

MEAL DELIVERY TIME

Meals are delivered between the hours of 10:30 a.m. and 1 p.m. Drivers may be delayed or run early for various reasons, so we cannot guarantee an exact delivery time.

Clients must be home during this window of delivery to accept meals. Drivers are not allowed to leave meals in coolers, at a neighbor's house, or on doorsteps if you are not home. If you are not home during the delivery window and meal delivery cannot be made, these will be considered a no-show and you risk having service suspended.

We ask that you not contact the office during the delivery window to check when your delivery will arrive that day unless it is after 1 p.m. While drivers are on the road delivering meals, phone lines must remain open so staff can be reached for emergencies that require immediate attention.

WINTER MEALS ON WHEELS

It's SourcePoint's goal to deliver meals as scheduled year-round. Unfortunately, there are times, especially during the winter months, when meal delivery must be canceled for the safety of our drivers. If there has been snow or ice and sidewalks, steps, or driveways have not been cleared, drivers may be unable to deliver meals.

Should SourcePoint cancel meal delivery:

- Closures will be posted on local news stations, SourcePoint's website, Facebook, 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 future cancellation and closure notices via phone.

Please note that even if meals are not canceled during inclement weather, the volunteer still

reserves the right to not deliver to individuals if the volunteer feels their safety is at risk. i.e., driveways or sidewalks are not cleared.

In these situations, you will need to use your shelf-stable emergency meals or extra frozen holiday meals. You're also encouraged to have your own emergency food supply on hand.

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 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. Have a manual can opener handy.

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.

TAKE THE MYSTERY OUT OF MEDICARE

The Medicare Advantage open enrollment period runs from Jan. 1 to March 31. If you have a Medicare Advantage Plan, you can make one change to your coverage during this time with coverage to start the first of the next month. Remember that this enrollment period is only for people who already have a Medicare Advantage Plan. *CONTINUED ON REVERSE...*



More information is available at **Medicare.gov** or call us at SourcePoint and ask to speak to an insurance specialist.

2025 Part D Out-of-Pocket Max and Smoothing Program

New this year, Medicare drug plans have removed the coverage gap (doughnut hole) and added a new out-of-pocket maximum. This year's maximum is \$2,000. Once you have paid \$2,000 out of your pocket for prescription medications, the remainder of the year your prescriptions will be free. Your plan deductible counts towards this out-of-pocket maximum, as well. The cap only applies to covered medications. So, if a drug isn't covered by your plan, it will not count towards the \$2,000 maximum. Your plan will keep track of the maximum, and it will kick in automatically.

Also new this year is the Medicare Prescription Payment Plan (MPPP), also known as "smoothing." This program will allow you to work with your part D carrier to set up a budget program to pay for your yearly prescription costs to be equally each month. You will make a monthly payment to the carrier version paying for your prescriptions at the pharmacy when you pick up your medications. Contact your insurance carrier to set up this program.

ARE YOU A FAMILY CAREGIVER?

Whether you're new to caregiving or have been caring for someone for years, we're here to support you with resources, information, and a caring community. To get connected, email caregiver@MySourcePoint.org or call 740-363-6677.

AGING MASTERY PROGRAM

Wednesday, Feb. 5 through April 9, 10-11:30 a.m. at Genoa Township Hall, 5111 S. Old 3C Road, Westerville.

The Aging Mastery Program® is a comprehensive and engaging education initiative designed to empower older adults to make meaningful changes in their lives. The program covers 10 core topics: Navigating Longer Lives, Exercise and You, Sleep, Healthy Eating and Hydration, Financial Fitness, Advance Planning, Healthy

Relationships, Medication Management, Community Engagement, and Falls Prevention. Each session is led by expert speakers and incorporates goal setting, daily practices, peer support, and small rewards to help participants manage their health, maintain economic security, and actively contribute to society. Participant workbook included. To register, call 740-363-6677. *Fee: \$40 for the 10-week series.*

HEAP

The Home Energy Assistance Program provides eligible low-income Ohioans with a one-time payment during the winter season to help them meet the high costs of heating their homes. Payments are made directly to regulated and unregulated utilities. HEAP benefit amounts vary and are determined by the following criteria:

- Household income;
- Number of people in the household;
- Type of primary heating source;
- Someone in the home is disabled or 60 years of age or older;
- Household is enrolled in Percentage of Income Payment Plan Plus (PIPP Plus);
- Federal funding levels; and
- Geographic region of the state.

Consumers may apply for HEAP through May by completing an application at **energyhelp.ohio.gov** or by scheduling an appointment with the local Community Action Agency. Applications may also be available at county Job and Family Services, Area Agency on Aging offices, libraries, or by contacting ODOD at 1-800-282-0880. Mailed applications can take 12-16 weeks to process.

To complete an application, you will need:

- A list of all members of the household with birth dates and social security numbers.
- Proof of income for all household members 18 years of age and over for at least the previous 30 days.
- Proof of citizenship or legal residence for household members.
- Copies of recent utility bills.
- Disability verification (if applicable).

Failure to fully complete the application and provide all required documentation will delay processing.