

Empower Transitions in Aging

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.

To ensure proper planning, register at least two business days prior to the class.

Special Events, Presentations & Workshops!

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.

Special Events

CARFIT: HELPING MATURE DRIVERS FIND THEIR SAFEST FIT
Wednesday, May 22, 1–3 p.m.

CarFit offers area older drivers a free opportunity to check how their cars “fit” them. CarFit’s trained professionals take drivers through a 12-point checklist with their vehicle, recommending minor adjustments that help make their cars “fit” better for comfort and safety. Developed by AAA, AARP, and the American Occupational Therapy Association (AOTA) partners.

HEALTH & WELLNESS EXPO **NOW OFF-SITE**

Wednesday, June 5, 10 a.m.–1 p.m. at Delaware County Fairgrounds, Agricultural Center, 236 Pennsylvania Ave., Delaware.

See more on the Fitness & Wellness flyer.

TAKE-BACK DRIVE-THRU

Saturday, June 15, 9–11 a.m.

Are you wanting to declutter or get rid of items you no longer need? We’ve made it easier with a collaborated take-back event. The following stations will be available as you drive-thru SourcePoint’s parking lot:

- Drug Disposal (Drug-Free Delaware. No inhalers, large quantities of liquids, natural supplements, or vitamins.)
- Document Destruction (File 13 at UCO Industries)
- Small Electronics Drop-Off (Goodwill/Dell Reconnect)
- Household Goods (Goodwill Industries)
- Clothing (Goodwill Industries)

Registration not required. This event is sponsored by Realtor® Stephanie Steinbeck with RE/MAX Revealty.

Body, Brain & Behavioral Health

A MATTER OF BALANCE

Thursdays, May 9 through

June 27, 1–3 p.m. at

Community Library, 44 Burrer Drive, Sunbury.

Fridays, June 7 through July

26, 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.

ALZHEIMER'S ASSOC.

CONSULTATION BY APPT.

Tuesdays, April 16, May 21, 10 a.m.–2 p.m.

Thursdays, April 4, May 2, June 6 & 27, 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

Second Friday of each month, 1–2:30 p.m. (May 10, 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.)

DELAWARE COUNTY TRANSIT'S FLEX APP MADE EASY!

Wednesday, April 10, 1–2:30 p.m.

Wednesday, June 5, 4–5:30 p.m.

This session is for Delaware City residents wanting to utilize affordable, same-day, bus transportation within city

limits. 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. Bring your smartphone; this session includes a presentation followed by one-on-one assistance with installing the app and learning to use it.

DRIVER SAFETY: ODOT PROFESSIONAL ON ROUNDABOUTS

Thursday, June 20, 1–2:30 p.m.

The Delaware County SAFE Coalition, Ohio Department of Transportation (ODOT), and Age-Friendly Delaware County come together to present guidance on driving roundabouts safely and defensively.

HEALTH IN ACTION: CHRONIC PAIN SELF-MANAGEMENT

Mondays, June 3–July 8, 1–3:30 p.m. at Sunnyview Square Apartments, 69 Rockcreek Dr., Delaware.

Do you have long-term pain or care for someone living with chronic pain? This interactive, six-week workshop provides tools to set your own goals and make step-by-step plans

to improve your health, regaining control of the things that matter to you! Learn to better manage symptoms and emotions, improve physical activity levels, communicate effectively, make good decisions, and solve problems related to your health. Each participant receives "Living a Healthy Life with Chronic Pain."

HEALTH IN ACTION: DIABETES SELF- MANAGEMENT

Wednesdays, April 10–May 15, 10:30–1 p.m. at Wornstaff Memorial Public Library, 302 E. High St., Ashley.

This free, interactive workshop provides you tools to set your own goals and make step-by-step plans to improve your health. Learn to better manage symptoms and emotions, improve diet and physical activity levels, communicate effectively, make good decisions, and solve problems related to your health. Each participant receives "Living a Healthy Life with Chronic Conditions."

LIVING WITH ALZHEIMER'S, LATE-STAGE: FOR CAREGIVERS *HYBRID*

**Mondays, May 6 and 20,
10:30–11:30 a.m.**

In the late stage of Alzheimer's disease, caregiving typically involves new ways of

connecting and interacting with the person with the disease. 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. In addition to the prepared materials, participants are encouraged to take part in a group dialog engaging with topics that address the reality of caring for a person with advanced memory challenges.

NAMI FAMILY SUPPORT GROUP

**Second and fourth Thursday 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 speech language pathologist 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.

TINNITUS RELIEF *NEW!*

Wednesday, April 10, 2–3 p.m.

Tinnitus is linked to many health issues, from high blood pressure to head injuries to hearing loss. The cause is often hard to determine, and everyone experiences tinnitus differently. For some, it lasts a few days, and for others, it never leaves. Some hear ringing, others screeching, hissing, or even ocean waves. Some can ignore the sound, but for many, it's debilitating. Relief is possible! Hearing screenings will be offered after the education session.

LIVING LIFE TO ITS FULLEST PART ONE *NEW NAME*

**Thursdays, April 11 through
June 13, 10:30 a.m.–noon.**

(Formerly called Tools for Life)

At all ages adults experience life changes. They take on new jobs, roles, and relationships. They retire. They relocate to new houses and communities. They experience both growing and shrinking families. Their minds and bodies become

more capable in many ways as well as less able in other ways. Living Life to Its Fullest offers tools to help adults adapt to current life circumstances. It focuses on learning and growing as a person, as a friend, and as a family member and living life fully and joyfully at all ages. It is not a lecture series; it uses discussion and hands-on experiences to bring helpful ideas to life. Here is what Fall Quarter participants said about it: “Wonderful!” “I loved it!” “Very useful course!” “5 Stars.” “Very enlightening.” “A class for everyone to help move thru life.”

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

LIVING LIFE TO ITS FULLEST PART TWO

**Thursdays, April 18 through
May 9, 1–2:30 p.m.**

Participants in Tools for Life offered Fall Quarter 2023 are welcomed back for a four-week follow-up course. It will expand on Tools for Life Part One with both more depth and the introduction of new topics—all related to adapting to current life circumstances and growing as a person, as a friend, and as a family member. It will use discussion and hands-on experiences to bring helpful ideas to life about living life fully and joyfully at all ages.

Fee: \$20 for four-week series.

Financial, Insurance & Legal

DOWNSIZING DONE RIGHT: THE WHEN, WHY & HOW

NEW!

**Thursday, May 16, 2:30–4:30
p.m.**

Learn about the perks and pitfalls of downsizing from local Realtor® Stephanie Steinbeck with RE/MAX Revealty, who works with older adults as they transition into homes for their next phase of life. Hear about the benefits of planning ahead for “downsizing done right,” which can save you and your family from the unnecessary costs, headaches, and health effects caused by poor planning. Learn about the types of local businesses that are available to help—auctioneers, organizers, and secondhand stores. And meet Matthew Tway, a representative of our local Goodwill organization, who will share how Goodwill’s services can help make downsizing easier.

GOOD DEEDS

**Thursday, May 9, 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:

- "May 9 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

Fourth Thursday of each month, 9 a.m.–2 p.m., by appt.

Meet with a paralegal from the Legal Aid Society. Services include simple 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

Saturday, April 6, May 4, or June 1, 10 a.m.–noon.

Tuesday, May 14, 10 a.m.–noon.

Tuesday, June 4, 6–8 p.m.

Tuesday, April 2, 10 a.m.–noon, at Delaware YMCA, 1121 S. Houk Road, Delaware.

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: OPTIONS 1 AND 2 WORKSHOP

Thursday, April 4, 10 a.m.–noon, at Delaware YMCA, 1121 S. Houk Road, Delaware.

Tuesday, April 23 or May 7, 6–8 p.m.

Tuesday, June 18, 10 a.m.–noon.

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, doctors' 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 INSURANCE EDUCATION **ONLINE**

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

Role Transitions

ACTIVITY PARTNER PROGRAM

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 Tuesdays of each month, 10–11 a.m. (No group April 23.)

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 **Friday, April 26, 11 a.m.–noon. (PEER-LED SESSION)**

Friday, May 24, 11 a.m.–noon, at Delaware Community Center YMCA, 1121 S. Houk Road, Delaware.

Friday, June 28, 11 a.m.–noon.

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. Quarterly we will plan one group outing or "Field Trip" to a community center that has pledged resources toward youth development. Field Trips are denoted in the dates above. Participants may choose to head directly to the listed address or depart from SourcePoint via its activity bus as a group. Participants will be notified in advance with departure instructions.

GRIEF SUPPORT: LIVING BEYOND LOSS

Second and fourth Tuesdays of each month, 2–3 p.m. (April 23

PEER-LED SESSION)

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.

comfort level before engaging with these topics.

GRIEF SUPPORT: THINKING BEYOND THE 5 STAGES

HYBRID

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

Move beyond the definitions of “the 5 stages of grief” to a more descriptive interpretation. This six-week group challenges the idea that grieving, to be considered productive, must end with accepting one’s loss and “moving on.” Working together, we will instead seek out an alternate form of moving on that involves growing as a complete person—a person whose experiences with their departed loved one continues to inform their thoughts and actions. We will examine short, scholarly essays, contemporary opinion pieces, and philosophy that has stood the test of time with different notions of grief. Anyone interested in end-of-life topics without judgement or agenda is welcome. Many active caregivers live in a state of anticipatory grief and could benefit from immersing themselves in this dialog. Search inward for your own