

# Empower Transitions in Aging

In-Person and Online Programs

January 2022



740-363-6677

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



**Jan. 3–29, 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 4 p.m. Jan. 14, closed*

*Jan. 15 and 17.*

**Registration is required** and begins

Dec. 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.

**Scholarships** are available and

applying is easy! Contact Annette

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

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

**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](mailto: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**

**LEGAL AID BY APPOINTMENT**

**Thursday, Jan. 27, 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: NEW TO MEDICARE**

**Saturday, Jan. 8, 10–noon.**  
**Wednesdays, Jan. 12, 10 a.m.–noon, or Jan. 26, 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**

Three 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.

### **YOUR INCOME TAX**

**Tuesday, Jan. 18, 6–7 p.m.**  
**Thursday, Jan. 20, 1–2 p.m.**

Jerry Hatton, local tax professional with 25 years tax preparation experience, presents information you may want to know before doing 2021 tax returns, such as tax law changes, tax strategies, pitfalls to avoid, getting a second opinion (3-year cycle), planning ahead – end of year moves, and charitable giving through IRA withdrawals.

### **Role Transitions**

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

**Tuesday, Jan. 11, 2–3 p.m.**

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

#### **CAREGIVER SUPPORT GROUP**

**Tuesday, Jan. 11, 9–10 a.m. or 6–7 p.m. at SourcePoint.**

**Thursday, Jan. 20, 5:30–6:30, at Community Library, 44 Burrer Drive, Sunbury.**

**Thursday, Jan. 20, noon–1, *NEW DAY AND TIME!* at SourcePoint's South Office, 1070 Polaris Parkway, Suite 200, Columbus.**

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

#### **CAREGIVERS FROM THE HEART**

**Monday, Jan. 3, 9–10 a.m.**

Living with the demands of caring for our loved ones, we are a peer-led group seeking to provide encouragement and support for each other. We value actively listening to each other as we learn about the phases and stages of our care receivers' health conditions.

### **Role Transitions Online Options**

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

#### **CAREGIVER CONCEPTS**

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

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

**Tuesday, Jan. 25, 2–3 p.m.**

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

#### **CAREGIVER SUPPORT GROUP**

**Thursday, Jan. 20, noon–1.**

***NEW!***

**Tuesday, Jan. 25, 10–11 a.m.**

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