

Enhance Learning

In-Person and Online Programs

Spring 2024



740-363-6677

MySourcePoint.org



April 1–June 29, 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. May 24; Close at 2 p.m. April 8 and May 10; Closed May 25 and 27.

Registration is required

and begins March 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 can enhance our understanding of the world around us, provide us with more and better opportunities, and improve our quality of life.

Discussion & Interest Groups

MEDITATION

Mondays, Wednesdays, and Thursdays, 8:30–9:05 a.m.

(See Wellness flyer for details.)

CARE, SHARE AND CONNECT

Mondays, 12:45–2 p.m.

We experience different losses in life—loved ones, pets to things or illnesses in our everyday lives. Come share or listen as topics are discussed with Facilitator RJ Jones.

DELAWARE COUNTY TRANSIT'S FLEX APP MADE EASY! **NEW!**

Wednesday, April 10, 1–2:30 p.m.

Wednesday, June 5, 4–5:30 p.m.

(See Transitions in Aging flyer for more details.) Learn how to install and use DCT's Flex app on your smartphone for easy scheduling and payment of bus transportation to the destination of your choice – medical appointments, errands, work, visiting friends – anywhere you want to go within Delaware City.

BACKYARD BIRDS WITH DARLENE SILLICK **NEW!**

Tuesday, April 23, 1–2:15 p.m.

RESCHEDULED: Darlene Sillick, conservationist, Ohio Bluebird Society president, Ohio Ornithology Society conservation committee, Stratford Ecological Society program volunteer, and SourcePoint member will share information on our backyard birds. Diane's resume is extensive, and she has more than 35 years working with birds in Ohio.

SPRING MIGRANTS **NEW!**

Wednesday, May 2, 1–2:15 p.m.

Darlene Sillick, conservationist, Ohio Bluebird Society president, Ohio Ornithology Society conservation committee, Stratford Ecological Society program volunteer, and Sourcepoint member will share information on birds that are spring migrants.

LIVING WITH ALZHEIMER'S, LATE-STAGE: FOR CAREGIVERS *HYBRID*
Mondays, May 6 and 20, 10:30–11:30 a.m.

(See Transitions in Aging flyer for more details.) In this two-part series, you'll hear from caregivers and professionals about resources, monitoring care and providing meaningful connection for the person with late-stage Alzheimer's and their families.

GRIEF SUPPORT: THINKING BEYOND THE 5 STAGES *HYBRID*

Thursdays, May 9 through June 13, 1–2:30 p.m.

(See Transitions in Aging flyer for more details.) Attendance is appropriate and encouraged for anyone who is interested in end-of-life topics without judgement or agenda.

DRIVER SAFETY TALK: ODOT PROFESSIONAL ON ROUNDABOUTS *NEW!*
Thursday, June 20, 1–2:30 p.m.
(See Transitions in Aging flyer

for more details.) Guidance on driving roundabouts.

GENEALOGY: CREATING A RESEARCH PLAN & KEEPING GOOD RECORDS *NEW!*
Friday, June 28, 1–2:30 p.m.
Member Larry Schaaf will introduce you to the steps you need to follow to create a genealogy research plan and keep good records. Coming up with a genealogy research strategy means more effective and efficient research, which means you can find the answers to your research questions faster and with less frustration. Larry Schaaf was a researcher at the Ohio State University Comprehensive Cancer Center. His interest in genealogy began in 2012 when he completed DNA testing to discover his ethnicity since he was an adoptee. Six years later, he discovered both sides of his biological family including 23 half brothers and sisters. In 2021, Larry completed a 7-week Genealogical Principles Course sponsored by Boston University.

FINDING YOUR ROOTS 1:1 SESSIONS BY APPT.
Tuesdays, April 2 through June 25, 1–3 p.m. or 3–5 p.m.
at Delaware County District Library, 84 W. Winter St., Delaware.
Thursdays, April 4 through

June 27, 10 a.m.–noon or 1–3 p.m. at Delaware County District Library, 84 W. Winter St., Delaware.

Join a volunteer from the Delaware County Genealogy Society at the Main Branch of the Delaware County District Library as you work with an experienced researcher using both online and paper resources for genealogical research. To schedule your session, register for an available time slot. Limit of one session per month.

BOOK CLUB: NONFICTION NAVIGATORS
Third Monday of each month, except for holidays, noon–1:30 p.m.

Read and discuss the books noted. Share insights and ponder perspectives with others. Books may be borrowed from the Delaware County District Library or downloaded. Pick up curbside Main and Orange branches of Delaware County District Library, using your library card.

April 15: Discuss "Between Two Kingdoms" by Suleika Jaouad.

May 20: Discuss "The Escape Artist: The Man Who Broke Out of Auschwitz to Warn the World" by Jonathan Freedland.

June 17: Discuss "Fixer-Upper: How to Repair America's

Broken Housing Systems" by Jenny Schuetz.

BOOK CLUB: FICTION

ADDICTION

Third Wednesday of each month, 1–2 p.m.

Join facilitator and member Annette Schorr as she leads this book discussion group. Enjoy sharing and experiencing others' thoughts and perspectives. Please get the book on your own. For questions contact Annette at apschorr2@gmail.com

April 17: "The Heaven and Earth Grocery Store" by James McBride.

May 15: "Remarkably Bright Creatures" by Shelby Van Pelt.

June 19: "West With Giraffes" by Lynda Rutledge.

MODEL TRAIN GROUP

Thursdays, 9:30–10:30 a.m.

Calling all train fans! Discuss running layouts, scenery, and tips. Come and watch or bring in your trains, engines, and cars to run. Come when you can. The group runs weekly and there is no cost to attend.

COIN COLLECTING

Second Saturday of each month, 10–11:30 a.m.

Are you interested in learning about coin collecting? Join member Bill Kamb, a long-time coin collector, once a month.

April 13: George Kane has

been collecting coins for over 60 years, starting with U.S. coins and transitioning to world coins about 50 years ago. He is going to speak on coins from over 40 countries from Africa that were colonies of European countries years ago.

May 11: Dan Carroll has been a coin collector since he was a kid and has been collecting love tokens for about 40 years. Love tokens are coins that have had a side shaved off and initials, a name, or sometimes a scene engraved.

These are found on all denominations from ½ cent to \$20 gold pieces. They can be a single token on a necklace or many tokens on a bracelet. Come learn about this interesting aspect of numismatics that was outlawed in the last century.

June 8: Gary Moran has been collecting coins and props related to magic for over 40 years. He will display items from his collection and perform magic tricks that will amaze you.

WILDFLOWER WALK WITH A MASTER GARDENER *NEW LOCATION*

Saturday, April 6, 1:30–2:30 p.m. at Emily Traphagen Park, 5094 Seldom Seen Road, Powell.

Friday, April 12, 1:30–2:30 p.m.

at Emily Traphagen Park, 5094 Seldom Seen Road, Powell.

Meet at the trailhead near the parking lot at Emily Traphagen Park. Walk with a Master Gardener and others. Search for wildflowers in this Delaware County Preservation Park.

METRO PARK DISCOVERY HIKE *NEW!*

Thursday, April 18, 1–2 p.m. at Highbanks, 9466 Columbus Pike (U.S. Route 23 N), Lewis Center.

Meet Carrie Keller, Outreach Naturalist for Senior Programs at Metro Parks, in the Big Meadows picnic area at Highbanks. Park in the lot that has the shelter, playground, restroom, and bulletin board. Enjoy a discovery hike that is an easy gravel hike 0.6 miles long through forest and along the Olentangy River. You never know what you may see!

ALUM CREEK WILDFLOWER WALK *NEW!*

Thursday, April 25, 11 a.m.–noon at Alum Creek Park Office, 3615 S. Old State Road, Delaware.

Take a walk on the wild side... at Alum Creek State Park with Naturalist Lindsey Krusling. Meet at the Park Office. Wear shoes that can get muddy for this 1-mile walk through prairie and woodland. You never know what wildflowers you may

discover or what wildlife you may see.

BIRD STROLL WITH A PARK RANGER *NEW!*

**Tuesday, May 7, 9–10 a.m.
at Alum Creek Lake Visitor Center, 5905 Lewis Center Road, Lewis Center.**

Go on a slow-pace, easy walk with Ranger Aubrey Bartman. See what birds you can find. Park at the visitor center and meet the ranger by the visitor center. Wear sturdy boots.

CONVERSATIONAL ENGLISH Wednesdays, May 22, 29, and June 12, 1–2:15 p.m.

Why learn to speak English? Is it so you can speak with people whose first language is English? Is it so you'll be understood at the grocery store, doctor's office, or your child's school? Volunteers will encourage you to speak in sentences and help you pronounce English words correctly.

Educational Classes & Presentations

To ensure proper planning, register at least two business days prior to the class. Programs are listed in chronological order.

**TECHNOLOGY 1:1 ASSISTANCE
Mondays, April 1, 15, 22, 29, May 6, 13, 20, June 3, 10, 17, 24, 10 a.m., 11 a.m., or noon, by appointment.**

Jarren Ringle provides guidance on technology in a 45-minute time slot. Do you have questions regarding a cell phone, PC, laptop, or tablet? Share your device and your questions at registration.

ASK AL: 1:1 SESSIONS ON PHOTOSHOP OR LIGHTROOM *NEW DAY & TIME*

Wednesdays, 9–10:30 a.m. by appointment.

Do you want to know more about Photoshop or Lightroom to improve your ability to manipulate your photos? Ask Al Smith 1:1. Limit: One session per month.

MIND AEROBICS *HYBRID* Fridays, 11 a.m.–noon.

Challenge yourself each Friday morning with Joan Pearse as you listen, focus, laugh, and problem solve in a comfortable setting. Each week is different, with segments that encourage you to think. We will all be together in this hybrid experience!

Fee: \$20 for the quarter.

**AYURVEDA: KNOWING YOUR MIND AND BODY TYPE *NEW!*
Wednesday, April 10, 1–2:30 p.m.**

According to Ayurveda, we are born with our own unique mind and body type, and each of us has a unique blend of physical, emotional, and

mental characteristics. Take an in-depth look at which elements are the building blocks of your dosha. Learn how the ancient philosophy and practices of Ayurveda can help you maintain optimal balance for health and well-being. Vandana Baranwal is a BAMS, MD(Ay-BHU). She is an Ayurveda Consultant and Educator, the Founder and President of the Ayurveda Association of Ohio and on the faculty of Kerala Ayurveda Academy and the Boston Ayurveda School.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) Wednesday, April 17, 1–2 p.m.

Ron Graham and Tracie Bayer from the National Alliance on Mental Illness will share a presentation on mental illness. What is it like to live with a mental illness? A presentation will be broken into three sections: What Happened, What Helps, and What's Next? This presentation is for everyone. Don't miss this presentation that will include true life experiences.

**NAMI: HEARTS+MINDS *NEW!*
Wednesdays, May 1, 8, 15, 22, 29, 2:30–4 p.m.**

NAMI Hearts+Minds is a free wellness program designed to educate and empower you to better manage your health–

mentally and physically. This NAMI presentation will provide information and tools that can help you plan and achieve recovery goals and better overall health. Holly Novak and Tracie Bayer will be sharing these topics:

- How to advocate for your health
- How physical and mental health are specifically connected
- Gut health and how nutrition can affect the brain
- Current information on the interplay of diet and fitness
- Effective methods for managing the side effects of medication
- Substance abuse and smoking cessation
- How to gain a greater sense of control over how you feel

Improve symptoms by learning how body systems interact and by effectively managing the physical effects of mental illness, using strategies that improve long-term health.

AYURVEDA: DAILY ROUTINE

NEW!

Thursday, May 9, 1–2:30 p.m.

Ayurvedic daily routine called Dinacharya emphasizes the importance of aligning daily activities with the natural rhythms of the day and night. It is not only cleansing, detoxifying, nourishing, and nurturing, it also promotes

balance and harmony in mind, body, and spirit. Adopting an appropriate daily routine is undoubtedly one of the most grounding and nurturing things you could do for yourself, and while the concept of having a daily routine is at the heart of an Ayurvedic lifestyle, no single prescription is right for everyone. Invite vitality, clarity, and sense of well-being with your daily routine class.

INTRO TO WRITING YOUR LIFE STORIES *(see the arts flyer)*

NEW!

**Thursdays, May 9 and 16,
1–2:30 p.m.**

PRESERVATION PARKS NATURE TABLE

**Wednesday, May 22, 11 a.m.–
1 p.m.**

Check out the nature table. You never know what you might learn about nature around us!

READ ALL ABOUT IT: FINDING YOUR ANCESTORS IN NEWSPAPERS

Tuesday, June 4, 1–2:30 p.m.

Newspapers are an incredible resource for genealogical research and thousands are available online. In this presentation we'll cover what kinds of information can be found in old newspapers, how to identify and locate relevant online newspapers, and how to effectively search for the information you want. Carol

Singer is a retired librarian and a volunteer at the Delaware County Genealogical Society.

AYURVEDA: SLEEPING WELL

NEW!

**Wednesday, June 5, 1–2:30
p.m.**

In this enlightening session, delve into the ancient Ayurvedic wisdom to unlock the keys to a rejuvenating night's rest. Learn how to align your sleep patterns with the natural rhythms of your body, and the universe, promoting balance and vitality. Explore Ayurvedic rituals and practices tailored to your unique constitution, designed to calm the mind, relax the body, and invite peaceful slumber. Whether you struggle with insomnia, or restless nights, or simply seek to enhance the quality of your sleep, this class offers practical guidance and timeless insights to help you experience the transformative power of restorative sleep.

Education Package

Register for as many of the following classes (pages 5-7) as you wish to attend for one low fee—up to 13 presentations available this quarter for \$15!

If you wish to register for more at a later date, customer service can assist you. Register for all presentations you plan to attend. All Instructors are informed of attendance numbers prior to class. If you cannot attend, call 740-363-6677.

WHAT YOU NEED TO KNOW ABOUT A SOLAR ECLIPSE AND YOUR VISION *NEW!*

Tuesday, April 2, 1–2 p.m.

Dr. Annie Mueller, medical optometrist at ReVision LASIK and Cataract Surgery, will present on the importance of protecting your vision during the April 8 Solar Eclipse. She will also share how to safely view the solar eclipse and provide information on eye health pertinent to this unique event.

EMERGENCY MGMT: HOW TO SAFELY OBSERVE THE SOLAR ECLIPSE *NEW!*

Thursday, April 4, 11 a.m.–noon.

The Solar Eclipse is just a short time away and we want to make sure people know how to safely observe and enjoy the solar eclipse. This presentation

will cover the different types of solar features that can be observed during a solar eclipse, the safety gear that viewers will want to have at their disposal, and how to make the most of your eclipse experience.

O.J. TRIAL – A TRAVESTY OF JUSTICE?

Tuesday, April 16, 1–3 p.m.

No other modern-day trial in our history invokes as many opinions and emotions as this one. Did O.J. Simpson murder his wife Nicole and Ron Goldman? Did he get a fair trial? Did the evidence prove his innocence or guilt? Did the prosecution and L.A. police department blow the case? How much did race play into it? Join local historian, Van Young, for a thought-provoking talk and discussion.

CIVIL WAR FACTS AND TRIVIA

Tuesday, May 7, 1–3 p.m.

Join Van Young, local historian, as he shares a fun and informative way to learn facts, trivia, and oddities of the Civil War. This talk challenges the group to see how much they know about the people, battles, and events that occurred during this time. Many strange and bizarre occurrences are uncovered as well as realities and figures that best define the enormity of this conflict.

OHIOHEALTH SERIES: NUTRITION FOR SENIORS

NEW!

Wednesday, May 22, 1–2 p.m.

Join Dietician Barbara Nakinishi from OhioHealth for a presentation on nutrition. She will cover how to stay active and healthy as you age.

MANAGING HAND AND UPPER EXTREMITY ARTHRITIS *NEW!*

Friday, May 24, 10–11 a.m.

Join hand therapists Bridget Burke OTR/L, CHT, and Julie Slough OTR/L, CHT, from Orthopedic One, as they discuss ways to navigate hand and upper extremity arthritis. Topics will include joint protection, energy conservation, adaptive techniques, and general exercises to improve movement patterns.

HOW POLITICAL SCIENCE STUDIES THE PRESIDENCY

NEW!

Monday, June 3, 1–2:15 p.m.

What makes a president a smashing success or a terrible failure? The answer is often heavily influenced by whether you are a Republican or a Democrat, and whether the president is a Republican or Democrat! Political scientists, however, look for explanations beyond party labels. In this session, you'll learn about some non-partisan

explanations for presidential success or failure, informed by political scientists. You'll have fun learning and critiquing the explanations, and thinking about what they can teach us about recent presidents. Come for a non-partisan, scientific take on a highly partisan political office! Dr. Franchesca V. Nestor is the Associate Professor, of Politics and Government at Ohio Wesleyan University.

AN ECOLOGICAL APPROACH TO SOLVING SOCIAL PROBLEMS *NEW!*

Tuesday, June 4, 10–11:30 a.m.

Are solutions to social problems the responsibility of the people who struggle with them? Are solutions society's responsibility? We'll explore a "both-and" approach, focused on the fit between the individual and the environment. On top of that, almost all social problems have multiple causes. Get ready: this is going to get complicated! Dr. Leavy is a retired psychology professor from Ohio Wesleyan University who received his PhD in clinical psychology from the University of Massachusetts, Amherst.

BE RED CROSS READY *NEW!*

Thursday, June 6, 1–2 p.m.

Hosted by the American Red Cross, Be Red Cross Ready

is a preparedness education curriculum for adults taught by certified presenters. The program is designed to help people understand, prepare for and respond appropriately to disasters. Build confidence by learning simple steps you can take now, to help prepare and protect your family. The topics of home fire safety and smoke alarms, tornados and thunderstorms will be addressed.

SEEKING THE ENDEMIC BIRDS OF NEW ZEALAND *NEW SPEAKER*

Friday, June 7, 1–2 p.m.

Just before Covid-19 hit, my wife Amy and I spent a wonderful two weeks driving around New Zealand. This was our second trip there. The motivation for this trip was participation in an international conference of Arachnology, but our tour was focused on finding the amazing endemic birds there. We rented a car and drove around both the North and South islands. During that time, we saw spectacular scenery, wonderful wildlife, while learning about this small but spectacular country on the other side of the world.

Richard Bradley grew up with a fascination for studying animals in Southern California. He earned his Ph.D. in Biology at the University of New Mexico

studying the population biology of scorpions. He has been an active researcher and teacher since 1972; publishing on the behavior and ecology of birds, scorpions, and spiders. He is a broadly trained naturalist with field research experience throughout North America, Central America, and Australia. In 2013 he published the first color-illustrated guide to the spiders of North America. He has a lifelong commitment to outdoor education and sharing his interests with students of all ages. Dr. Bradley is Associate Professor Emeritus at the Ohio State University, Department of Evolution, Ecology and Organismal Biology.

TRAVELING 101: TIPS FOR THE SAVVY TRAVELER *NEW!*

Friday, June 14, 1–2:15 p.m.

Join us for an engaging, educational presentation on how to maximize your travel experiences. Topics include pro tips for packing, how to travel light, and why your luggage choice matters. Also, gain insights regarding the challenging topic of travel insurance. Our experienced speaker/traveler will share related stories of actual travelers. Time is allotted for your questions and answers. Lisa Busch is co-owner of Prime Tours.

THE JOY OF CRUISING *NEW!*

Tuesday, June 18, 1–3:00 p.m.

Join local historian and cruise enthusiast Van Young as he shares his cruising experiences. An ocean or river cruise can be a trip of a lifetime, filled with memories and adventures. It can be active, hectic, or the ultimate relaxation experience. This presentation will share tips from picking out and planning a cruise, recommendations on activities and excursions, along with some do's or don't about taking a cruise. This is not a sales pitch, but rather experiences and suggestions from fellow cruisers on how best to make taking a cruise an easy, fun and enjoyable experience.

DELAWARE POLICE

DEPARTMENT: TRAFFIC SAFETY

NEW!

Friday, June 21, 1–2 p.m.

Officer Kolp from the Delaware Police Department will share a presentation on traffic safety featuring recent trends and statistics involving older adult drivers. He will also discuss ways in which we can adjust our driving skills as our minds and bodies age.

CHECK OUT YOUR LIBRARY on the Lower Level. When classes are not in session, books may be borrowed. Returning books is easy: Place them on the cart in the hallway.