

Empower Transitions in Aging

In-Person and Online Programs

December 2021



740-363-6677

MySourcePoint.org



Nov. 29, 2021–Jan. 1, 2022

Hours of operation:

Monday–Thursday, 8 a.m.–8 p.m.

Friday, 8 a.m.–5 p.m.

Saturday 8 a.m.–noon.

Closing at 2 p.m. Dec. 10; 4 p.m.

Dec. 23 and Dec. 30. Closed Dec.

24-25, Dec. 31, and Jan. 1.

Registration is required and begins

Nov. 22 at MySourcePoint.org/EC

or with customer service. All

programs take place at SourcePoint,

800 Cheshire Road, Delaware

unless otherwise indicated.

Programs subject to change.

Scholarships are available and

applying is easy! Contact Annette

at 740-363-6677 or [aleatherman@](mailto:aleatherman@MySourcePoint.org)

MySourcePoint.org.

Cancellation Policy: You will

receive a refund for fee-based

programs canceled by SourcePoint

or for programs from which you

withdraw before the deadline.

Refunds are not available for

programs you're unable to attend.

Find current visitor guidelines at

MySourcePoint.org/restart

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

Body, Brain & Behavioral Health

ALZHEIMER'S ASSOC. CARE CONSULTATION BY APPT.

First Friday of each month, 10–11 a.m. and 1–3 p.m.

The Alzheimer's Association is dedicated to helping people navigate through the difficult decisions and uncertainties people with Alzheimer's and their families face at every stage of the disease. Care consultations are a free personalized service addressing the issues that arise from Alzheimer's or related dementias. Meet with a consultant for assistance with planning and problem solving, assessment of needs, and supportive listening. *To schedule your appointment, email hladams@alz.org or call 614-643-2137.*

ALZHEIMER'S ASSOC. CARE CONVERSATIONS

First Friday of each month, 11 a.m.–12:30 p.m.

Drop by for conversation with an Alzheimer's Assoc. consultant. Hannah Adams has a degree in gerontology from Bowling Green State University and is dedicated to serving those who have been impacted by Alzheimer's disease and other dementia.

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, through Dec. 17 to learn 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, Dec. 23, 9 a.m.–2 p.m., by appointment.

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

MEDICARE: FILL THE GAP

Thursday, Dec. 9, 10 a.m.–noon.

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

MEDICARE: FIND YOUR PLAN
Tuesday, Nov. 30, 10–noon.

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

MEDICARE: NEW TO MEDICARE

Saturday, Dec. 4, 10–noon.

Wednesday, Dec. 15, 6–8 p.m.

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

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, Dec. 14, 2–3 p.m.

Dynamic support for caregivers who have lost loved ones. Also available online.

CAREGIVER SUPPORT GROUP

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

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

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

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

CAREGIVERS FROM THE HEART

Mondays, Dec. 6 and 20, 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, Dec. 28, 2–3 p.m.

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

CAREGIVER SUPPORT GROUP

Tuesday, Dec. 28, 10–11 a.m.

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