

LIVING WELL AFTER 55

Programs to help Delaware County adults thrive after 55 are available throughout our community.



740-363-6677

MySourcePoint.org





SourcePoint is Delaware County's most comprehensive resource for professional expertise, services, and programs for adults who

want to **thrive after 55**. Whether you're 55 or 95, SourcePoint can help you set your own course to **live well as you age**.

Enrichment Center

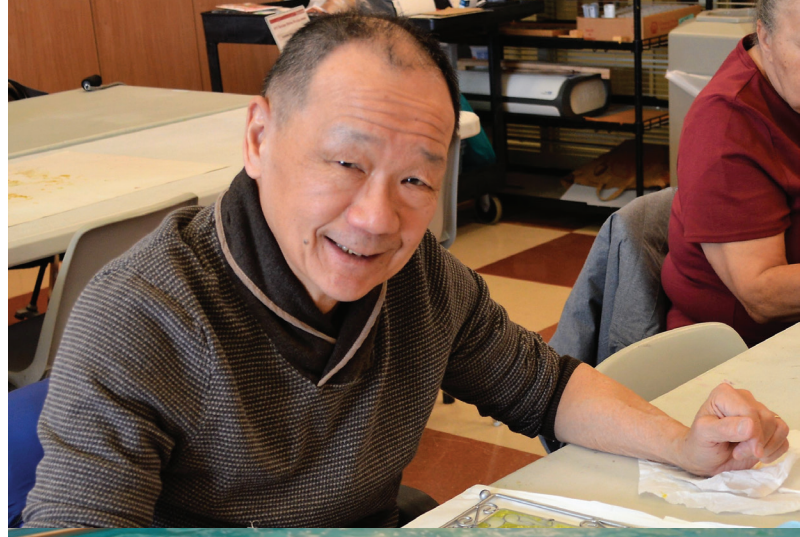
SourcePoint's enrichment center fosters positive opportunities for social connection, intellectual stimulation, and physical well-being.

The 44,000-square-foot community center has a fully equipped fitness center, warm-water exercise pool, and spaces for activities, such as aerobics, art, billiards, dance, lectures, music, and more. The center is also home to Cafe 55, one of SourcePoint's community cafes.

Activities are scheduled quarterly, with more than 200 programs across six major categories: arts, fitness and wellness, learning, social connections, transitions in aging, and trips. Find the current schedule at **MySourcePoint.org/EC** and register online.

A community pass to SourcePoint's enrichment center is available at no charge to Delaware County residents ages 55 and better. With no annual membership fee, guests have access to the center, as well as numerous free activities. For programs that do require a fee, scholarships are available to qualifying adults, and it's easy to apply!

SourcePoint also is a participant in the SilverSneakers®, Silver&Fit®, and Optum Renew Active™ health programs.



Caregiver Support

Caring for a spouse, parent, or loved one takes a great deal of time, effort, and hard work. Our caregiver support offers a variety of free resources and dynamic programs, including support groups, workshops, one-on-one discussions, and grief support.

Falls Prevention

We offer free home safety checks, as well as a Falls-Free Zone curriculum that provides education and exercises to help prevent falls. SourcePoint also leads the Stepping Up to Prevent Falls Coalition in Delaware County, a collaborative effort to increase access to falls prevention resources.

Medicare Education

Our certified insurance specialists provide unbiased advice and recommendations that help you make sense out of Medicare by selecting the best plan for you and saving you money in the process. Classes, one-on-one consultations, and resources are available.

Nutrition Services

SourcePoint's nutrition program provides healthy options for Delaware County adults, including:

- **Community Cafes**—SourcePoint operates several social dining centers that serve delicious, nutritious lunches on a donation basis to those 55 and older.
- **Farmers Market Vouchers**—Each summer, SourcePoint provides vouchers for fresh foods from participating farmers markets and independent vendors throughout the county.

SourcePoint also is the proud provider of **Meals on Wheels** in Delaware County, in addition to other in-home care services.



In-Home Care Services

In addition to community programs that help you live well after 55, SourcePoint also provides in-home care services that help you remain living safely in your own home, including:

- Meals on Wheels.
- Emergency response systems.
- Homemaker services.
- Medical transportation.
- Personal care.
- Help with home chores.
- Basic nursing services, and more.

Learn more at [MySourcePoint.org](https://www.mysourcepoint.org) or call 740-363-6677.



Give the Gift of Healthy Aging

Generous donations make a difference in our community—both for the older adults we currently serve and for the future.

As the older population continues to grow, we rely on donations to bolster our funding and serve more seniors.

**Every dollar makes a difference.
Make an impact today at
MySourcePoint.org/give.**



MAIN OFFICE AND ENRICHMENT CENTER
800 Cheshire Road, Delaware

740-363-6677 | MySourcePoint.org



SourcePoint is a nonprofit 501(c)(3) organization that provides professional expertise, services, and programs for Delaware County adults who want to thrive after 55, as well as family caregivers. Services and programs are supported by the local senior services levy, private and corporate donations, grants, and the Central Ohio Area Agency on Aging.

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