



SOURCEPOINT

in Genoa Township

Free programs for Delaware County adults ages 55 and better!

OPTION 2 – MEDICARE ADVANTAGE

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

Medicare Advantage Open Enrollment is Jan. 1 through March 31 each year. In this period, Medicare Advantage enrollees who wish to change plans or switch to traditional Medicare may do so. 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, bring a tablet or laptop.

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

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.

Register at MySourcePoint.org/register or call 740-363-6677.

