based on a 2,000-calorie daily diet.*

Source: The U.S. Food and Drug Administration. Read more at [fda.gov/nutritioneducation](https://www.fda.gov/nutritioneducation).

USE THE NUTRITION FACTS LABEL
TO MAKE HEALTHY CHOICES: 3 TIPS



Check the
Servings.

1

The nutrition information listed on the label is usually based on one serving of the food. When comparing calories and nutrients in different foods, check the serving size to make a correct comparison.

And remember, it is common for a food package or beverage to have more than one serving.

Know Your
Calorie
Needs.

2

2,000 calories a day is used as a general guide for nutrition advice. However, your calorie needs may be higher or lower and depend on your age, sex, height, weight, and the amount of physical activity you get each day. Talk to your healthcare provider about your calorie and nutrition needs, as you age.

Visit www.ChooseMyPlate.gov/MyPlatePlan and talk to your healthcare provider to see what calorie range is right for you.

Use % Daily
Value as a
Guide.

3

The %DV can help you look for foods to decide which is the better choice for you.

Older adults should more often look for foods with a higher %DV of dietary fiber, vitamin D, calcium, and potassium. Older adults should also more often look for foods with a lower %DV of saturated fat, sodium, and added sugars. Talk to your healthcare provider about which nutrients you should track closely for your overall health.

Sudoku Solutions

EASY

8	9	7	4	5	1	6	2	3
2	1	6	3	7	9	5	8	4
4	5	3	8	2	6	7	1	9
1	3	8	6	4	2	9	7	5
7	4	5	1	9	8	3	6	2
9	6	2	7	3	5	8	4	1
5	7	1	2	6	3	4	9	8
3	8	4	9	1	7	2	5	6
6	2	9	5	8	4	1	3	7

HARD

4	5	2	8	6	9	3	7	1
3	7	6	4	5	1	8	2	9
8	9	1	7	3	2	5	4	6
1	3	7	2	8	6	4	9	5
2	8	9	5	1	4	7	6	3
6	4	5	9	7	3	2	1	8
9	2	8	6	4	5	1	3	7
7	6	3	1	2	8	9	5	4
5	1	4	3	9	7	6	8	2



VIRTUAL EVENT!
Thursday,
Oct. 7, 2021
6:30 p.m.

The Stories of SourcePoint

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Everyone has a story. Join us for an hour-long virtual event to hear the Stories of SourcePoint, showcasing the older adults we are privileged to serve.

Each ticket includes a swag bag with your choice of a charcuterie or vegetarian appetizer box, dessert, creative experience, gift, and more! Pick up your swag bag on Wednesday, Oct. 6 between 4 and 6 p.m.

With your ticket, you also have an opportunity to buy raffle entries for a chance to win one of several restaurant gift cards!

Make a gift today—make a story happen tomorrow.

Net proceeds support programs and services that help Delaware County adults thrive after 55!

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Purchase your tickets by Oct. 1 at MySourcePoint.org/stories.