

Empower Transitions in Aging

In-Person and Online Programs

Summer 2022



740-363-6677

MySourcePoint.org



July 4–Oct. 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.

Close at 4 p.m. Sept. 2, close at

5 p.m. Sept. 8, close at 2 p.m.

Sept. 16, closed July 4, Sept. 3 & 5.

Registration is required and begins June 20 at MySourcePoint.org or with customer service. All programs take place at 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@MySourcePoint.org or apply online.

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.

Fridays, July 8, Aug. 5, and Sept. 9, 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

Fridays, July 8, Aug. 5, and Sept. 9, 11 a.m.–12:30 p.m.

Drop by for conversation with an Alzheimer's Association Care Consultant. Hannah Adams has a degree in Gerontology from Bowling Green State University and is dedicated to serving those in Delaware County who have been impacted by Alzheimer's disease and other forms of dementia.

BRAIN LONGEVITY: KIRTAN KRIYA FOLLOW-UP *NEW!*

Thursdays, July 28, Aug. 25, and Sept. 29, 1:30–2:15 p.m.

Observing a healthy lifestyle is a commitment and takes practice. Often, we have questions and frustrations as we begin to incorporate new, healthy habits into our lives. This once-a-month follow-up is designed to give you an opportunity to talk to your peers about changes you are observing or challenges you are experiencing. The instructor may also share information about new and exciting research supporting The 4-Pillars approach to brain longevity and Alzheimer's prevention and answer any questions you may have.

BRAIN LONGEVITY: THE 4-PILLARS OF ALZHEIMER'S PREVENTION

Thursdays, July 14, Aug. 4 and 18, Sept. 1 and 15, 1:30–2:30 p.m.

This series on natural methods for prevention of Alzheimer's disease and other dementias consists of an introductory session and four workshops focused on The 4 Pillars of Alzheimer's Prevention. At the completion of the series, we offer a once-a-month group meeting to discuss what we have learned and how we are integrating the ideas into our lives. We will also practice the Kirtan Kriya together as a group, answer questions, and share information about our individual practices. Whether you are concerned about dementia for yourself or are a caregiver for someone with dementia, these seminars will have information to help you reduce stress and lower your risk of dementia.

July 14: A Natural Method for Brain Longevity. The statistics are startling. Every 67 seconds someone is diagnosed with Alzheimer's. As baby boomers age, the numbers in the U.S. are predicted to skyrocket to 16 million by 2050. Women are particularly vulnerable; two-thirds of all Alzheimer's patients are women. The

Alzheimer's Research & Prevention Foundation (ARPF) has conducted Alzheimer's Prevention research for over 20 years. ARPF believes, based on their research, that Alzheimer's can be prevented and effectively treated with natural methods. This workshop is designed to give you an overview of the 4 Pillars of Alzheimer's Prevention and the research supporting it.

Aug. 4: Stress Reduction. We all know that chronic stress has harmful consequences like anxiety, depression, and brain inflammation, all risk factors for premature cognitive decline and Alzheimer's. A growing body of evidence supports the effectiveness of meditation as a stress management tool and, thus, a pathway to dementia prevention. We will learn about a simple meditation technique called the Kirtan Kriya. It is easy to do and takes just 12 minutes a day. Research shows this meditation has a positive impact on memory and overall wellness.

Aug. 18: Psycho-Social Well Being. Learn how socialization with like-minded people, patience, compassion, and purpose play a role in prevention

of Alzheimer's and other dementias. We will talk about Blue Zones and common habits of people who live to be over 100 years old. We will look at the personal and collective benefit of kindness for health and aging, identify obstacles to joy, and explore ways to kindle emotional well-being.

Sept. 1: Physical and Mental Exercise. Research shows a combination of aerobic exercise and strength training reduces the risk of Alzheimer's by a whopping 50%! Mental exercise or "brain aerobics" boosts oxygen and blood flow to the brain resulting in bigger, healthier brains. Learn about simple exercises that will nourish both mind and body. *The Brain Longevity® Yoga Exercises* are simple to learn. You will discover easy movements, breathing practices and meditation techniques to rejuvenate body and mind and slow the aging process.

Sept. 15: Diet and Nutrition. Explore *The Brain Longevity® Prescription: How Food, Not Drugs, Prevents Alzheimer's and May Reverse Memory Loss*. Learn how diet and supplementation play a role in brain health and dementia prevention. We will discuss

nutritional components that make up a brain longevity diet and the connection between memory, diet, and genetics. Learn about dietary habits of people in the Blue Zones where people routinely live to be over 100. We will share fun, healthy recipes and talk about the best ways to make brain enhancing dietary changes easy and appealing.

HEALTH IN ACTION: CHRONIC PAIN SELF- MANAGEMENT *NEW!*

**Thursdays, Aug. 25–Sept. 29,
9:30 a.m.–noon.**

This interactive, six-week workshop provides tools to set your own goals and make step-by-step plans to improve your health, regaining control of the things that matter to you!

This is for you if you:

- Have long-term pain or care for someone living with chronic pain.
- Are looking for better ways to manage pain symptoms.
- Feel limited in your activities.
- Feel tired, alone, or fearful because of your health or the health of your loved one.

Topics include:

- Setting and achieving personal goals.
- Strategies to deal with pain, stress, fatigue, and depression.
- Using physical activity to maintain and improve

strength, flexibility, and endurance.

- How to use medications safely and appropriately.
- Better ways to talk with your doctor and your family about your pain.

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
Fourth Thursday of each
month, 9 a.m.–2 p.m., by appt.**

Legal Aid Society services include wills, POA, avoiding 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.

**MANAGING MONEY *NEW!*
Thursday, Aug 18, 6:30–7:30
p.m., at Community Library,
44 Burrer Dr., Sunbury.**

Presented by the Alzheimer's

Association, this program is intended for people who provide care for someone living with Alzheimer's, another dementia, or a chronic illness, and provides general information on legal, financial, and medical issues, as well as activities that will help you create a financial plan.

MEDICARE: NEW TO MEDICARE

**Saturdays, July 9, Aug. 6 or
Sept. 10, 10 a.m.–noon.
Wednesdays, July 13, 10 a.m.
–noon, or July 20, Aug. 24, or
Sept. 28, 6–8 p.m.**

**Tuesday, Aug. 2, 10 a.m.–noon,
at Orange Branch/Delaware
County District Library, 7171
Gooding Blvd., Delaware.**

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

**MEDICARE: FILL THE GAP
Tuesday, Aug. 23, 10 a.m.–
11:30 a.m., at Orange Branch/
Delaware County District
Library, 7171 Gooding Blvd.,
Delaware.**

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

Monday, July 11, 10 a.m.–

noon, at **Delaware County District Library, 84 E. Winter St., Delaware.**

Tuesday, Sept. 13, 6–8 p.m.

Did you know Medicare beneficiaries should do a plan comparison each year? Learn how to use the Plan Finder Tool on Medicare.gov. Bring a complete and current list of medications with you! Use our laptops or bring your own computer for this hands-on training. Free WiFi is available.

MEDICARE: ONE-ON-ONE APPOINTMENTS

After attending a New to Medicare class or completing the online videos, you may schedule a one-on-one appointment with an insurance specialist. To schedule, call 740-363-6677, or submit the online form at the end of the videos.

MEDICARE INSURANCE EDUCATION **ONLINE VIDEOS**

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.

Role Transitions

CAREGIVER CONVERSATIONS

Second Tuesday of each month, 9–10 a.m. or 6–7 p.m. at SourcePoint.

Third Thursday of each month, 5:30–6:30 p.m., at **Community Library, 44 Burrer Dr., Sunbury.**

This group fosters supportive conversations, allows you to share experiences, meet other caregivers, discover new resources, and ask questions.

CAREGIVER CONVERSATIONS **ONLINE**

Third Thursday of each month, noon–1 p.m.

Fourth Tuesday of each month, 10–11 a.m.

Engage in supportive conversations online to share experiences, meet other caregivers, discover resources, and ask questions. You will receive the program link via email after registration is complete.

CAREGIVER CRASH COURSE **ONLINE VIDEO**

All you need in the time you have: a 30-minute class for new, current, and future caregivers that includes information on safety, falls, getting organized, legal information, community resources, and self care. Available at [MySourcePoint.org/caregiver](https://www.mysourcepoint.org/caregiver).

CAREGIVERS FROM THE HEART

First and third Mondays of each month, 9–10 a.m. (Will not meet July 4 or Sept. 5 due to holidays.)

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.

GRIEF SUPPORT: LIVING BEYOND LOSS

Second Tuesday of each month, 2–3 p.m.

Provides dynamic support for those dealing with loss and empowers members to steer the conversation. Rediscover yourself, regain a sense of identity, and build your support system.

GRIEF SUPPORT: LIVING BEYOND LOSS **ONLINE**

Fourth Tuesday of each month, 2–3 p.m.

This group meets online to provide dynamic support for those dealing with loss and empowers members to steer the conversation. Rediscover yourself, regain a sense of identity, and build your support system.