

Empower Transitions in Aging

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 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.

First Thursday and third Tuesday of each month, 10 a.m.–2 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. Care consultations are a free personalized service addressing the issues that arise from Alzheimer's or dementia. Get assistance with planning and problem solving, an assessment of needs, and supportive listening. To schedule your appointment, email hladams@alz.org or call 614-643-2137.

ALZHEIMER'S ASSOC. EARLY STAGE ART CLASSES

Fridays, April 14, May 12, and June 16, 1–2:30 p.m.

The Alzheimer's Association offers programming for those in the early stage of Alzheimer's or another dementia and their care partners. This class allows individuals living with dementia to come together and socialize while expressing their creativity. Care partners are welcome to utilize this time for themselves. To participate in early stage programming, an interview must be completed with an Alzheimer's Association Care Consultant to determine appropriateness. To learn more and schedule an interview, please call or email Hannah Adams. (See above.)

ALZHEIMER'S AND DEMENTIA MINI-SERIES

Tuesdays, April 11, 11 a.m.–1 p.m. and May 9, 11 a.m.–noon.

The Alzheimer's Association leads the way to end Alzheimer's and other dementia by accelerating research, driving risk reduction and early detection, and maximizing quality care and support. The presentation will last 30 minutes, with the second half featuring a Q&A panel for a deeper dive into these topics:

April 11: Managing Money: A Caregiver's Guide to Finances.

(90-minute presentation followed by 30-minute Q&A) If you or someone you know is facing Alzheimer's disease, dementia, or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs, and the benefits of early planning.

May 9: The 10 Warning Signs of Alzheimer's. This education program will help you recognize common signs of the disease in yourself and others, as well as the next steps to take, such as how to talk to a doctor.

ALZHEIMER'S COMMUNITY FORUM *SPECIAL EVENT*
Tuesday, May 23, 10–11:30 a.m.
Join the Alzheimer's Assoc. for a town hall-style listening session to learn about Alzheimer's, dementia, and memory loss. Bring a friend who has been affected by the disease. Share your thoughts about how we can help people in your community. To register, call 800-272-3900.

BRAIN LONGEVITY: KIRTAN KRIYA FOLLOW-UP
Fourth Thursday of each month, 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. This once-a-month follow-up is designed to allow you to talk to your peers about changes and challenges. The instructor may share information about new research supporting The 4-Pillars approach to brain longevity and Alzheimer's prevention and answer any questions you may have.

FALLS FREE ZONE – HOME HAZARDS *NEW LOCATION*
Wednesday, June 21, 1:30–2:30 p.m. at Genoa Township Hall, 5111 S. Old 3C Highway, Westerville.

Each year, more than 1 in 4 adults aged 65 and older have a fall. Falls are the number one cause of injury and death among older adults. We created the Falls-Free Zone curriculum to provide comprehensive information to help prevent falls. Each module provides key information on a contributing factor and an interactive opportunity for prevention. This module speaks on hazards in the home that can lead to falls, followed by free walker and wheelchair tune-ups. May extend past the hour. Presented by Allison Chakroff, SourcePoint Community Education Coordinator and Bryan Jackson of J&J Mobility.

HEALTH IN ACTION: BETTER HEALTH SELF-MANAGEMENT *SPECIAL WORKSHOP*
Thursdays, April 20–May 25, 1–3:30 p.m.

Take the steps to a healthier lifestyle in six sessions to better health self-management! Problem-solve your health challenges with the support of others. Individuals with chronic conditions and caregivers are welcome. This no-cost workshop series provides you with the tools to make an action plan for better health, including healthy eating, physical activity, better breathing, medication management, communicating, and more.

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

INSURANCE: MARKETPLACE ASSISTANCE *NEW!*
By appointment.

SourcePoint is now helping Delaware County residents 55-64 seeking health insurance through Ohio Healthcare

Marketplace. Our insurance specialists are certified assisters, trained to provide in-person and phone-based support to help consumers narrow their plan options on the Affordable Care Act's health insurance marketplaces. We offer expertise in both helping consumers consider their health plan choices and interacting with the marketplace decision support tools. To schedule an appointment, call 740-363-6677 and ask for an insurance specialist.

LEGAL AID

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 740-383-2161, ext. 273 to make an appointment.

MEDICARE: NEW TO MEDICARE

Saturday, April 1, May 6, or June 3, 10 a.m.–noon.

Monday, May 1, 10 a.m.–noon, at Delaware County District Library Main Branch, 84 E. Winter St., Delaware.

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

Tuesday, April 4, 10–noon.

Monday, May 15, 10–noon, at Delaware County District Library Main Branch, 84 E. Winter St., Delaware.

Thursday, June 15, 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

Monday, April 17, 10–noon, at Delaware Community YMCA, 1121 S. Houk Road, Delaware.

Thursday, April 27, 6–8 p.m.

Tuesday, May 23, 6–8 p.m.

Monday, June 5, 10–noon, at Delaware County District

Library Main Branch, 84 E. Winter St., Delaware.

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*

Three free presentations at MySourcePoint.org/insurance, including an intro to Medicare, Supplements and Part D, and Advantage Plans.

SENIORS AGAINST SCAMS *NEW LOCATION*

Wednesday, May 17, 1:30–2:30 p.m. at Genoa Township Hall, 5111 S. Old 3C Highway, Westerville.

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 you know about scams, why you're at risk, the usual suspects and types of scams, protecting yourself and loved ones, and resources to report scams and financial abuse.

THE FOUR PILLARS OF THE NEW RETIREMENT *NEW!*

Wednesday, June 21, 1:30–2:30 p.m.

This 30-minute presentation explores how retirement is changing and the four pillars that can impact your quality of life during retirement. Explore each of these pillars, why they matter, and ways you can tend to each of them. Presented by Brian Cahal, Financial Advisor, Edward Jones. Cahal is not endorsed by SourcePoint.

Role Transitions

CAREGIVER CONVERSATIONS

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

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

CAREGIVER CRASH COURSE *NEW LOCATION*

Wednesday, April 19, 1:30–2:30 p.m. at Genoa Township Hall, 5111 S. Old 3C Highway, Westerville.

All you need in the time you have: A one-hour class for new, current, and future caregivers that includes information on safety, falls, getting organized, legal information, community resources, and self-care.

CAREGIVER CRASH COURSE *ONLINE*

A 30-minute video at [MySourcePoint.org/caregiver](https://www.mysourcepoint.org/caregiver) for new, current, and future caregivers.

CAREGIVER DROP-IN HOURS

Mondays, Wednesdays, and Fridays, 10 a.m.–4 p.m.

Stop by or call for a private, one-on-one, confidential discussion with a professional caregiver support coordinator. Brian Fox has personal and

professional experience working as a caregiver for adults of all ages and most types of disabilities. Sometimes support groups don't fit our schedules or maybe group sessions aren't what works for you. Contact Brian at bfox@MySourcePoint.org or 740-203-2399.

CAREGIVER FAMILY MEETINGS *NEW!*

Mondays, Wednesdays, and Fridays, 10 a.m.–4 p.m. by appointment.

Family dynamics play a complex role in caregiving. Carving out time for a purposeful conversation between the person with care needs and those shouldering responsibilities has been shown to create positive outcomes. SourcePoint can help facilitate these much needed yet often difficult conversations. Schedule a time with SourcePoint's caregiver program coordinator to help care partners assess time and resources, temper expectations, and equitably delegate tasks. To schedule an appointment, contact Brian at bfox@MySourcePoint.org or 740-203-2399. Meetings can be online, or in-person at SourcePoint or in a care partner's home.

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.

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.

GRIEF SUPPORT: THINKING BEYOND “THE 5 STAGES OF GRIEF” *NEW! HYBRID*

Wednesdays, April 12–May 17,

1:30–3 p.m.

Move beyond the prescriptive definitions of “the 5 stages of grief” to a more descriptive interpretation. This six-week group seeks to challenge the idea that grieving, to be considered productive, must end with accepting one's loss. Working together, we will instead seek out an alternate form of moving on that involves growing more as a complete person—a person whose experiences with their departed loved one continues to inform their thoughts and actions. In this group, we will examine short and digestible scholarly essays, contemporary opinion pieces, and existentialist philosophy that has stood the test of time with different (sometimes even conflicting) definitions of grief.

SourcePoint caregiver programs are funded in part by the Central Ohio Area Agency on Aging.