

Empower Transitions in Aging

In-Person and Online Programs

Winter 2024



740-363-6677

MySourcePoint.org



Jan. 2–March 30, 2024

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. Jan. 12; Close at

2 p.m. March 8; Closed Jan. 1,

Jan. 13 and 15.

Registration is required and begins Dec. 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.

Body, Brain & Behavioral Health

A MATTER OF BALANCE *SPECIAL WORKSHOP*

Thursdays, March 7 through April 11, 1–3 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.

AGING MASTERY PROGRAM *NEW!*

Thursdays, Jan. 25 through March 28, 11 a.m.–noon.

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.

Fee: \$40 for the 10-week series.

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 hlatibagos@alz.org or call 614-643-2137.

ALZHEIMER'S ASSOC. EARLY-STAGE SOCIAL ENGAGEMENT PROGRAMMING

Fridays, Feb 2, 1–2:30 p.m., and March 8, 12:30–2 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 Atibagos. (See above.)

ALZHEIMER'S ASSOC.: THE 10 WARNING SIGNS OF ALZHEIMER'S *HYBRID* **Tuesday, Jan. 23, 11:30 a.m.–12:30 p.m.**

This educational program will help you recognize common signs of the disease in yourself and others and the next steps to take, including how to talk to your doctor.

BRAIN LONGEVITY: THE 4-PILLARS OF ALZHEIMER'S PREVENTION

Dates TBA, Lifelong Learning Institute at *OWU Hamilton-Williams Campus Center, 40 Rowland Ave., Delaware.*

To register, email LLI@owu.edu or call Debbie Lewis at 740-368-3078.

This series on natural methods for prevention of Alzheimer's Disease and other dementias consists of an introductory session and four workshops focused on The 4 Pillars of Alzheimer's Prevention.

Whether you are concerned about dementia for yourself or are a caregiver for someone with dementia, these seminars will have information to help you reduce stress and lower your risk of dementia. Sessions include: A Natural Method for Brain Longevity; Stress Reduction; Psycho-Social Well Being; Physical and Mental Exercise; and Diet and Nutrition.

DOCUMENTARY AND DISCUSSION: KEYS BAGS NAMES WORDS *SPECIAL PRESENTATION*

Tuesday, Feb 20, 2:30–5 p.m.

"Keys Bags Names Words" is a quirky and inspiring lens portraying stories of the personal and global impacts of Alzheimer's disease and other forms of dementia. It follows a cohort of young scientists and artists from around the world as they harness every aspect of creativity, humor, and compassion to lead the way towards hope and resilience.

**Following Tuesday's matinee, a panel of experts will be on hand to answer questions and platform the personal experiences of audience members. Discover resources relating to Alzheimer's dementia or just be seen and heard as a fellow care partner.*

DRIVER SAFETY: TALK WITH A TROOPER

Monday, Jan. 29, 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 Lt. Robert Curry from the Delaware County OSHP Post.

NAMI FAMILY SUPPORT GROUP

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.

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.

Financial, Insurance & Legal

AARP INCOME TAX AIDE BY APPOINTMENT

Mondays, Feb. 5 through April 15, 9 a.m.–4 p.m.

The AARP Foundation Tax-Aide Program will provide free tax preparation assistance to low- and moderate-income taxpayers. IRS-certified volunteers will assist you in preparing your federal, Ohio, and school district income tax returns for tax year 2023. To schedule your appointment, **TBD**. You **MUST** bring the following items to your appointment:

- Government-issued photo ID, such as a driver's license or state ID card for you and your spouse.
- Social Security card for every person listed on the tax return.
- All 2023 tax documents, such as W-2, SSA-1099, 1099-R, 1099-INT, 1099-DIV, etc. (Beware—some documents may not arrive until after Feb. 1.)
- Your 2022 federal, Ohio, and school district income tax returns.
- A blank check if you want any refunds directly deposited to your bank account; it does not need to be voided and it needs to be a check, not a deposit slip.
- If married, you **AND** your

spouse must attend to participate and sign the returns.

GOOD DEEDS

Thursday, March 21, 2:30–4:30 p.m.

The probate process can be time consuming and necessitates the assistance of an attorney. Learn how to avoid the need to probate your home and vehicles, such as the single most important way—have your house and vehicles in joint survivorship. Good Deeds presentation sponsored by: Judge David A. Hejmanowski, Court of Common Pleas; Melissa Jordan, Delaware County Recorder; and Natalie Fravel, Delaware County Clerk of Courts. If you would like to review your deed at this event, please email Delaware County Recorder Melissa Jordan at mjordan@co.delaware.oh.us with the following information:

- "March 21 SourcePoint 2:30pm" in subject line of email.
- Name(s) and address on any deed filed in Delaware County that you would like printed prior to the session. Please include approximate year deed was filed.

The recorder's office will attempt to pre-print as many deeds as possible and have them ready in alphabetical order at this event.

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, Jan. 6, Feb. 3, or March 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: OPTION 1 – MEDICARE SUPPLEMENTS AND PART D

Tuesday, Jan. 16 or Feb. 13, 10 a.m.–noon.

Tuesday, March 12, 6–8 p.m.

Whether you're new to Medicare* or have been on Medicare for years, 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.

**If you are new to Medicare, the New to Medicare class or online video is a prerequisite for an Options workshop.*

MEDICARE: OPTIONS 1 AND 2 WORKSHOP *NEW!*

Thursday, Feb. 15, 1–3 p.m., at Delaware County District Library, Main Branch, 84 E. Winter St., Delaware.

Whether new to Medicare* or already on Medicare, learn more about Medicare Supplements and Part D plans (Option 1) and Medicare Advantage plans (Option 2) in this interactive workshop. You will use the Medicare Plan Finder Tool to find Medicare Supplement and Part D plans rates tailored to your individual needs, as well as compare Medicare Advantage benefits, costs and provider networks. Bring a complete list of your medications, doctor's names, Medicare card (if you have one), and your tablet or laptop if possible. **If you are new to Medicare, the New to Medicare class or online video is a prerequisite for an Options workshop.*

MEDICARE: OPTION 2 – MEDICARE ADVANTAGE

Tuesday, Jan. 23 or Feb. 27, 6–8 p.m.

**Wednesday, Jan. 31, 1–3 p.m.
at **Genoa Township Hall, 5111
S. Old 3C Highway, Westerville.****

Whether you're new to Medicare* or have been on Medicare for years, 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. **If you are new to Medicare, the New to Medicare class or online video is a prerequisite for an Options workshop.*

MEDICARE INSURANCE EDUCATION **ONLINE**

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

NAVIGATING INCOME TAXES AND RETIREMENT **RETURNS**

Tuesday, Jan. 9, 1–2 p.m.

Jerry Hatton, local tax professional with 25 years tax preparation experience, presents tax changes, Social

Security, IRA distributions, gifting to children, and other topics to help you plot a smart tax course in retirement. Hatton is not affiliated with or endorsed by SourcePoint.

Role Transitions

ACTIVITY PARTNER PROGRAM **NEW!**

Enrich your social connections with our activity partner program, designed to be mutually beneficial for caregivers, care receivers, and activity partner volunteers. Activity partners are matched with a fellow SourcePoint member whose interests and schedules align. Together, we plan time for the paired member and partner to spend with one another here in the building, participating in whichever art, learning, wellness, and social activities appeal to them, while the family caregiver participates in their own activities at SourcePoint. If you are interested, contact Brian Fox at bfox@MySourcePoint.org or 740-203-2399.

CAREGIVER CONVERSATIONS **HYBRID**

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 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.

GRANDPARENTS AS
PARENTS MONTHLY MEETUP
Fridays, Jan. 26 and March 22,
11 a.m.–noon.
Friday, Feb. 23, 11 a.m.–noon,

at United Way's Strengthening
Families Hub, 74 W. William
St., Delaware.

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
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
Wednesdays, March 6 through
April 10, 1–2:30 p.m. at Genoa
Township Hall, 5111 S. Old 3C
Highway, Westerville.

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.

POWERFUL TOOLS FOR
CAREGIVERS *SPECIAL*
WORKSHOP

Thursdays, Jan. 25 through
Feb. 29, 1–2:30 p.m.

This free, six-week workshop helps family caregivers develop tools and strategies to face the challenges of caregiving, including how to:

- Identify and reduce personal stress.
- Communicate your own feelings, needs, and concerns.
- Communicate in challenging situations.
- Learn from your emotions.
- Master caregiving decisions.

If you need on-site respite care, SourcePoint may be able to help while you are attending the class. Please call Brian at 740-203-2399 to check on availability.