

SPEAKERS BUREAU



SourcePoint, the comprehensive aging services provider in Delaware County, provides **free presentations to community groups and employers**. Our aging experts are available for in-person or virtual events and can customize presentations based on your needs.

Learn more and reserve a speaker today at MySourcePoint.org/speakers.

AGING SERVICES

Covering everything from a broad federal overview to what is available in the Delaware County community.

- Accessing Aging Services for Patient Care Coordinators
- Age-Friendly Delaware County
- The Aging Network
- All About SourcePoint:
 - What Does SourcePoint Offer?
 - Community Programs
 - In-Home Care
 - Meals on Wheels
 - Just for Paws & Pet Food Drives
 - Working with First Responders

FALLS PREVENTION & SAFETY

Practical suggestions to reduce the fear of falling and address other concerns.

- Emergency Preparedness
- Falls-Free Zone: Six Modules
- Home Safety Checks
- A Matter of Balance: A Six-Week Series on Falls Management
- Seniors Against Scams

PHILANTHROPY & VOLUNTEERING

Our community gives back in a number of ways. Learn how you can contribute!

- A Day in the Life of a Volunteer
- Recruiting and Managing Volunteers
- Ways to Give | Planned Giving

CAREGIVER SUPPORT

Providing support for and addressing the everyday challenges of caregivers.

- Caregiver Crash Course
- Grief Support
- Managing Stress
- Powerful Tools for Caregivers: A Six-Week Series of Self-Care Workshops
- SourcePoint's Caregiver Support

HEALTH & WELLNESS

Focused on the health of older adults, including increasing activity levels, prevention, and chronic illnesses.

- Active Aging
- The Benefits of Travel
- Brain Health
- Health in Action: A Six-Week Series on Chronic Disease, Diabetes, or Chronic Pain Self-Management

MEDICARE EDUCATION

Unbiased information tailored for individuals nearing 65 or needing help understanding Medicare options.

- New to Medicare
- Option 1: Medicare Supplements and Part D
- Option 2: Medicare Advantage

Questions? Contact Brian Doone at 740-203-2358 or bdoone@MySourcePoint.org.

