

# Enhance Learning

In-Person and Online Programs

October 2021



740-363-6677

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



**Oct. 4–30, 2021**

Hours of operation:

Monday–Thursday, 8 a.m.–8 p.m.

Friday, 8 a.m.–5 p.m.

Saturday 8 a.m.–noon.

Registration is required and begins Sept. 27 at [MySourcePoint.org/EC](http://MySourcePoint.org/EC) or with customer service. All programs take place at SourcePoint, 800 Cheshire Road, Delaware unless otherwise indicated. Programs subject to change. Monthly fees are prorated.

**Scholarships** are available and applying is easy! Contact Annette at 740-363-6677 or [aleatherman@MySourcePoint.org](mailto:aleatherman@MySourcePoint.org).

**Cancellation Policy:** You will receive a refund for fee-based programs canceled by SourcePoint or for programs from which you withdraw before the deadline. Refunds are not available for programs you're unable to attend.

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

*Lifelong learning can enhance our understanding of the world around us, provide us with more and better opportunities, and improve our quality of life.*

## Discussion Groups

### BOOK CLUB: NONFICTION DIALOGUE

**Monday, Oct. 18, noon–1 p.m.**

Read and discuss “Showdown: Thurgood Marshall and the Supreme Court Nomination” by Haywood. Share insights and ponder perspectives with others. Books may be borrowed from the Delaware County District Library or downloaded. Pick up curbside at the Main or Orange branch of Delaware County District Library using your library card.

### ONLINE BOOK CLUB: NONFICTION DIALOGUE

**Monday, Oct. 18, noon–1 p.m.**

See description above. The online discussion is independent of the in-person. You will receive the program link via email after registration is complete.

## Educational Classes & Presentations

### INSPIRING NATURE PHOTOS *NEW!*

**Friday, Oct. 8, 10–11 a.m.**

Joan Pearse, award winning photographer, shares nature photos to inspire. Take time to focus on the beauty around us. Fill your bucket with gratitude during this awe-filled hour.

*Fee: \$4.*

### MIND AEROBICS

**Fridays, 11 a.m.–noon.**

Challenge yourself each Friday morning with Joan Pearse as you listen, focus, laugh, and problem solve in a comfortable setting. Each week is different, with segments that encourage you to think.

*Fee: \$5.*

## **HISTORY: AMERICA, THE NEW NATION, 1789-1817 *NEW!***

**Fridays, Oct. 8, 15, 22, 29, Nov. 5 and 12, 2–4 p.m.**

Dr. Rick Owens, tenured history professor, author, and former university president, discusses the early years of the American Republic in this six-week series.

Oct. 8: Origins of the American Experiment in Government: The Federalist Era: The Hamiltonian Plan and the Democratic-Republican Response.

Oct. 15: Domestic and International Affairs Under President George Washington.

Oct. 22: Domestic and International Affairs Under President John Adams.

Oct. 29: The Politics and Legacy of Thomas Jefferson.

Nov. 5: James Madison's Presidency and War of 1812.

Nov. 12: A Dividing Nation: Issues in America from 1789-1817 that Led to Crisis and Civil War.

*Fee: \$25.*

## **TECHNOLOGY: DIGITAL FRAUD AND SCAMS**

**Monday, Oct. 11, 10–11:30.**

Knock knock. Who's there? Your high-school sweetheart and I want to see you again. Click here and I'll know you still care. (Click and you might spend days trying to undo the financial damage done.)

Knock knock. Who's there? Microsoft and I want to help you with your computer problem. But I have an iPad. Oh, we can help you with that too. (Nope, it's not Microsoft and they only want your money.) Join Jarren Ringle, technology and professional project manager, as he discusses fraud and scams.

## **WAYS OF THINKING ABOUT LEADERSHIP *NEW!***

**Tuesday, Oct. 12, 10–11:30.**

Retired Ohio Wesleyan professor Richard Leavy talks about the ways psychologists and management experts view the components of effective leadership in organizations. He will also discuss the concept of "followership."

## **TECHNOLOGY 1:1 ASSISTANCE**

**Monday, Oct. 18, 10 a.m.–noon.**

Jarren Ringle provides guidance on technology in a 30-minute time slot. Do you have questions regarding a cell phone, PC, laptop, or tablet? Share your device and your question at registration so Jarren can be prepared to help.

## **MOMENTS OF GRACE: EXPLORING NEAR-DEATH EXPERIENCES**

**Monday, Oct. 25, 1–2:30 p.m.**

The near-death experience (NDE) is a fascinating

subject. NDEs are profound psychological events that may occur during a period of intense stress. NDE accounts date back many centuries, but did not enter the scientific world until the mid-1970s. In the U.S., it is estimated 800 people experience an NDE every day, yet there is little professional education on this topic. This overview will synthesize more than 30 years of evidence-based research on NDEs and identify triggers, elements, and after effects. Presenter Linda Manley, CNP, brings 35 years of experience from the medical field. She served in the Army Nurse Corp, 25 years as a flight nurse, and 18 years as an emergency nurse practitioner. What she has learned fundamentally altered her viewpoint on death.

## **DRUG DROP OFF *SPECIAL EVENT!***

**Thursday, Oct. 28, 9–11 a.m.**

Drop off prescription drugs you no longer need so that they are safely disposed of. Representatives from the Delaware Police Department and Drug-Free Delaware will be on hand to collect unused medications. No inhalers, liquids, syringes, over the counter medications, natural supplements or vitamins.

## **MEDICAL IDENTIFICATION CARD *SPECIAL EVENT!***

**Thursday, Oct. 28, 9–11 a.m.  
by appointment.**

Patrolman Robert Hatcher from the Delaware Police Department makes your personalized medical ID card. This ID can provide first responders info in case of an emergency. Register to schedule your 15-minute appointment. Important to bring to your appointment:

- List of current medications and health conditions, doctors' information, and emergency contact information.
- Completed Senior ID Program form, available with flyers or customer service.

## **FAMOUS HISTORIC PHOTOS**

**Thursday, Oct. 28, 1–2:30 p.m.**

Local historian Van Young shares photos. As the old saying goes, "a picture is worth a thousand words," and this presentation confirms that. Many of the world's most famous photos will be displayed along with historic photos from our American past. Some you will have never viewed and others you will instantly recognize. Both entertaining and informative.

## **Educational Online Options**

Register at least two business days prior to the class. *You will receive the program link via email after registration is complete.*

### **ROTATOR CUFF: COMMON INJURIES & TREATMENT METHODS *NEW PRESENTER!***

**Friday, Oct. 15, 1–2 p.m.**

Dr. Jared Guth, sports medicine specialist, will discuss rotator cuff tears. What is the rotator cuff? Why is it important? Why does it tear? What are some treatment options?

### **EMOTIONAL SUPPORT**

**Friday, Oct. 29, 12:30–1:30.**

The older adults clinician at Syntero facilitates this group. Discuss calm and the beauty of being still. Don't miss this opportunity to take time for yourself and for self-care.