

Empower Transitions in Aging

In-Person and Online Programs

Fall 2023



740-363-6677

MySourcePoint.org



Oct. 2–Dec.30, 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. Nov. 22, Dec. 22,
and Dec. 29; Close at 2 p.m. Oct.*

*6 and Nov. 17; Closed Nov. 23–25,
Dec. 23 and 25, Dec. 30.*

Registration is required and begins Sept. 18 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.

Special Event

CARFIT: HELPING MATURE DRIVERS FIND THEIR SAFEST FIT
Thursday, Oct. 19 1–3 p.m.

CarFit offers older drivers a free opportunity to check how their cars “fit” them. CarFit’s trained professionals take drivers through a 12-point checklist with their vehicle, recommending minor adjustments that help make their cars fit better for comfort and safety. Developed by AAA, AARP, and the American Occupational Therapy Association partners.

Body, Brain & Behavioral Health

AGING MASTERY PROGRAM *NEW*

Fridays, Oct. 13–Nov. 10, 2–4 p.m., Lifelong Learning Institute at OWU Hamilton-Williams Campus Center, 40 Rowland Ave., Delaware.

The Aging Mastery Program® core curriculum combines evidence-informed knowledge sharing with goal-setting and feedback routines, daily practices, peer support, and small rewards. Classes are led by expert speakers who help participants gain the skills and tools they need to manage their health, remain economically secure, and contribute actively in society. The goal of the 10 core topics is to provide participants with an overview of the challenges encountered while navigating longer lives and offer support to master new skills. The course covers 10 topics: Navigating Longer Lives, Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Advance Planning, Healthy Relationships, Medication Management, Community Engagement, and Falls Prevention. To register, email LLI@owu.edu or call Debbie Lewis at 740-368-3078.

ALZHEIMER'S AND DEMENTIA MINI-SERIES

HYBRID

**Tuesdays, Nov. 14 and Dec. 12,
11:30–12:30 p.m.**

Nov. 14: Effective

Communication. Learn

to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Dec. 12: Living with

Alzheimer's: Younger

Onset. Join the Alzheimer's

Association to learn about

Younger Onset Alzheimer's,

the impact it may have on you

and your family, receiving a

diagnosis while working and

living well with your diagnosis.

Virtual participants will receive the program link via email after registration is complete.

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 SOCIAL ENGAGEMENT PROGRAMMING

**Fridays, Oct. 13, Nov. 10 and
Dec. 8, 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.)

BRAIN LONGEVITY: KIRTAN KRIYA FOLLOW-UP

Thursday, Oct. 26, 1:30–2:15.

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.

DRIVER SAFETY: TALK WITH A TROOPER

Monday, Nov. 6, 1–2 p.m.

The Delaware County SAFE Coalition, the Ohio State Highway Patrol, and Age-Friendly Delaware County come together to offer older adult safe driver conversations with a trooper from the Delaware County OSHP Post.

FALLS FREE ZONE – MEDICATION MANAGEMENT Thursday, Oct. 5, 1–2 p.m.

**at Delaware County District
Library Orange Branch, 7171
Gooding Blvd, Lewis Center.**

This module of the Falls-Free Zone program explains the importance of managing medications, how medications may interact to increase the risk of falls, and an opportunity for a medication review.

A MATTER OF BALANCE Fridays, Oct. 13 through Dec. 8, 10:30 a.m.–12:30 p.m.

Have you fallen in the past? Have you limited your activity for fear of falling? Do you

want to improve balance, flexibility, and strength? A Matter of Balance is a free, award-winning program that teaches practical strategies to reduce your fear of falling and increase your activity level. In this series, you'll learn to view falls as controllable, set realistic goals for yourself, reduce risk factors, and exercise to increase strength and balance.

NAMI FAMILY SUPPORT GROUP *NEW AT SOURCEPOINT*

Second and fourth Thursdays of each month, 4:30–6 p.m.

NAMI Family Support Group is a peer-led support group for any adult with a loved one who has experienced symptoms of a mental health condition. Gain insight from the challenges and successes of others facing similar experiences. NAMI's support groups are unique because they follow a structured model, ensuring everyone has an opportunity to be heard and to get what they need. Offered by National Alliance of Mental Illness Mid-Ohio. *See Enhance Learning flyer for a presentation by NAMI presenters on Oct. 17, 1–2 p.m.*

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. Participants are also welcome to discuss topics related to living with Parkinson's.

TOOLS FOR LIFE: EXPLORING LIFE AND PERSON-SHAPING DECISIONS *NEW* **Thursdays, Oct. 5–Dec. 7, 10:30 a.m.–noon.**

Adults make various life-shaping decisions that determine who they are, who they want to be, and the life they want to live. Unavoidable life changes become an opportunity to adapt to current life circumstances, and if needed make new decisions as wiser, more powerful people. Explore in this interactive series through short presentations by the facilitator, open discussions, participant insights and questions from having lived their unique lives, and hands-on learning exercises designed to bring ideas to life. Tools for Life includes the following topics:

- Understanding the different types of life-shaping decisions that help adults:
 - Live life fully with hope

- and joy.
- Live an exciting life seasoned with adventure and curiosity.
- Be self-sufficient, persistent, and able to say “no” appropriately.
- Live, work, and play with others successfully.
- Live life responsibly and with competency in necessary skills.
- Adapt to life changes, reinvent themselves, and age with grace.

- The importance of appreciation.
- Communication that is helpful and supportive for self, friends, and family.
- Caring for self and others in healthy ways.
- Setting reasonable expectations for self and others.
- Denial and how to move toward problem-solving action.

Broadly speaking, the Tools for Life Program is about “what makes people tick.” All information is presented with the expectation that participants will decide what makes sense to them and how it may or may not apply to them in relationship to shaping who they are, who they want to be, and the life they want to live.

Fee: \$40.

Financial, Insurance & Legal

FIGHTING FINANCIAL FRAUD: CYBERCURRENCY IN 5

Tuesday, Oct. 10, 2–3 p.m.

Be empowered to spot the signs of a financial scam, recognize scammer behaviors, and know where to go to verify legitimate professionals.

The Better Business Bureau knows prevention is key—by sharing stories and information with friends and loved ones, everyone is less likely to fall victim to a fraudster. In partnership with the FINRA Investor Education Foundation, BBB offers several presentations from the Fighting Financial Fraud Program.

In this class learn about cryptocurrency in 5. Learn the lingo with our crypto glossary, the five red flags of a crypto scam, and what to do if you encounter cryptocurrency cons.

INSURANCE: MARKETPLACE ASSISTANCE 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

Thursdays, Oct. 26, Nov. 16, Dec. 28, 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

Saturdays, Oct. 7, Nov. 4, and Dec. 2, 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: 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: OPEN ENROLLMENT CHECK-UP DAYS

Mondays, Oct. 16, 23, 30, Nov. 6, 13, 20, and Dec. 4, 9 a.m.–2:15 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 Delaware County residents. During the Medicare Annual Open Enrollment Period, you will be able to 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 (HRA) dollars.

MEDICARE: OPTION 1 – MEDICARE SUPPLEMENTS AND PART D

**Tuesdays, Oct. 10 and Dec. 5,
6–8 p.m.**

Tuesday, Nov. 7, 10 a.m.–noon.

Open Enrollment is Oct. 15–Dec. 7, so it's time to review your Part D plan. Whether you're new to Medicare or have been on Medicare for years, this interactive workshop will teach you to use the Medicare Plan Finder Tool and select your 2024 Part D plan. You'll learn more about Medicare Supplements and Part D plans and how to run 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

**Thursdays, Oct. 26 and Dec. 14,
10 a.m.–noon.**

Thursday, Nov. 16, 6–8 p.m.

Open Enrollment is Oct. 15–Dec. 7, so it's time to review

your Medicare Advantage plan. Whether you're new to Medicare or have been on Medicare for years, this interactive workshop will teach you to use the Medicare Plan Finder Tool and select your 2024 Medicare Advantage plan. You'll learn more about these plans and how to run rates tailored to your individual needs. Bring a complete list of your medications, doctor's names, and your tablet or laptop, if possible.

MEDICARE INSURANCE EDUCATION *ONLINE*

Three free presentations at [MySourcePoint.org/insurance](https://www.mysourcepoint.org/insurance), including an intro to Medicare, Supplements and Part D, and Advantage Plans.

SENIORS AGAINST SCAMS

**Wednesday, Dec. 13, 1–2:30
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 for Financial Scams
- The Usual Suspects & Types

of Scams

- Protecting Yourself & Loved Ones from Scams
- Resources to Report Scams & Financial Abuse
-

Role Transitions

CAREGIVER CONVERSATIONS

HYBRID - DATES ADDED

**Second and fourth Tuesday of
each month, 10–11 a.m.**

**Second Tuesday of each
month, 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. Virtual participants will receive the program link via email after registration is complete.

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

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.

CARE PARTNER AFFIRMATIONS WRITING WORKSHOP *HYBRID NEW* Thursdays, Oct. 5–26, 11 a.m.–noon.

This four-week journaling workshop is a chance for care partners to pass along the wisdom they have achieved—oftentimes through sheer trial and error—to a new generation of parents, spouses, children, and friends through the written word. Our finished work will be compiled into a volume of affirmations, mantras, and poems to be made available to current and future Delaware county caregivers. Open Mic Night to follow. Virtual participants will receive the program link via email after registration is complete.

CAREGIVER RECOGNITION: AFFIRMATIONS READING OPEN MIC *NEW* Wednesday, Nov. 15, 6–7:30. National Family Caregivers

Month in November is dedicated to supporting caregivers as they care for others. Join the attendees of The Care Partner Affirmations Workshop as we recite our finished work, describing and defining all the ways there are to be a caregiver. Stick around after the readings to give your reactions to the writers and let them know if you saw a part of yourself in their stories.

CAREGIVER RECOGNITION: MEAL DELIVERY *RETURNS* Wednesday, Nov. 1, 4:30–5:30 p.m. delivery.

National Family Caregivers Month in November is dedicated to supporting caregivers as they care for others. To honor the dignity you provide for your loved ones, we would like to hand deliver artisan sandwiches to your door! Select your dinner choices when you register, and we will deliver meals prepared by The Rutherford Cafe. Register by Oct. 25!

GRANDPARENTS AS PARENTS MONTHLY MEETUP *NEW* Fridays, Oct. 27 and Dec. 22, 11 a.m.–noon.

Join this casual group of older adults, holding space for other grandparents acting as second-time parents. This group aims to support one another

through shared life experience as well as help individuals get connected with resources in their communities.

GRIEF SUPPORT: LIVING BEYOND LOSS *DATES ADDED*
Second and fourth Tuesdays 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 a support system.

GRIEF SUPPORT: THINKING BEYOND THE 5 STAGES
HYBRID

Mondays, Oct. 23- Nov. 27, 1:30-3 p.m., at Community Library, 44 Burrer Drive, Sunbury.

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. Virtual participants will receive the program link via email after registration is complete.

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