

# Empower Transitions in Aging

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 is one of the most effective ways to deal with change—and change is constant, even as we age. Here are topics often necessary to understand as we age.*

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

**THE STORIES OF SOURCEPOINT *FALL FUNDRAISER!***

**Thursday, Oct. 7, 6:30–7:30 p.m.**

A virtual event that will spotlight older adults and caregivers, sharing personal stories and the impact of SourcePoint in the community. A drive-thru pick-up for the swag bag is available Wednesday, Oct. 6 between 4 and 6 p.m. at SourcePoint. There is also an opportunity to purchase raffle tickets for a chance to win one of several local restaurant gift cards!

*Tickets are \$75 per person and include a swag bag with a charcuterie or vegetarian appetizer box, dessert, creative experience, gift, and more.* Tickets are available until Oct. 1 at [MySourcePoint.org/stories](http://MySourcePoint.org/stories) or at the customer service desk.

## **HEALTH & WELLNESS EXPO *SPECIAL EVENT!***

**Saturday, Oct. 16, 9 a.m.–noon.**

Get back to basics: jump-start your health with preventive screenings! A variety of free health screenings and resources will be available to Delaware County adults 55 and older, including blood pressure, body composition analysis, brain health, caregiver stress, COVID vaccinations, diabetes prevention, falls prevention, fitness, flu shots, hearing, mental health, walker adjustments, cholesterol, and more. Due to COVID-19, event capacity is limited for both vendors and participants, and safety protocols will be in place throughout the event.

*Registration is required. During registration, select the hour you want to enter the expo: 9, 10, or 11 a.m.*

## **HEART HEALTHY NUTRITION *NEW!***

**Friday, Oct. 29, 1:30–2:30 p.m.**

Dietician in Your Kitchen will provide this valuable nutrition education program—free for our members! Learn about foods

that strengthen your heart, and enjoy a cooking demo on overnight oats. Samples will be provided! Presenter Amy McCrea is a dietetics student at Eastern Michigan University. In 2008, she received her Masters in Business Administration from Capella University, working at Nationwide Insurance as a process improvement consultant. In 2011, she founded Soodles Bake Shop, an allergy-friendly bakery. She sold the business in 2016 to be with her family and pursue her dream to become a registered dietitian.

**PARKINSON'S SUPPORT:  
SPEECH THERAPY  
Second and fourth  
Wednesdays of each month,  
2:30–3:30 p.m.**

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

**Financial, Insurance & Legal**

**LEGACY GIVING  
CONVERSATIONS**

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

- How gifts impact an organization.
- Connecting with an organization's mission.
- Working with financial

advisors and other experts.

- Why you should consider planned giving.

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

**LEGAL AID BY APPOINTMENT  
Thursday, Oct. 28, 9 a.m.–  
2 p.m., by appointment.**

Meet with a paralegal from the Legal Aid Society. Services include wills, POA, help to avoid probate after a loved one passes, rental eviction, home foreclosure, domestic violence, divorce, and public assistance, such as Medicaid, food stamps, SSI Disability, SSDI benefits, public housing evictions, and disability benefits. Call Karen McVay at 888-301-2411, ext. 273 to make an appointment.

**MEDICARE: FILL THE GAP  
Thursday, Oct. 21, 6–8 p.m.**

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

**MEDICARE: NEW TO  
MEDICARE  
Saturday, Oct. 2, 10–noon.  
Wednesdays, Oct. 13, 10 a.m.–  
noon or Oct. 27, 6–8 p.m.**

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

**MEDICARE: OPEN  
ENROLLMENT CHECK-UP DAYS  
In-Person: Mondays, Oct. 18  
and Nov. 8, 9 a.m.–2:15 p.m.  
by appointment.**

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

Each year, SourcePoint partners with OSHIIP to provide this FREE service to Delaware County residents. During open enrollment, you can meet with a certified counselor to compare, change, or enroll in the Medicare Part D or Medicare Advantage plan that best meets your needs. ***Please note each appointment is only for one person.*** If there is a second person in your household who needs their plan reviewed, they MUST register for an individual appointment. If you would like to work with the same counselor, schedule consecutive appointments. Also note, if you have access to a Medicare Connector through a previous employer, you MUST ENROLL in your Medicare Advantage Plan or Medicare Supplement coverage THROUGH THE CONNECTOR. SourcePoint cannot assist you, as this will cause you to forfeit your health reimbursement account dollars. *Registration ends four weeks prior to appointment date.*

## **ONLINE INSURANCE EDUCATION**

Free presentations are available at [MySourcePoint.org/online-insurance-education](https://www.mysourcepoint.org/online-insurance-education), including an intro to Medicare, Supplements and Part D, and Advantage Plans.

## **Role Transitions**

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

**Tuesday, Oct. 12, 2–3 p.m.**

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

### **CAREGIVER SUPPORT GROUP**

**Tuesday, Oct. 12, 9–10 a.m. or 6–7 p.m. at SourcePoint**

**Thursday, Oct. 21, 5:30–6:30, at Community Library, 44 Burrer Drive, Sunbury.**

**Wednesday, Oct. 27, 5:30–6:30, at SourcePoint's South Office, 1070 Polaris Parkway, Suite 200, Columbus.**

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

### **CAREGIVERS FROM THE HEART**

**Mondays, Oct. 4 and 18, 9–10.**

Living with the demands of caring for our loved ones, we are a peer-led group seeking to provide encouragement and

support for each other. We value actively listening to each other as we learn about the phases and stages of our care receivers' health conditions.

## **Role Transitions Online Options**

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

### **CAREGIVER CONCEPTS**

Presentation available at [MySourcePoint.org/caregiver-concepts](https://www.mysourcepoint.org/caregiver-concepts).

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

**Tuesday, Oct. 26, 2–3 p.m.**

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

### **CAREGIVER SUPPORT GROUP**

**Tuesday, Oct. 26, 10–11 a.m.**

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