

Enhance Learning

In-Person and Online Programs

Spring 2023



740-363-6677

MySourcePoint.org



April 3–July 1, 2023

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. May 26; Close at 2 June 9; Closed May 27 and 29.

Registration is required and begins March 20 at MySourcePoint.org/EC 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 can enhance our understanding of the world around us, provide us with more and better opportunities, and improve our quality of life.

Special Events

MEDICINE/DRUG DISPOSAL

Wednesday, May 10, noon–1 p.m.

Representatives from the Delaware Police Department and the Drug-Free Delaware Coalition will be at SourcePoint to take in your prescriptions and medicines that you no longer need. (No inhalers, large quantities of liquids, natural supplements, or vitamins.) *Also register for the Drug Education Program at 11 a.m. in the Education Package, as they will discuss what drugs kids could be using and what grandparents can look out for. The talk will include how to safely dispose of your own medications.*

OPEN MICROPHONE: FEATURING CREATIVE WRITERS **NEW!**

Tuesday, May 9, 6–7:45 p.m.

This event is open to the public, so don't miss the opportunity to hear original writings from SourcePoint members. You will feel like you have read snippets of different books when you leave. Bring your friends to this unique experience!

MENTAL HEALTH **NEW!**

Wednesday, May 24, 10–11:30 a.m.

Explore the topic of mental health concerns of older adults with a special focus on men. What are the causes of these mental health difficulties and what can individuals and communities do about it? There will be plenty of time for discussion. *This is part of the Men on the Move series.*

Discussion & Interest Groups

BOOK CLUB: NONFICTION DIALOGUE **HYBRID**

Third Monday of each month, noon–1:30 p.m.

Read and discuss selected books. Share insights and ponder perspectives in this hybrid discussion. Books may be borrowed

from the Delaware County District Library or downloaded. Pick up curbside at the Main or Orange branch of Delaware County District Library using your library card. Register for in-person or online. We will all be together in this hybrid experience!

April 17: Discuss "Atlas of the Heart: Mapping Meaningful Connection and the Language of Human Experience," by Brene Brown.

May 15: "Evicted: Poverty and Profit in the American City," by Matthew Desmond.

June 19: "Rust: A Memoir of Steel and Grit," by Eliese Colette Goldbach.

CARE, SHARE AND CONNECT

Mondays, 1–2 p.m.

We experience different losses in life—loved ones to things in our everyday lives. Come share or listen as topics are discussed with Facilitator RJ Jones.

BIRDING GROUP: SPECIAL PRESENTATION *NEW!*

Thursday, May 18, 1–2:30 p.m.

Birder, traveler, and instructor Danya Furda first became a birder after spotting the lilac-breasted roller in 2010. She has intensified her passion for birds in the last seven years. Don't miss this opportunity to see photos, to learn about the best birding spots in central Ohio, and how to get started birding!

MODEL TRAIN DISCUSSION GROUP

Thursdays through May 25, 9:30–10:30 a.m.

Calling all train fans! Join member Rob Santos who has been modeling trains for 44 years. Discuss running layouts, scenery, and tips. Come and watch or bring in your trains, engines, and cars to run. The group will end on May 25 for the summer and start again on Oct. 5.

COIN COLLECTING

Saturdays, April 8, May 13, and June 10, 10–11 a.m.

Are you interested in learning about coin collecting? Join member Bill Kamb, a long-time coin collector, once a month.

April 8: Show and tell. Bring an interesting coin or two.

May 13: Coin grading with Tony Cass. Tony Cass was a professional grader and has been a collector for over 60 years and a dealer for 20. Correctly grading coins requires years of experience and enables one to avoid problem coins. Bring a coin or two for a pro's opinion.

June 10: Buffalo nickels, minted from 1913-1938. Dan Rich, a collector for more than 60 years, a dealer for 20, and the owner of the monthly coin show at the McCoy Center in Hilliard, will lead the discussion. Bring any

buffalos that you have for Dan's opinion.

BEGINNER'S GUIDE TO GENEALOGY

Wednesday, April 26, 1–2:30 p.m.

Back by popular request! Member Larry Schaaf will introduce you to the fun, exciting field of genealogy. Learn how to start, where to find and evaluate information, and helpful tips to build your family tree. Larry Schaaf was a researcher in the pharmaceutical industry at the Ohio State University Comprehensive Cancer Center. His interest in genealogy began in 2012 when he completed DNA testing to discover his ethnicity since he was an adoptee. Six years later, he discovered both sides of his biological family including 23 half brothers and sisters. Yes, it truly was "23andMe." In 2021, Larry completed a 7-week Genealogical Principles Course sponsored by Boston University.

PRESERVATION PARKS NATURE TABLE

Thursday, June 15, 11 a.m.–1 p.m.

Stop by to check out the nature items brought to you by a Preservation Parks naturalist.

Educational Classes & Presentations

To ensure proper planning, register at least two business days prior to the class. Programs are listed in chronological order.

MIND AEROBICS *HYBRID*

Fridays, 11 a.m.–noon.

Challenge yourself each Friday morning with Joan Pearse as you listen, focus, laugh, and problem solve in a comfortable setting. Each week is different, with segments that encourage you to think. Register for in-person or online. We will all be together in this hybrid experience!

Fee: \$20 for the quarter.

TECHNOLOGY 1:1 ASSISTANCE

Mondays, April 3, 17, 24, May 1, 15, 22, June 5, 19, 26, 10 a.m.–12:45 p.m. by appt.

Jarren Ringle provides guidance on technology in a 45-minute time slot. Do you have questions regarding a cell phone, PC, laptop, or tablet? Share your device and your questions at registration.

U.S. HISTORY: LATE 19TH CENTURY AMERICA HYBRID

NEW!

Fridays, April 7–May 12, 2–4 p.m.

Dr. Rick Owens discusses late 19th century America.

April 7: Reconstruction: Myths and Reality. The

election of 1876 and the “compromise” of 1877.

April 14: Closing the Frontier. America in 1876: Centennial, Custer, and Crazy Horse. U.S. policy toward Native Americans and westward expansion. Resources and exploitation of the west.

April 21: Industrial Growth, Railroads, Trusts, Labor, and Immigrants. Urbanization and urban society in post-Civil War America. Industrial and agrarian America in conflict.

April 28: The Gilded Age: Life and Politics in 1876-1912. “Progress and Poverty.” Efforts to reform America.

May 5: The Reaction to Industrialization and Urbanization. Populism, the “search for order,” political parties, and roots of the progressive movement. “Cross of Gold”: The election of 1896. The great crossover: A review and analysis of 19th to 20th century American politics.

May 12: Progressivism at Home: Domestic Affairs under Roosevelt, Taft, and Wilson. Culmination: The election of 1912.

Dr. Richard Owens is a tenured history professor. He has served twice as a university president, as a college trustee, and as a U.S. Navy officer. Currently, he teaches at West Liberty University and locally

at Columbus State. He has published histories, historical novels, more than two dozen historical articles, and a series of children’s books.
Fee: \$30 for the six-week series.

GETTING OLDER: BOOK REVIEW AND DISCUSSION ***NEW!***

Wednesdays, May 10, 17, 24, and 31, 1–2:30 p.m.

Author, philosophy professor, and retired mental health therapist/chemical addictions counselor, Bob Bailor, shares his book, “Getting Older,” in this program. You will receive his book at the first session so that you can read it during the next three weeks. At the weekly in-person sessions, Bob will lead discussions on how the book sees aging with the opportunity to share your own experiences, insights and questions. Don’t miss this unique opportunity to discuss the real meaning of “getting older.”

Fee: \$25 includes the book and four sessions.

Learning in the Community Package

NEW!

Register for as many of the following activities that you wish to attend for one low fee—up to 5 activities available this quarter for \$10! If you register for more at a later date, customer service can assist you in-person or by phone at 740-363-6677. Meet the instructors there. If it is raining, the field trip will be canceled.

ALUM CREEK WILDFLOWER WALK

Friday, April 7, 1–2 p.m. at Alum Creek Visitor Center, 5905 Lewis Center Road, Lewis Center.

Kara Blomgren, park ranger at Alum Creek Lake, will lead a wildflower walk to explore the beauties of spring. Join her on a half to three-quarter mile nature hike as you search for native wildflowers. Park in the parking lot and meet in the front of the visitor center.

WILDFLOWER WALK WITH MASTER GARDENERS

Saturday, April 15, 2–3 p.m. at Shale Hollow Park, 6320 Artesian Run, Lewis Center.

Meet at the Shale Hollow nature center to walk with a Master Gardener. Search for wildflowers growing near the short, dirt-packed trail.

WILDFLOWER WALK WITH MASTER GARDENERS

Saturday, April 29, 2–3 p.m. at Shale Hollow Park, 6320 Artesian Run, Lewis Center.

See description above.

WALK ON THE WILD SIDE

Thursday, May 4, 10–11 a.m. at River Bluff Area, Highbanks Metro Park, 8400 Olentangy River Road, Columbus.

Join Carrie Keller, outreach naturalist for senior programs at the Metro Parks. Search for resident and migrating birds and wildflowers through the field, forest, and along the river on this 0.9-mile hike. Bring binoculars if you have them. Please wear hiking shoes/boots that you don't mind getting wet or muddy. The trail is considered easy but is narrow and unimproved in some spots.

RAPTOR PROGRAM: DEER HAVEN PARK

Thursday, June 8, 11 a.m.–noon at Deer Haven, 4183 Liberty Road, Delaware.

Join a park naturalist for a presentation on raptors and learn about the aviary at Deer Haven, one of the Preservation Parks. Learn about and dissect an owl pellet. Whooooo knows what you may learn about the birds that live around us!

Education Package

Register for as many of the following classes (pages 4-6) as you wish to attend for one low fee—up to 15 presentations available this quarter for \$15! If you wish to register for more at a later date, customer service can assist you in-person or by phone at 740-363-6677.

HOME SECURITY

Tuesday, April 4, 1–2 p.m.

Your home is your castle and no one wants to be a victim of a burglary or theft. Join Officer Robert Hatcher from the Delaware Police Department to learn crime prevention tips to help keep your home secure.

TECHNOLOGY TALK: FRAUD

Monday, April 10, 10–11:30 a.m.

Jarren Ringle provides information on fraud. Where do I find help or report a scam? How can I trust emails or text messages? Is this charity real? Is my new online friend someone I can trust?

HISTORY: THE TITANIC *NEW!*

Wednesday, April 12, 1–2:30 p.m.

Join local historian Van Young as he shares the unthinkable sinking of the Titanic on April 15, 1912. Billed as unsinkable, the Titanic remains the deadliest peacetime sinking of a cruise ship. When the ship sank, many of the lifeboats that had been lowered were

about half full, much to the demise of the 1,500+ people who went down with the ship. Learn about the events of this maiden voyage and some unique trivia and facts that will surprise and astound you. Bon voyage!

**MOMENTS OF GRACE:
EXPLORING NEAR-DEATH
EXPERIENCES**

Wednesday, April 19, 1-2:30 p.m.

The near-death experience (NDE) is a fascinating subject of global interest and source of many debates, controversies, and headlines. NDEs are profound psychological events with transcendental and mystical elements that may occur during times of intense stress with significant aftereffects. Join us for a fascinating discussion on a phenomenon that can enrich our lives and encourage conversations on a taboo topic. Presenter Linda Manley, CNP, brings more than 35 years of experience from the medical field to this presentation. She served in the Army Nurse Corp, 25 years as a flight nurse, and 18 years as an emergency nurse practitioner. What she has learned about this subject fundamentally altered her viewpoint on death.

**HISTORY: THE KENT STATE
SHOOTINGS**

Wednesday, May 3, 2–3:30 p.m.

Van Young, local historian, shares information on the day before the 53rd anniversary of the Kent State Shootings. This talk examines the events leading up to the shootings of May 4, 1970, and the aftermath, including the trial of the National Guardsman several years later. Should any responsibility be placed on the soldiers for this tragedy or did the students and demonstrators hold all the blame? The talk reviews the animosity that existed at the time between student antiwar protestors and the U.S. government. Was it a murder or tragedy?

**TECHNOLOGY TALK: TECH
SAFETY**

Monday, May 8, 10–11:30 a.m.

Jarren Ringle provides information on technology safety. Do you wonder how your Facebook was hacked? Is that link safe? Why did Microsoft call me?

**DRUG EDUCATION PROGRAM
Wednesday, May 10, 11 a.m.–
noon.**

A representative from the Delaware Police Department and Lisa Dooley, prevention coordinator from the Drug-Free Delaware Coalition, will be at

SourcePoint to talk about what drugs kids could be using and what grandparents can look for. The talk will include how to safely dispose of your own medications.

**MOMENTS OF GRACE: AFTER-
DEATH COMMUNICATIONS
Friday, May 12, 1–2:30 p.m.**

Have you ever sensed the presence of a loved one who died? If so, you are not alone. These experiences, which may be exhilarating and confusing, are known as after-death communications (ADCs). ADCs are spontaneous, take many forms, and have been documented throughout time. Join us for an intriguing discussion on a phenomenon that provides hope and comfort to the bereaved and suggests that love does, indeed, transcend all boundaries. Presented by Linda Manley, CNP.

**OHIOHEALTH SERIES:
MANAGING STRESS THROUGH
MINDFULNESS AND SELF-
COMPASSION**

Friday, May 19, 1–2 p.m.

Discuss how mindfulness and self-compassion can strengthen our inner resources to manage stress. Presenter Jennifer Stauffer, LISW-S, has more than 30 years of diverse experience as a social worker. Her passion is to educate and teach how mindfulness can support

individuals in their own health and well-being. Jennifer's areas of focus include anxiety, depression, grief/loss, life transitions, trauma, substance use, and mindfulness-based interventions. Jennifer has both a Master of Social Work and a Bachelor of Arts in Psychology from The Ohio State University.

COMMONLY TREATED HAND CONDITIONS *NEW!*

Monday, May 22, 1–2:15 p.m.

Robin Landon, CNP, MSN, RN and Kathy Villacres, certified hand therapist and occupational therapist, from the Hand Center will discuss commonly treated conditions.

TECHNOLOGY TALK: FRAUD

Monday, June 12, 10–11:30 a.m.

Jarren Ringle provides information on fraud. Where do I find help or report a scam? How can I trust emails or text messages? Is this charity real? Is my new online friend someone I can trust?

MOMENTS OF GRACE:

NEARING-DEATH AWARENESS

Wednesday, June 14, 1–2:30 p.m.

Near-death awareness (NDA) is a term that describes a dying person's experience which often includes vivid end-of-life dreams or visions. A recent study found most hospice patients reported an NDA prior to their death and the

experience was comforting, even joyful, for the dying person. Could you recognize such an experience? This class will discuss NDAs and the positive impact they can have on both the dying person and their loved ones during a challenging time. Presented by Linda Manley, CNP.

ECONOMICS: FEDERAL DEFICITS AND THE DEBT *NEW!*

Wednesday, June 21, 1–2:15 p.m.

Bob Gitter, retired professor of economics at Ohio Wesleyan University, will discuss federal deficits and the debt: causes, effects, and possible ways forward. The U.S. government is at its legal debt ceiling of \$31.6 trillion. How did we accumulate so much debt and how has this impacted the nation? Although there are temporary solutions that can keep the government running, what are potential changes that could be made and how will they affect the nation and its citizens?

STROKE AWARENESS

Thursday, June 22, 1–2 p.m.

Cardiovascular disease is the number one cause of death in the U.S. Stroke is three. This is a class about risk factors for stroke and what we can do to reduce our risk. Presenter Cathy Hulse, RN for more than 40 years, has a background in

critical care and is certified as a neurological nurse specializing in stroke care. She has been instrumental in obtaining primary and comprehensive stroke center certification at OhioHealth Hospitals and in assisting in developing their stroke network.

HISTORY: CUSTER'S LAST STAND

Thursday, June 22, 2:30–4 p.m.

Join local historian Van Young as he shares Custer's last stand. The Battle of the Little Bighorn, fought on June 25, 1876, near the Little Bighorn River in Montana Territory, pitted federal troops led by Lt. Colonel George Armstrong Custer (1839-76) against a band of Lakota Sioux and Cheyenne warriors. This talk presents the background, details, and events that led to what historians refer to as the greatest military defeat in U.S. history.

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You may also be interested in the following listed in Express Yourself with the Arts:

GETTING LOST IN NATURE

PHOTOGRAPHY

Thursday, June 29, 1–2:15 p.m.

CHECK OUT YOUR LIBRARY *on the lower level. When classes are not in session, books may be borrowed. Returning books is easy: Place them on the cart in the hallway.*