

Enhance Learning

In-Person and Online Programs

Summer 2024



740-363-6677

MySourcePoint.org



July 1–Sept. 28, 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. July 3 and Aug. 30;

Close at 2 p.m. Aug. 23; Closed

July 4, Aug. 31, and Sept. 2.

Registration is required and begins June 17 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.

Special Presentations

VOLUNTEERS NEEDED TO BUILD NESTBOXES

Wednesday, July 24, 1–3 p.m.

Join conservationist Darlene Sillick to build a bluebird box or a wren box for a trail in Ohio. Help assemble pre-cut and pre-drilled kits. Please bring a cordless drill with a Phillips head drill bit if possible. Write your name and the date on the bottom of the boxes you build. You never know where they will turn up in Ohio. This is a great volunteer citizen science project. Darlene will share videos of birds building their nest. She will teach step by step how to construct these boxes. Bring your charged drill and make a difference!

HISTORY: FROM A UNIQUE PERSPECTIVE *NEW!*

Tuesday, Aug. 27, 2:30-4 p.m.

Join special guest Krista Schnabel from Wisconsin as she shares her early story as a “daughter of an American mother and a German father living in Sudetenland—a territory that Hitler stole from Czechoslovakia in 1938. Much has been written by historians about WWII, its soldiers, and particularly about its disastrous effects on the Jewish communities of Europe. Krista shares glimpses of her early life in a German/Czech village under the shadow of war, interwoven with immigration stories from family members who traveled between Germany and the U.S. over three generations.” Krista will share stories from her memoir, “Anything for Frances.” She will save a few minutes for Q & A from those attending. Don’t miss this unique historical presentation!

Discussion & Interest Groups

MEDITATION

Mondays, Wednesdays, and

Thursdays, 8:30–9:05 a.m.

(See Wellness flyer for details.)

IT'S GREEK TO ME *NEW!*

Thursdays, July 25, Aug. 22,

Sept. 26, 1–2 p.m.

We spend our days steeped in Greek history without knowing it. We have friends whose names are George or Agatha; we notice the heartbreaking incidents of tragic accidents; we avoid people who are troublesome; we talk of sports events; and we watch once a year our President give a State of the Union address. We take for granted our virtues and hope others do too. In all these things we are remembering the Greeks and their contribution to our way of life. Plato wrote that the world is saturated with value. Wouldn't it be fine to reacquaint ourselves in these gifts of form, philosophy, farming, food, architecture, and government? Come and explore these topics with discussion leader, Sylvia Zimmerman who has a MA in psychology and a M.DIV from Methodist Theological Seminary. She has served as a business owner, trustee of several organizations, teacher, chaplain and more.

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.

BOOK CLUB: NONFICTION

NAVIGATORS

Third Monday of each month, 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.

July 15: Discuss "The President and the Freedom Fighter: Abraham Lincoln, Frederick Douglass, and Their Battle to Save America's Soul" by Brian Kilmeade, 2021.

Aug. 19: Discuss "Countdown 1945: The Extraordinary Story of the Atomic Bomb and the 116 Days That Changed the World" by Chris Wallace, 2020.

Sept. 16: Discuss "Educated: A Memoir" by Tara Westover, 2018.

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, email apschorr2@gmail.com.

July 17: "The Amazing Life of Sam Hell" by Robert Dugon.

Aug. 21 "The Rent Collector" by Cameron Wright.

Sept. 18: "American Dirt" by Jeanine Cummins.

MODEL TRAIN GROUP

Thursdays, 9:30-10:30 a.m. (No group July 18 and Sept. 26.)

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. Summer quarter is peer led.

COIN COLLECTING *NEW TOPICS*

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 and the special speakers that share their expertise.

July 13: Speaker Mike Rupert started collecting Lincoln Cents 50 years ago and when he acquired his set of steel

cents (1943) he was hooked. His interests soon expanded to Jefferson nickels and Roosevelt dimes. Recently he has been collecting silver coins from the British Commonwealth and has completed a date set of Bust Quarters from 1831 through 1838. Mike is going to talk about the challenges in putting together his high grade set of quarters.

Aug. 10: Speaker Chris Palmer started collecting silver eagles when they first were issued in 1986 and seriously started collecting in 1999 when the State Quarter Program started. He transitioned to world coins when several members gave a talk on collecting coins from their birth year, which was 1946. Chris will talk on collecting world coins from his birth year, 1952, giving you insight on availability, cost, various calendars in use, and challenges that he's faced.

Sept. 14 Speaker George Bodurov has been collecting Bulgarian coins for about thirty years and about five years ago started collecting U. S. Morgan Dollars. He will talk about his Bulgarian coin collection, which starts in 1881 and discuss politics over the last 140 years and the great silver melt of all the 1916 coinage.

CONVERSATIONAL ENGLISH

Wednesdays, Aug. 28, Sept. 4, 11, 1–2:15 p.m.

Do you want to improve your English? Would you enjoy talking with people whose first language is English? Volunteers will encourage you to speak in sentences and help you pronounce English words correctly. Please join us.

Educational Classes & Presentations

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

FINDING YOUR ROOTS 1:1 SESSIONS BY APPT.

Tuesdays, July 2–Sept. 24, 1–3 p.m. or 3–5 p.m. at Delaware County District Library, 84 W. Winter St., Delaware.

Thursdays, July 11–Sept. 26, 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 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.

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.

ASK AL 1:1 SESSIONS ON PHOTOGRAPHY: CAMERA BASICS *NEW!*

Wednesdays, Aug. 7, Sept. 4, 9–10:30 a.m. by appointment.

Do you want to know more about photography? Learn about basic camera procedures and camera controls such as composition, multiple exposure, time lapse photography, etc. Ask Al Smith 1:1. Please answer questions at registration so that Al is better prepared to help you. Limit: one session per month.

ASK AL 1:1 SESSIONS ON PHOTOGRAPHY: LIGHTROOM *NEW!*

Wednesdays, July 17, Aug. 14, Sept. 11, 9–10:30 a.m. by appointment.

Do you want to know more about photography? Learn about Lightroom. Ask Al Smith 1:1. Please answer questions at registration so that Al is better

prepared to help you. Limit: one session per month.

ASK AL 1:1 SESSIONS ON PHOTOGRAPHY: PHOTOSHOP
NEW!

Wednesdays, July 24, Aug. 21, Sept. 18, 9–10:30 a.m. by appointment.

Do you want to know more about photography? Learn about Photoshop. Ask Al Smith 1:1. Please answer questions at registration so that Al is better prepared to help you. Limit: one session per month.

BIRDING AT SOURCEPOINT
NEW!

Thursday, July 11, 9–11 a.m.

Bring your binoculars and walk around the SourcePoint property with bird expert Susan Wasmund. Learn how to use your binoculars to focus in on birds. There is always something new to learn when going into nature with others. Knowledge is shared. The bird walk will be cancelled in the case of rain or severe weather. Meet Susan in the front lobby at 800 Cheshire Road.

PRESERVATION PARKS NATURE TABLE

Wednesday, July 24, 11 a.m.–1 p.m.

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

TECHNOLOGY: 1:1 ASSISTANCE
Mondays, Aug. 5, 12, 19, 26 and Sept. 9, 16, 23 and 30, 10 a.m.–12:45 by appointment, only two sessions per month.

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.

TECHNOLOGY 1:1 ASSISTANCE: WAITING LIST **NEW!**
Mondays, Aug. 5 through Sept. 30, 10 a.m.–12:45 by appointment.

Jarren Ringle provides guidance on technology in a 45-minute time slot. If the timeslots are full, please register for this waiting list. We will contact those on the waiting list in order of enrollment if appointments become available.

AYURVEDA: DAILY ROUTINE
NEW!

Monday, Aug. 5, 1–2:15 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. 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.

GENEALOGY: USING THE U.S. CENSUS TO RESEARCH YOUR FAMILY TREE **NEW!**
Wednesday, Aug. 7, 1–2:30 p.m.

The decennial U.S. census is a primary resource for researching your U.S. ancestors. Learn what each decennial census included, what the enumerators were told (and why that's important), and how to search for your ancestors' records in free and subscription sites. We'll also look at mortality schedules, non-population censuses, the almost forgotten census of 1885, and the veterans' census from 1890. We'll even touch briefly on state censuses. Carol Singer

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

BIRDING WALK AT STRATFORD ECOLOGICAL CENTER *NEW!*

Thursday, Aug. 8, 9:30—11:30 a.m. at Stratford Ecological Center, 3083 Liberty Road, Delaware.

Bring your binoculars and walk around the Stratford Nature Preserve with bird expert Susan Wasmund. Learn how to use your binoculars to focus in on birds. Drive down the lane and park at the Education building. There is only one parking lot. Meet Susan in the parking lot. The bird walk will be cancelled in the case of rain or severe weather.

OH, TREES! *NEW!*

Tuesday, Aug. 13, 1—2 p.m. at Alum Creek Visitor Center, 5905 Lewis Center Road, Lewis Center.

Come explore the woods of Alum Creek and the different trees that make up our forests. Learn how to identify some of our native Ohio trees with Ranger Aubrey. Wear your hiking shoes. The hike will be 1 mile and follow along graveled wooded trails. In the case of rain or severe weather, the hike is cancelled.

BEGINNER'S GUIDE TO GENEALOGY

Wednesday, Sept. 4, 1—2:30 p.m.

Member Larry Schaaf will introduce you to the fun and exciting field of genealogy. You will learn how to start, where to find and evaluate information, and helpful tips to build your family tree. Join us on this wonderful journey as you embark on a fascinating trip into your own past. Presenter Larry Schaaf was a researcher in the pharmaceutical industry at The Ohio State University Comprehensive Cancer Center. His interest in genealogy began in 2012 when he completed DNA testing at 23andMe 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. Yes, it truly was "23andMe." In 2021, Larry completed a 7-week Genealogical Principles Course sponsored by Boston University. Helping others explore their family heritage and answer questions about their past is very rewarding!

EDUCATOR'S KLATCH AND LUNCH

Friday, Sept. 6, 11:30 a.m.—2 p.m.

Meet and connect with other retired educators while we mix

learning with socializing. We'll meet for lunch in Cafe 55 at 11:30 a.m. Questions, contact Pam Young at 419-786-9362 or pamyoung8269@gmail.com.

INTRO TO WRITING YOUR LIFE STORIES

Tuesday, Sept. 10 and Thursday, Sept. 12, 1—3 p.m.
See the Arts flyer for details.

PRESERVATION PARKS NATURE TABLE

Wednesday, Sept. 11, 11 a.m.—1 p.m.

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

DISCOVERY HIKE: ALUM CREEK STATE PARK *NEW!*

Thursday, Sept. 12, 10—11:15 a.m. at Alum Creek Park Office, 3615 S. Old State Road, Delaware.

In the case of rain or severe weather, the hike will be cancelled.

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 you may discover or what wildlife you may see.

UNITED STATES HISTORY: THE AMERICAN PRESIDENCY *NEW!*
Fridays, Sept. 20—Nov. 1, 2—4

p.m. (No class Oct. 11.)

Professor Rick Owens shares history on the American Presidency. Professor Owens is a tenured history professor. He has served as a university president, college trustee, and a U.S. Navy officer. He teaches at West Liberty University and Columbus State. He is an author of histories, numerous articles, historic novels and a children's series.

Sept. 20: The American Presidency "101." Basics of the U.S. Constitution, Electoral Process, Presidential Powers, and Politics.

Sept. 27: The Founders: Washington, Adams, Jefferson [and a few others 1809-1845].

Oct. 4: Nineteenth Century Leaders: Polk, Lincoln, Grant, McKinley [and others 1845-1901].

No class on Oct. 11.

SourcePoint will be closed.

Oct. 18: The Early Modern Presidents: TR, Wilson, Hoover [and a few others 1901-1933].

Oct. 25: Mid- 20th Century Presidents: FDR, Truman, Ike, JFK, and LBJ.

Nov. 1: The Evolution of American Politics: Nixon to George W. Bush and Obama.
Fee: \$30 for six-week series.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

Wednesday, Sept. 25, 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.

LOST IN NATURE

PHOTOGRAPHY

Thursday, Sept. 26, 10 –11:30 a.m.

Enjoy photos from the end of June through September. Get lost in the beauty of nature as we head into autumn. Being in nature can be good for your overall wellbeing. Even looking at photos of nature can be beneficial. Come and enjoy the uniqueness of nature. Photographer Joan Pearse shares her photos.

Fee: \$5.

Education Package

Register for as many of the following classes (pages 6-8) 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.

**MOMENTS OF GRACE:
EXPLORING NEAR-DEATH
EXPERIENCES**

Friday, July 12, 1—2:30 p.m.

The near-death experience (NDE) is a fascinating subject of global interest and source of many debates, controversies, and headlines. NDEs are profound psychological events, with transcendental and mystical elements, that may occur during times of intense stress with significant aftereffects. Join us for a fascinating discussion on a phenomenon that can enrich our lives and encourage conversations on a taboo topic. This class may be taken alone or as part of this series. Presenter Linda Manley, CNP, brings more than 35 years of experience from the medical field to this presentation. She serviced in the Army Nurse Corp, 25 years as a flight nurse in Central Ohio, and 18 years as an emergency nurse practitioner. What she has learned about this subject fundamentally altered her viewpoint on death.

**HOW VISION CHANGES WITH
AGE *NEW!***

Tuesday, July 16, 1—2 p.m.

Dr. Thomas Litzinger, Medical Doctor and surgeon at ReVision LASIK and Cataract Surgery, will be presenting on the importance of protecting your eyesight as you grow older. Dr. Litzinger is a corneal, cataract and refractive specialist. He will review common ocular diagnoses such as cataracts, corneal dystrophies, glaucoma, and diabetes, in addition to surgical solutions. Dr. Litzinger is a strong advocate for preventative care and will also share helpful ways to safeguard vision as you age.

A TRIP TO THE CANADIAN ROCKIES

Tuesday, July 23, 1–3 p.m.

Join local historian, Van Young, as he shares a beautiful landscape of the Canadian Rockies. In photos, enjoy Elk Island National Park, Jasper National Park, Lake Louise, the Athabasca Glacier and Banff National Park. Enjoy seeing the face of a glacier and the dazzling blue glacial-fed waters to experience this remarkable landscape.

DELAWARE POLICE DEPARTMENT: SELF DEFENSE RETURNING

Thursday, Aug. 8, 1—2:30 p.m.

Officers Kolp and Hartman from the Delaware Police Department will share a presentation on self defense.

Join officers as they share valuable information to help you stay safe and be more confident in the event you have to defend yourself.

Don't miss these helpful tips from trained officers.

Dress comfortably as you will be trying some physical techniques.

DOC TALK: COMMON SHOULDER INJURIES AND TREATMENT METHODS *NEW!*

Thursday, Aug. 15, 1-2 p.m.

We welcome great speaker and educator, Dr. Jared Guth from Orthopedic One. He will discuss common shoulder injuries and treatment methods.

MOMENTS OF GRACE: AFTER-DEATH COMMUNICATIONS

Friday, Aug. 16, 1—2:30 p.m.

Have you ever sensed the presence of a loved one who died? If so, you are not alone. These experiences, which may be exhilarating and confusing, are known as after-death communications (ADCs). ADCs are spontaneous, take many different forms, and have been documented throughout time. Please join us for an intriguing discussion on a phenomenon that provides hope and comfort to the bereaved and suggests that love does, indeed, transcend all boundaries. This class can be taken alone or as part of this series. Presenter

Linda Manley, CNP, brings more than 35 years of experience from the medical field to this presentation. She serviced in the Army Nurse Corp, 25 years as a flight nurse in Central Ohio, and 18 years as an emergency nurse practitioner. What she has learned about this subject fundamentally altered her viewpoint on death.

DANIEL BOONE: OUR FIRST PIONEER

Tuesday, Aug. 20, 1—3 p.m.

Join local historian, Van Young, as he discusses Daniel Boone. He was a true American pioneer, often called the Great Pathfinder. He blazed trails during the 1700s and led people to travel and settle in what would become Kentucky, and other parts of our wilderness lands. He was an explorer, soldier, statesman, Indian fighter and father of 10. The talk shares his life and accomplishments while telling about the hard times and challenges colonists were faced with the 1700s.

THE POWER OF NATIVE POLLINATOR PLOTS *NEW!*

Wednesday, Aug. 28, 11 a.m.—12:15 p.m.

Naturalist, Lindsey Krusling from Alum Creek State Park will speak at SourcePoint. She will share info about native pollinator plots, the benefits of

them, and how to set one up in your own backyard! Some native seeds will also be given to attendees.

OHIOHEALTH SERIES: BRAIN HEALTH *NEW!*

Wednesday, Aug. 28, 1—2 p.m.

Lauren Nidiffer, Board Certified Clinical Specialist in Neurologic Physical Therapy OhioHealth Neurological Rehabilitation and Courtney Francis, M.S., CCC-SLP, OhioHealth Neurological Rehabilitation Westerville Medical Campus will share information on what we can do to remain as independent as long as possible. Their presentation will include nutrition, psychology, and overall health to keep the brain healthy and information on stroke prevention.

EMERGENCY MANAGEMENT: OVERVIEW OF SPRING TORNADOES *NEW!*

Thursday, Sept. 5, 1-2 p.m.

Alex McCarthy, Director of the Delaware County Office of Homeland Security and Emergency Management will review the three tornadoes that impacted Delaware County on the evenings of March 14 and April 17, 2024. He will discuss how meteorological factors came together to support these storms, as well as actions that EMA took to coordinate recovery.

MOMENTS OF GRACE: HEALING ASPECTS OF NEARING-DEATH AWARENESS Friday, Sept. 13, 1-2:30 p.m.

Near-death awareness (NDA) is a term that describes a dying person's experience which often includes vivid end-of-life dreams or visions. A recent study found most hospice patients reported an NDA prior to their death and the experience was comforting, even joyful, for the dying person. Could you recognize such an experience? This class will discuss NDAs and the positive impact they can have on both the dying person and their loved ones during a challenging time. This class can be taken alone or as part of this series. Presenter Linda Manley, CNP, brings more than 35 years of experience from the medical field to this presentation. She serviced in the Army Nurse Corp, 25 years as a flight nurse in Central Ohio, and 18 years as an emergency nurse practitioner. What she has learned about this subject fundamentally altered her viewpoint on death.

CATARACT SURGERY ADVANCEMENTS *NEW!* Friday, Sept. 20, 1—2 p.m.

Dr. D. James Schumer, Founder, Medical Doctor and surgeon at ReVision LASIK and Cataract Surgery, will

be presenting on Cataract Surgery Advancements. Dr. Schumer is a corneal, cataract and refractive specialist, who embraces technology options to help people achieve their best vision at all stages of life. He will review differences between a Refractive Lens Exchange and Cataract diagnoses in addition to sharing advancements in technology that make it possible to customize a patient's vision to individual lifestyle and vision goals. Dr. Schumer is an advocate for patient education and innovation to ensure patients enjoy a lifetime of the best possible quality vision.

THE FASCINATING WORLD OF MAPS

Tuesday, Sept. 24, 1-3 p.m.

Join local historian Van Young as he discusses maps. We have taken them for granted all our lives. Although we no longer use many folding maps, we still use mapping in our daily lives. This talk describes the history of maps and their use and purpose over time. On a lighter note, many examples of maps will be seen showing our daily living habits, our politics and our likes and dislikes. A very visual presentation. Fun, yet educational as well.

CHECK OUT YOUR LIBRARY on the Lower Level!