

Empower Transitions in Aging

In-Person and Online Programs

Fall 2022



740-363-6677

MySourcePoint.org



Oct. 3–Dec. 31, 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. Nov. 23, Dec. 23,

and Dec. 30; close at 2 p.m. Dec.

9; closed Oct. 7, Nov. 24–26, Dec.

24–26, Dec. 31

Registration is required and begins Sept. 19 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.

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. CONSULTATION BY APPT. *NEW DAY!*

First Tuesday 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 *NEW DAY!*

First Tuesday of each month, 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.

ALZHEIMER'S AND DEMENTIA MINI-SERIES *NEW!*

Tuesdays, Oct. 11 and 25, and Nov. 8, 11 a.m.–noon.

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support. They share expertise in the following presentations.

Oct. 11: Dementia Conversations. If you know someone who is experiencing changes in memory, thinking, and behavior, this education program provides tips and strategies for difficult—but important—conversations about changes that may be related to dementia.

Oct. 25: Effective

Communication. Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with the disease.

Nov. 8: Healthy Living for Brain and Body.

Program offers recommendations about taking care of our brains/bodies in order to age as well as possible.

BRAIN LONGEVITY: KIRTAN KRIYA FOLLOW-UP

Thursdays, Oct. 27, Nov. 17, and Dec. 22, 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.

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

GOOD DEEDS *SPECIAL EVENT*

Thursday, Oct. 13, 1–3 p.m.

The probate process can be time consuming and necessitate the assistance of an attorney. Learn how to avoid the need to probate your home and vehicles, such as the single most important way—have your house and vehicles in joint survivorship. Good Deeds presentation sponsored by Judge David Hejmanowski, Court of Common Pleas; Melissa Jordan, Delaware County Recorder; and Natalie Fravel, Delaware County Clerk of Courts. If you would like to review your deed at this event, please email mjordan@co.delaware.oh.us with the following information:

- "Oct. 13 SourcePoint 1 p.m." in subject line of email.
- Name(s) and address on any deed filed in Delaware County that you would like printed prior to the session. Please include approximate year deed was filed.

The recorder's office will

attempt to pre-print as many deeds as possible and have them ready in alphabetical order at this event.

LEGAL AID BY APPOINTMENT

Thursdays, Oct. 27, Nov. 17, and Dec. 29, 9 a.m.–2 p.m., by appointment.

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.

MEDICARE: NEW TO MEDICARE

Saturday, Oct. 1, Nov. 5, or Dec. 3, 10 a.m.–noon.

Wednesday, Oct. 12, Nov. 9, or Dec. 7, 10 a.m.–noon.

Learn the basics of Medicare, whether you're becoming eligible for the first time or assisting a loved one with insurance needs, this is the place to start. Completion of New to Medicare is a prerequisite for a one-on-one appointment. An online option is also available at MySourcePoint.org/insurance.

MEDICARE: OPTION 1 – MEDICARE SUPPLEMENTS AND PART D *NEW!*

**Thursday, Oct. 20 or Dec. 15,
10 a.m.–noon.**

Thursday, Nov. 17, 6–8 p.m.

In this interactive workshop you'll learn more about Medicare Supplements and Part D plans. You'll use the Medicare Plan Finder Tool to find Medicare Supplement and Part D drug plan rates tailored to your individual needs. Bring a complete list of your medications and your tablet or laptop, if possible.

MEDICARE: OPTION 2 – MEDICARE ADVANTAGE *NEW!*

**Wednesday, Oct. 26, 6–8 p.m.
Tuesday, Nov. 29, 10 a.m.–
noon.**

Tuesday, Dec. 20, 6–8 p.m.

In this interactive workshop you'll learn more about Medicare Advantage plans. You'll use the Medicare Plan Finder Tool to compare Medicare Advantage benefits, costs and provider networks. Bring a complete list of your medications and full names of your doctors, specialists, and hospitals. If possible, please bring your tablet or laptop.

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.

MEDICARE: OPEN ENROLLMENT CHECK-UP DAYS

**In-Person: Mondays, Oct. 17
and 31, and Nov. 14, 9 a.m.–
3 p.m. by appointment.**

**By Phone: Mondays, Oct. 24,
Nov. 7 and 21, and Dec. 5,
9 a.m.–3 p.m. by appointment.**

Each year, SourcePoint partners with the Ohio Department of Insurance, and the Ohio Senior Health Insurance Information Program to provide this FREE service to county residents. During Medicare Annual Open Enrollment, you can meet with an OSHIIP-certified counselor to compare, change, or enroll in the Medicare Part D or Medicare Part C plan that best meets your health insurance needs. Please note each appointment is only for one person. If there is a second person in your household who needs their Medicare plan

reviewed, they MUST register for an individual appointment. If you would like to work with the same counselor as another individual, 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.

SENIORS AGAINST SCAMS *NEW!*

**Monday, Nov. 14, 10–11:30 a.m.
at Delaware County District
Library, 84 E. Winter St.,
Delaware.**

New scams are created every day. This program is designed to provide a basic understanding of the types of scams targeting older adults and how to protect yourself from becoming a victim. Be empowered by looking at:

- How Much Do You Know About Scams?
- Why You're at Risk for Financial Scams
- The Usual Suspects & Types of Scams
- Protecting Yourself & Loved Ones from Scams
- Resources to Report Scams & Financial Abuse

DELAWARE COUNTY

VETERANS SERVICE **NEW!**

Tuesday, Nov. 8, 10 a.m.–noon.

William Piwtorak, Air Force veteran, Social Service Officer and Brian Galligher, US NAVY, Director of Veteran Services, will have a table in the Gathering Room to raise awareness of and explain services they provide to qualified veterans.

YOUR INCOME TAX **RETURNS**

Thursday, Nov. 3, 1–2 p.m.

Thursday, Nov. 17, 10–11 a.m.

Jerry Hatton, local tax professional with 25 years tax preparation experience, presents information on tax law changes, tax strategies, pitfalls to avoid, Social Security, IRA withdrawals, and charitable giving. Hatton is not affiliated with or endorsed by SourcePoint.

Role Transitions

CAREGIVER CONVERSATIONS

Second Tuesday of each month, 10–11 a.m. or 6–7 p.m.

at SourcePoint. **NEW TIME!**

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

First and third Mondays of each month, 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.

CAREGIVER ONE-ON-ONE DISCUSSIONS **RETURNS**

Private discussions with a professional caregiver support coordinator in-person or by phone. Contact Brian at bfox@MySourcePoint.org or 740-203-2399.

CAREGIVER EVENTS

FOR NATIONAL FAMILY CAREGIVER MONTH **SPECIAL EVENT!**

Tuesday, Nov. 1–Friday, Nov. 4.

National Family Caregivers Month in November is dedicated to supporting caregivers as they care for others. You are invited to participate in one or more of the activities designed to honor the family caregiver and provide moments of relaxation. Register for each event you wish to participate in. Your loved one is invited too. Register by Oct. 18!

Caregiver Event: Dinner for 2 Tuesday, Nov. 1, 4:30–5:30 p.m. delivery

Select your dinner choices when you register, and we will deliver to your door! Boxed dinners prepared by the Rutherford Cafe.

Caregiver Event: Expression and Relaxation Wednesday, Nov. 2, 10 a.m.–noon.

Caregivers and care receivers

are invited! Caregivers are encouraged to sit back and relax while seeing beautiful places, flowers and animals through the lens of Artist Joan Pearce's camera. Take a few moments to breathe, relax and enjoy nature which can be healing. Then, embellish a box to hold items of joy using words, colors, pictures, quotes and embellishments. This will be your sacred place to keep precious memories, journal notes, photos, mementos and things that make you smile. At the same time, care receivers are welcome to attend activities designed for gentle engagement with professionals available to assist as needed with personal care.

Caregiver Event: Lunch with Live Music and Chair Massage

Friday, Nov. 4, 11 a.m.–1:30.

Caregivers and care receivers are invited to attend Cafe 55 lunch with musical entertainment by David and Mary, performing instrumental favorites on the aerophone and violin. During this time, caregivers are treated to a chair massage! Registration is required to be scheduled for your chair massage. Rest easy and enjoy! Staff, volunteers and

professional caregivers are available to assist your loved during your massage.

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.