

# Empower Transitions in Aging

In-Person and Online Programs

Fall 2024



740-363-6677

[MySourcePoint.org](http://MySourcePoint.org)



Sept. 30, 2024–Jan. 4, 2025

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. Nov. 27, Dec. 31;

Close at 2 p.m. Dec. 6 and 24;

Closed Oct. 11, Nov. 28–30,

Dec. 25, Jan. 1.

**Registration is required** and begins Sept. 16 at [MySourcePoint.org/EC](http://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](mailto: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

Mondays, Oct. 7 through Nov. 25, 9:30–11:30 a.m. or

Tuesdays, Oct. 8 through Nov. 26, 2–4 p.m. at **Lifelong Learning Institute at OWU Hamilton-Williams Campus Center, 40 Rowland Avenue, Delaware.** (To register, email [LLI@owu.edu](mailto:LLI@owu.edu) or call **Debbie Lewis at 740-368-3078.** LLI registration ends Sept. 30!)

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.

### ALL YOU WANTED TO KNOW ABOUT MEMORY LOSS BUT FORGOT TO ASK **NEW!**

Tuesday, Oct. 15, 2:30–4:30 p.m.

In this interactive lecture, Dr. Douglas Scharre, MD, Neurologist-Director, Memory Disorders Research Center at the Ohio State University Wexner Medical Center talks about normal aging versus mild cognitive impairment and discusses the importance of early detection and screening of memory problems and treatment, as well as the latest research on memory and how interested persons can participate in research. Attendees will have the opportunity to take the SAGE (Self Administered Gerocognitive Exam) and meet with members of the research and clinical team. Sponsored by the James W. Pyle Memorial Education Program at The Ohio State University Wexner Medical Center.

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

**Thursdays, Sept. 12 and 19, Oct. 3, 17 and 31, 1:30–3 p.m. (Extended time Oct. 31, 1:30–3:30 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.

## **HEALTH IN ACTION: CHRONIC PAIN SELF-MANAGEMENT *ONLINE***

**Wednesdays, Oct. 9–Nov. 13, 10 a.m.–12:30 p.m.**

Do you have long-term pain or care for someone living with chronic pain? This interactive, 6-week workshop meets virtually to provide 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."

## **LIVING LIFE TO ITS FULLEST *NEW!***

**Thursdays, Oct. 10–Dec. 12, 1–2:30 p.m.**

Adults experience many 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 focuses on adapting to life's changes, building strong relationships, living fully and joyfully, and continuing to grow, adapt, and thrive. It is not a lecture series; it uses discussion and hands-on experiences to bring helpful ideas to life. Join us for this enlightening, insightful and thought-provoking series. Register by Oct. 17.

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

## **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](https://us04web.zoom.us/j/8316005725).

## **PARKINSON'S SUPPORT: SPEECH THERAPY**

**Second and fourth**

**Wednesdays, Oct. 9–Dec. 11, 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.

\*Caregivers who provide support to an individual with Parkinson's Disease are invited to attend the Caregiver Conversations support group, which occurs simultaneously at SourcePoint.

## **WISE: WELLNESS INITIATIVE FOR SENIOR EDUCATION**

***NEW!***

**Tuesdays, Oct. 1–Nov. 5, 11 a.m.–12:30 p.m.**

The WISE program, presented by PASS, is designed to help older adults celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse. Join us for this FREE six-week wellness program and receive two \$25 gift cards throughout the program! For more information, contact Cassandra Mason at 419-549-8530x115 or kmason@passaah.org.

Oct. 1: Understanding the Changes Associated with Aging

Oct. 8: Aging Sensitivity

Oct. 15: Valuing Cultural and Generational Diversity

Oct. 22: Medication and the Older Adult

Oct. 29: Substance Abuse, Addiction, and Older Adults

Nov. 5: An Enhanced Quality of Life

Register by Sept. 30!

## **Financial, Insurance & Legal**

### **FIGHTING FINANCIAL FRAUD: RED FLAGS OF FRAUD**

**Thursday, Oct. 24, 11 a.m.–noon.**

The impacts of financial fraud are broad and can be devastating to those who experience them. Investment scams can have long-lasting consequences and result in the loss of one's life savings. Learn how to spot financial

scams in this presentation by the Better Business Bureau.

Fraudsters are experts in getting you to believe in them and what they are selling.

While these scammers are master chameleons and may change up their pitch, they use the same types of persuasion tactics called the Red Flags of Fraud.

### **FINANCES, ESTATES & REAL ESTATE READINESS**

**Tuesday, Oct. 22, 2:30–4 p.m.**

Many questions arise from planning for the future. You need a strategy and often a team to help you figure it all out. Learn legal and practical steps from a panel of local experts. Topics may include downsizing (or not) in the current real estate market, aging in place vs. moving and how to prepare for both, transferring property, avoiding probate, how to live off your retirement funds, ways to leave money to your heirs and create generational wealth, today's long-term care policies, and Medicaid. Meet the panel: Stephanie Steinbeck, Realtor®, Coldwell Banker Realty; Carla Oglesbee, Elder Care Attorney, Oglesbee Law, LLC; Dena Russell, Financial Advisor/Owner, Haller Wealth Management Group; Bill Fergus, Attorney, Northwest Title. Panel members are not

affiliated with or endorsed by SourcePoint.

### **INCOME TAXES: PLANNING AND PITFALLS**

**Thursday, Nov. 14, 1–2 p.m.**

Bring your questions; take home the answers you need. Gain insights, avoid pitfalls, and plan ahead with end-of-year strategies. Presented by Jerry Hatton, tax professional with 30 years' experience. Hatton is not affiliated with or endorsed by SourcePoint.

### **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

**Thursdays, Oct. 24, Nov. 21, or Dec. 19, 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, Oct. 5, Nov. 2, or Dec. 7, 10 a.m.–noon.**

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](https://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

**Wednesday, Oct. 9, 10 a.m.–noon.**

**Thursday, Nov. 14, 6–8 p.m.**

**Tuesday Dec. 10, 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](https://MySourcePoint.org/insurance), including an intro to Medicare, Supplements and Part D, and Advantage Plans.

## MEDICARE OPEN

## ENROLLMENT CHECK-UP DAYS

**Mondays, Oct. 15–Nov. 25, by appt., one person/appt.**

Already on Medicare? During Medicare's open enrollment, SourcePoint's OSHIIP certified volunteers and insurance specialists provide free and unbiased Medicare insight, plan comparison, and enrollment assistance period to select coverage for 2025. Note, if you have access to a Medicare Connector through a previous employer, you must enroll in your coverage through the connector to maintain your health reimbursement account (HRA) dollars. Register for an appointment at [MySourcePoint.org](https://MySourcePoint.org) or call 740-363-6677.

## **Role Transitions**

*Caregiver programs are for family caregivers 55+ in Delaware County or 18+ caring for someone 55+ in Delaware County. COMPASS is not required to register for the following programs. 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](mailto:bfox@MySourcePoint.org) or 740-203-2399.

**ALZHEIMER'S ASSOC. CARE CONSULTATION BY APPT.**  
**First Thursday and third Tuesday of each month, 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](mailto:hlatibagos@alz.org) or call 614-643-2137.

**ALZHEIMER'S ASSOC. EARLY STAGE SUPPORT GROUP**  
**First and third Mondays, 10:30 a.m.–noon.**

Early Stage programming is designed for individuals living with Mild Cognitive Impairment (MCI) or the early stage of Alzheimer's or another form of dementia, and their care partners. This support group allows for the care partner and person living with dementia to have their own, separate spaces to develop a support system, talk through issues and ways of coping and share feelings and concerns. 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, email Hannah Atibagos at [hlatibagos@alz.org](mailto:hlatibagos@alz.org) or call 614-643-2137.

**ALZHEIMER'S ASSOCIATION: THE EMPOWERED CAREGIVER**  
**Tuesdays, Oct. 22 and Nov. 12, 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:

- Oct. 22: 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.
- Nov. 12: Communicating Effectively. Teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

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

***HYBRID***

**Second and fourth Wednesdays of each month, 2:30–3:30 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.

\*If you provide support to an individual with Parkinson's Disease, they are invited

to attend the Delaware Speech and Hearing Center's Parkinson's Support: Speech Therapy Support Group, which occurs simultaneously at SourcePoint.

## **CAREGIVER CRASH COURSE**

### **ONLINE**

A 30-minute video at [MySourcePoint.org/caregiver](https://MySourcePoint.org/caregiver) for new, current, and future caregivers.

## **CAREGIVER DROP-IN HOURS Mondays, Wednesdays, and Fridays, 10 a.m.–3 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](mailto: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](mailto: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 Tuesdays, Oct. 1–Nov. 19, 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.

**CAREGIVER RECOGNITION:  
MEAL DELIVERY *RETURNS***  
**Wednesday, Nov. 6, 4:30–6  
p.m. delivery**

National Family Caregivers Month in November is dedicated to supporting caregivers as they care for others. To honor the dignity you provide for your loved ones, we would like to hand deliver artisan sandwiches to your door! Select your dinner choices when you register, and we will deliver meals prepared

by The Rutherford Cafe.  
Register by Oct. 25!

**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.