

Empower Transitions in Aging

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.

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.

Body, Brain & Behavioral Health

A MATTER OF BALANCE

Tuesdays, Aug. 13–Oct. 1, 1–3 p.m. at Arthur Place, 759 Woodford Way, Delaware.

Wednesdays, Aug. 14–Oct. 2, 12:30–2:30 p.m. at Genoa Township Hall, 5111 S. Old 3C Highway, Westerville.

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.

BINGOCIZE **NEW!**

Tuesdays and Thursdays, July 16–Sept. 26, 9–10 a.m. (No class Sept. 17 and 19.)

Bingocize® isn't just another health program—it's a vibrant fusion of fitness and health education that seamlessly incorporates the beloved game of bingo! The combination is a winning formula that keeps Bingocizers coming back for more. Bingocize isn't just about exercise and health education—it's about creating memorable experiences infused with movement, and social connections. This program is provided in partnership with the Delaware Public Health District.

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

Thursdays, Sept. 5 and 19, Oct. 3, 17 and 31, 1:30–2:30 p.m. (Extended time Oct. 17, 1:30–3 p.m.)

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: Stress Reduction, Psycho-Social Well Being, Diet and Supplementation, and Physical and Mental Exercise. 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.

Sept. 5: A Natural Method for Brain Longevity. The Alzheimer's Research & Prevention Foundation (ARPF) has conducted Alzheimer's Prevention research for over 20 years. ARPF believes, based on their research, that Alzheimer's can be prevented and effectively treated with natural methods. This workshop is designed to give you an overview of the 4 Pillars of Alzheimer's Prevention and the research supporting it.

Sept. 19: Stress Reduction. A growing body of scientific evidence supports the effectiveness of meditation as a stress management tool and, thus, as a pathway to dementia prevention. Learn about a simple meditation technique called the Kirtan Kriya. It is easy to do and

takes only 12 minutes a day, has a positive impact on memory and overall wellness.

Oct. 3: Psycho-Social Well Being. Learn how socialization with like-minded people, patience, compassion, and a sense of purpose play a significant role in prevention of Alzheimer's Disease and other dementias. We will talk about the Blue Zones and common lifestyle habits of people from all over the world who live to be over 100 years old. Additionally, we will look at the personal and collective benefit of kindness for health and aging; identify obstacles to joy and explore ways to kindle emotional well-being.

Oct. 17: Diet and Supplementation Extended Time. Explore The Brain Longevity® Prescription: How Food, Not Drugs, Prevents Alzheimer's and May Reverse Memory Loss. Learn how diet and supplementation play a key role in brain health and dementia prevention. We will discuss the nutritional components that make up a brain longevity diet and the connection between memory, diet, and genetics, as well as dietary habits of people in the Blue Zones. We will share some fun, healthy recipes.

Oct. 31: Physical and Mental Exercise. Research

shows that a combination of aerobic exercise and strength training reduces the risk of Alzheimer's Disease by a whopping 50%! Learn about simple physical and mental exercises that will nourish both mind and body. The Brain Longevity® Yoga Exercises are simple to learn and can be done by anyone. You will discover easy movements, breathing practices and meditation.

DEMENTIA AND HEARING LOSS *NEW!*

Tuesday July 16, 1-2:30 p.m.

Join Delaware Speech and Hearing Center and the Alzheimer's Association for a joint presentation on the relationship between brain health and hearing. Licensed audiologists will be on hand for private screenings at no cost to individuals with hearing or memory concerns.

DRIVER SAFETY: SMART DRIVERTeK WORKSHOP *NEW!*

Wednesday, Aug. 14, 1-3 p.m.

The SAFE Delaware County Coalition will present the AARP Smart DriverTeK Workshop which will keep you in the know about the latest high-tech safety features in your current or future car. Learn what new technologies are available, how they work, and

how they can make driving safer and more enjoyable.

This interactive, workshop will cover Smart Headlights, Blind Spot Warnings, Lane Departure Warnings, Automatic Braking, and much more.

DRIVER SAFETY: TALK WITH A TROOPER

Tuesday, July 16, 1-2:30 p.m.

The Delaware County SAFE Coalition, the Ohio State Highway Patrol and AgeFriendly Delaware County come together to offer older adult safe driver conversations with Lt. Robert Curry from the Delaware County OSHP Post.

HEALTH IN ACTION: CHRONIC PAIN SELF-MANAGEMENT

Tuesdays, Aug. 20–Sept. 24, 1–3:30 p.m. at Community Library, 44 Burrer Dr., Sunbury.

Do you have long-term pain or care for someone living with chronic pain? This interactive, 6-week workshop provides tools to set goals and make 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."

NAMI FAMILY SUPPORT GROUP *ONLINE*

First and third Tuesdays of each month, 10–11:30 a.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. Follow this secure link to join the discussion: us04web.zoom.us/j/8316005725.

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.

WALK WITH EASE *NEW!*

Mondays, Wednesdays and Fridays, Aug. 12–Sept. 20, 9–10 a.m.

The Arthritis Foundation's

Walk With Ease Program is a community-based physical activity and self-management education program. While walking is the central activity, Walk With Ease is a multi-component program that also includes health education, stretching and strengthening exercises, and motivational strategies. The program includes a guidebook and a walking schedule to get you safely moving toward better health.

Financial, Insurance & Legal

DOWNSIZING DONE RIGHT: THE WHEN, WHY & HOW

Tuesday, Aug. 20, 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, Aug. 8, 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:

- "Aug. 8 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, July 6, Aug. 3, or Sept. 7, 10 a.m.–noon.

Tuesday, Sept. 17, 6–8 p.m.

Tuesday, July 26, 1–3 p.m. at Delaware County District Library Orange Branch, 7171 Gooding Blvd, Lewis Center.

Tuesday, Aug. 13, 10 a.m.–noon at Delaware County District Library Ostrander Branch, 75 N. 4th St., Ostrander.

Wednesday, Aug. 21, 10:30 a.m.–12:30 p.m. at Wornstaff Memorial Public Library, 302 E. High St., Ashley.

Tuesday, Sept. 10, 10 a.m.–noon at Liberty Township Hall, 7761 Liberty Road, Powell.

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 online videos, schedule an 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

Tuesday, July 9, 6–8 p.m.

Thursday, Sept. 26, 10 a.m.–noon.

Friday, Aug. 2, 1–3 p.m., at Delaware County District Library Orange Branch, 7171 Gooding Blvd, Lewis Center.

Thursday, Aug. 15, 10 a.m.–noon at Delaware County District Library Ostrander Branch, 75 N. 4th St., Ostrander.

Thursday, Sept. 12, 10 a.m.–noon at Liberty Township Hall, 7761 Liberty Road, Powell.

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](https://www.mysourcepoint.org/insurance), including an intro to Medicare, Supplements and Part D, and Advantage Plans.

MEDICARE OPEN ENROLLMENT

Oct. 15 through Dec. 7, appointment scheduling begins Aug. 15.

Already on Medicare? During Medicare's Oct. 15 to Dec. 7 open enrollment, SourcePoint's OSHIP certified volunteers and insurance specialists provide free and unbiased Medicare insight, plan comparison, and enrollment assistance period to select coverage for 2025. Scheduling appointments begins Aug. 15. You may register for an appointment at [MySourcePoint.org](https://www.mysourcepoint.org) or call 740-363-6677.

Role Transitions

SourcePoint's caregiver programs are funded in part by the Central Ohio Area Agency on Aging.

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.

AGING MASTERY PROGRAM FOR CAREGIVERS **NEW!** Wednesdays, July 10–Sept. 25, 10:30–11:30 a.m.

The Aging Mastery Program® offers a comprehensive approach to aging well. The program combines classes with expert speakers, group discussion and goal setting to help older adults gain new skills to make small, meaningful changes in their lives. This 12-part class educates caregivers about the impacts of caregiving and also provides them with the tools they need to stay healthier and happier in the caregiving journey. The program consists of the standard AMP core curriculum bookended with two classes specifically designed to address caregiver concerns.

ALZHEIMER'S ASSOC. CARE CONSULTATION BY APPT.

Tuesdays, July 2 and 16, Aug. 20, Sep. 17, 10 a.m.–2 p.m.
Thursdays, Aug. 1 and Sept. 5, 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, Aug. 9 and Sep. 13, 1–2:30 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 email Hannah Atibagos hlatibagos@alz.org or call 614-643-2137.

ALZHEIMER'S ASSOCIATION: THE EMPOWERED CAREGIVER *NEW!*

Tuesdays, July 23 and Aug. 27, 11:30 a.m.–1 p.m.

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Caregivers can register for individual courses to meet their needs or complete the entire series. Topics include:

July 23: Building Foundations of Caregiving. Explore the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

Aug. 27: Supporting Independence. Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

CAREGIVER CONVERSATIONS **Second and fourth Tuesdays of each month, 10–11 a.m.**

HYBRID
Second Tuesday of each

month, 6–7 p.m. *HYBRID*
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. These brainstorming sessions for caregivers may include but are not limited to:

- Critical thinking and help weighing the pros/cons of a decision
- Communication techniques for effectively sharing your viewpoint
- Help making space for other family members' viewpoints
- Mentally/physically stimulating social engagement plans for care receivers

- Setting realistic expectations and maintaining your personal boundaries
- Navigating formal supports through SourcePoint or community partners
- Demystifying end-of-life conversations
- Help distinguishing differing forms of healthcare proxy and power of attorney
- Building confidence as a medical advocate for other's care
- Journaling, creative expression, and help finding your outlet
- Help selecting a support group that feels right for you
- A listening ear, free from judgment or agenda

Get the conversation started by contacting Brian at 740-203-2399 or bfox@MySourcePoint.org.

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 at 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.

COPING WITH GRIEF: YOU ARE NOT ALONE *NEW!* Mondays, July 8–Aug. 26, 5:30–7 p.m.

This is an eight-week interactive support group to help you in your understanding of grief, coping, and working towards healing. Facilitator Julie Pack applies her personal, professional, and volunteer experience to create a safe and welcoming space for all to share in whatever way is most comfortable. Weekly sessions

consist of helpful activities and thought exercises to guide you through your personal grief journeys.

GRANDPARENTS AS PARENTS MONTHLY MEETUP Fourth Friday of every month, 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 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.

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.