

HOLIDAY HOURS

SourcePoint will close at 2 p.m. on Tuesday, Dec. 24 and reopen Thursday, Dec. 26 after the Christmas holiday. We will close on Tuesday, Dec. 31 at 4 p.m. and reopen Thursday, Jan. 2 after the New Year's Day holiday. We wish you and your loved ones a safe and happy holiday season.

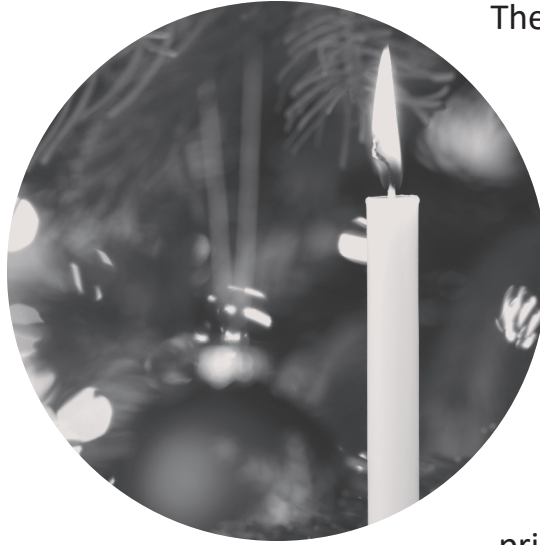
Due to the closures, there will be no meal delivery on Dec. 25 or Jan. 1. If you selected to receive holiday meals, a box containing 5 frozen meals will be delivered the week of Dec. 16 to be used for the two holidays. These meals will either be received with your normal meal delivery or via a special delivery that week. A memo will be sent with the January menus that will inform you of when your delivery will be received. We ask that you please plan to be home to receive these special deliveries to ensure you have sufficient food during the holiday season.

Should you have any questions concerning this information please feel free to contact our office. If you would prefer not to receive a frozen meal delivery, please contact our office at least 48 hours in advance to cancel. Staff may be reached at 740-203-2432, Monday–Friday, 8 a.m. to 4 p.m.

DO YOU NEED HELP WITH HEATING BILLS?

HEAP Winter Crisis Program Started Nov. 1

The Ohio Development Services Agency and COAAA are working to help Ohioans in need stay warm this winter through the Home Energy Assistance Winter Crisis Program. This program helps income-eligible Ohioans pay their heating bills and can assist with fuel tank placement, fuel tank testing, and furnace repair. The program runs from Nov. 1, 2024, until March 31, 2025.



The Winter Crisis Program assists low-income households that have been disconnected, have a pending disconnection notice, need to establish new service, need to pay to transfer service, or have 25% (or less) of bulk fuel supply remaining stay warm this winter.

Ohioans can visit **energyhelp.**

ohio.gov to start their application

prior to their required face-to-face

meeting at Bridges Community Action. To

schedule an appointment, call 740-369-3184.

Eligible households can receive a payment for their main heating source and/or their secondary heating source (electric). Ohioans must have a gross income at or below 175% of the federal poverty guidelines to qualify for assistance. For a family of two the annual income must be at or below \$35,770 or for a household of one, \$26,355 or less.

For more information about the features of the Winter Crisis Program locally and what is needed to apply, contact Bridges Community Action at 740-369-3184. Additional information can also be found at **energyhelp.ohio.gov** or by calling 800-282-0880.

CLEANING YOUR FURNACE BEFORE WINTER

SourcePoint partners with Bridges to Community Action Partnership for Project Safe Heat, the service of cleaning and tuning your furnace. To see if you are eligible for this service, contact your care consultant.

WINTER-WEATHER PREPARATION

Are You Prepared for an Emergency this Winter?

This winter, have a plan that will allow you to remain in place for at least three days should you be unable to leave your home due to weather conditions or other emergencies.

Consider the following:

CONTINUED ON REVERSE...

Emergency supplies: Create an emergency kit that contains a battery-operated radio, flashlight, extra batteries, signaling device, such as a loud whistle, horn, or bell, food that you can open and easily prepare, water, blankets, and a first aid kit. Make sure you have access to a phone that will work if the electricity goes out.

Medications: Keep a backup supply of your daily medications. Ask your doctors for extra copies of your prescriptions for your emergency kit. Have an ice chest on hand and keep ice packs in the freezer for medications that need to be kept cool. Keep a backup stash of medical supplies, such as bandages, alcohol, etc.

Equipment and assistive devices: Make sure medical equipment and assistive devices, such as canes, walkers, wheelchairs, lifts, or oxygen tanks, are easy to locate in an emergency. Have spare batteries or non-powered options for any equipment that will not work if there is no electricity. Keep written instructions on how to operate and move your medical and adaptive equipment in your kit.

Readiness: Know where the main valves and switches are for gas, water, and electricity, and make sure you can operate them. Have at least one fire extinguisher and know how to use it. Designate a safe place to go, such as a friend or neighbor's house or shelter, and have a plan for getting there if it becomes unsafe to stay in your home.

Reasonable accommodations: Be prepared to quickly explain to rescue personnel how to move you or help you move safely and rapidly. For example, "Take my oxygen tank," or "Get my insulin from the refrigerator."

Safety net: Ask a reliable family member, friend, or neighbor to visit or call you in the event of severe weather or another emergency to make sure you are OK. Agree on a plan for what they should do if they are unable to reach you or find you needing help.

HOW ARE VOLUNTEER TRANSPORTATION SERVICES AND NUTRITIONAL SUPPLEMENT DELIVERY IMPACTED BY WINTER WEATHER?

Our general practice is to cancel scheduled volunteer assignments for level 2 and

level 3 weather conditions. Extremely cold temperatures or icy conditions may also result in the cancellation of some of our volunteer services. We do our best to not cancel volunteer services; however, given the unpredictability of severe weather, there are times when we may need to do so – especially in the winter.

Once a decision has been made to cancel volunteer services, they will be canceled for the entire day. If you have a critical medical appointment that cannot easily be rescheduled, please make sure you have a back-up plan on how you will get to/from your appointment if your transport is canceled. Make sure you have enough nutritional supplements on hand in case a delivery volunteer is not able to get to you. Volunteers are not able to clear driveways of snow or other debris to get to you for deliveries or other volunteer services. We recommend you have a plan in place for snow removal. Planning in advance is key. If you have questions, please contact your care consultant for assistance.

EMERGENCY CLOSURES

Due to weather or other unforeseen circumstances, it is sometimes necessary for SourcePoint to cancel meal delivery to our home-delivered meal clients and our off-site cafes. In preparation for these possible closures, we deliver shelf-stable meals to new home-delivered meal clients who have requested them. We also deliver shelf-stable meals at least once during the fall to clients that requested them upon enrollment. A box of 5 meals was delivered in October, which allows for one meal each day. To ensure clients have food available during an unplanned closure, it is important that the meals not be consumed until needed.

Should SourcePoint cancel meal delivery:

- Closures will be posted on local news stations, SourcePoint's website, Facebook page, and Instagram.
- Closures will be posted on the agency's main answering service at 740-363-6677.
- Clients will receive an automated phone call.

Please note clients who select the "opt out" option on the automated call will NOT receive cancellation and closure notices via phone.

CONTINUED ON NEXT PAGE...

PERSONAL EMERGENCY FOOD SUPPLY

Our emergency meals are provided as one meal per day. As a result, we highly recommend that you prepare your own emergency food supply that can last for several days. Please find the suggested shelf stable food items below. Should you not have food during a closure, please contact your care consultant.

EMERGENCY FOOD SUPPLY ITEMS

It is recommended that you stockpile foods that are nutritionally dense, provide a lot of food value for the bulk, are tasty, and need no cooking. Remember to have a manual can opener.

Suggested food items include whole wheat crackers, peanut butter, nuts and trail mix, cereal, power bars and granola, dried fruit, canned meats, such as tuna, salmon, chicken, and turkey, canned vegetables, such as beans, carrots, and peas, canned soups and chili, sports drinks, powdered milk, bottled water, juices (canned or foil pouches), canned fruits, and instant soups or meals.

Suggested non-food items include a flashlight, batteries, radio (battery operated or hand-cranked), prescription medications, and blankets.

MEDICARE PART D CHANGES IN 2025

Out-of-pocket drug spending cap: The out-of-pocket spending cap for covered Part D drugs will be \$2,000. Once this amount is reached, enrollees will qualify for catastrophic coverage and won't have to pay more out-of-pocket for the rest of the year.

Medicare Prescription Payment Plan: Enrollees will be able to spread out their out-of-pocket prescription drug costs into monthly payments throughout the year.

Part D benefit phases: The Part D benefit will have three phases: deductible, initial coverage, and catastrophic coverage.

Part D deductible: The deductible for 2025 will be \$590, up from \$545 in 2024.

Manufacturer Discount Program: This program

will replace the Coverage Gap Discount Program, which ends on Jan. 1, 2025.

Part D drug price negotiations: CMS will negotiate prices for 15 more Part D drugs in 2025, with prices taking effect in 2027.

Star Ratings: The cut points for 2025 Star Ratings will be higher than in 2024.

WINTERIZE TO PREVENT FALLS

Winter weather can put us all at higher risk for slips, trips, and falls. Slick surfaces created by rain, sleet, and snow can be especially hazardous to older adults. There are simple steps you can take this winter to reduce your risk of falling.

Raise awareness: Many of us underestimate our risk of falling, but the truth is that more than one in four older Americans fall every year. Learning about risk factors and prevention efforts can help you reduce your chance of falling and sharing that information can help others!

Ask for a falls risk screening: When you visit your primary care provider, ask your doctor to conduct a screening for falls risk, such as the STEADI fall risk screening. Use the results to discuss concerns and strategies to reduce your risk with your doctor, friends, and family.

Sprinkle cat litter on slick surfaces: You can reduce your risk of slipping on icy surfaces by creating even a little bit of traction, and sprinkling cat litter is an easy, affordable way to achieve this. Carry a small bag filled with lightweight cat litter in your pocket and cast it out ahead of yourself as you're walking on slick surfaces.

Give the gift of falls prevention: There are many tools that can be useful in reducing your risk for falls. Consider adding the following items to your shopping list for yourself or others:

- Motion-sensored fall alarm systems.
- Higher toilet seats.
- Multifocal glasses with single vision eyeglass lenses.
- Grab bars.
- Firm stair railings.

CONTINUED ON REVERSE...

- Lights over stairways and by outside entrances.
- A table to set down bags while finding keys.
- Flashlights to attach to keys and clothing.
- “Winterize” shoes, boots, and assistive devices.
- Attach spikeless ice and snowshoe gripper sole covers to shoes for extra stability when walking on slippery surfaces. Look for these at sporting goods stores.
- Choose winter shoes with rubber soles to maintain traction on slippery surfaces.
- Attach an ice gripper cane tip that has spikes on the bottom to penetrate the ice and secure a firm grip. Ice grip tips can be purchased online.
- Learn about special precautions and preparedness tips for using a wheelchair safely in the snow.

What This Means for You:

- Effective Date: The new fee scale will take effect on Feb. 1, 2025, with the adjusted co-pay reflected in your March invoice.
- Impact on Co-Pays: Most clients will see no change in their co-pay. Approximately one-third will experience a reduction, while only a small portion (7%) will see a slight increase.

If your co-pay is impacted by an increase, your care consultant will contact you directly before February to discuss the changes and answer any questions.

We are committed to supporting Delaware County’s senior community and ensuring our services remain accessible to those who need them. Thank you for being a valued part of the SourcePoint community.

WELCOME TO SOURCEPOINT!

Thursday, Dec. 12, 11:15 a.m.–1:30 p.m.

Join the Community Engagement and Concierge Teams to learn more about what all SourcePoint has to offer. Following, there will be guided tours, and the opportunity to chat with staff members at our resource fair. If interested, you may also enjoy lunch in Cafe 55 with others in our group. For Delaware County residents 55 and better, lunch is available on a donation basis.

CO-PAY SCALE UPDATE

We want to inform you about an update to SourcePoint’s sliding fee scale, which determines co-pays for in-home care services. This update allows us to make the most of senior services levy dollars—about 65% of which fund essential in-home care services.

To ensure we continue providing high-quality, affordable care, SourcePoint’s team researched similar programs regionally and nationally. We evaluated best practices and accounted for the cost-of-living increases impacting our clients, as well as the anticipated growth of Delaware County’s older population. Since the previous update in 2014, we have adjusted both the income and asset ranges to reflect current conditions.