

HAPPY NEW YEAR!

Wishing you all the best in 2025.

MARTIN LUTHER KING, JR. DAY

There will be no meal delivery Monday, Jan. 20 or Tuesday, Jan. 21 due to the Martin Luther King, Jr. holiday. If you receive home-delivered meals and opted to have holiday meals as part of your meal plan, your frozen holiday meals will be delivered during the week of Jan. 13. The holiday meals box will consist of five meals, so you will have two meals for the 20th and two for the 21st, plus an extra meal that can be placed in your freezer for future use.

If you would prefer not to receive holiday meals, contact our office at 740-203-2432 or 740-203-2433 by Jan. 10. The office is open Monday–Friday, 8 a.m.–4 p.m. If you are not sure if you selected to have holiday meals delivered or would like to add them to your meal plan, you may contact your care consultant.

HOME REPAIR

Are you an older adult, or know an older adult, who has difficulty making home repairs?

The Elderly Home Repair program provides eligible homeowners over 60 years old with minor home repairs to make their homes safer and more accessible. Limited mobility/handicap modifications, such as ramps and shower units, are provided to eligible homeowners as well.

SERVICES MAY INCLUDE: Wheelchair ramps, accessibility items, such as grab bars, walk-in showers, etc., plumbing, electrical repairs, roof repair/replacement, heating unit repairs/replacement.

WHO IS ELIGIBLE? Only homeowners are eligible. There is no income guideline, but we



may request copayment from the homeowner based on income.

To find out if you're eligible and to start the application process, please schedule an appointment. If you have any questions about eligibility requirements or services provided, please contact Bridges Community Action 740-369-3184 – follow prompt to option 4.

SLIDING FEE SCALE

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.

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.

CONTINUED ON REVERSE...

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.

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 or on doors if the client is not home. If the client is not home during the delivery window and meal delivery cannot be made, this will be considered a no-show and the client risks 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 the goal of SourcePoint 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 and volunteers. If there is 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 page, and Instagram.
- Closures will be posted on the agency's main answering service at 740-363-6677.
- Clients will receive an automated "One-Call" 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.

Also 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.

TAKE THE MYSTERY OUT OF MEDICARE *Medicare Premiums, Deductibles and Cost-Sharing Amount for 2025*

- Inpatient hospital deductible is \$1,676 per benefit period
- Inpatient hospital copayments:
 - \$0 for days 1-60
 - \$419 per days 61-90
 - \$838 for days 91-150
- Skilled nursing facility \$209.50 for days 21-100
- Medicare Part A premiums \$518 per month for those with fewer than 30 quarters and \$285 per month for those with 30-39 quarters. If you have 40 or more quarters, Part A is free.
- Annual Medicare Part B deductible is \$257
- Part B premium is \$185 per month for those with single income below \$106,000 or married below \$212,000. (Higher incomes will pay more.)

Remember, if you missed Medicare Open Enrollment and you are on a Medicare Advantage Plan, you still have the Medicare Advantage Plan Open Enrollment from Jan. 1–March 31. During this time, you can change to another Advantage Plan. Give us a call at 740-363-6677 and we will be happy to help you look at Advantage Plan options.

To register for one of our upcoming Medicare classes, call 740-363-6677.

A MATTER OF BALANCE

Thursdays, Jan. 23 through March 20, 1–3 p.m. at SourcePoint.

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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. To register, call 740-363-6677.

HEAP WINTER CRISIS PROGRAM

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 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.

DELAWARE COUNTY TRANSIT'S FLEX APP MADE EASY!

Wednesday, Jan. 22, 1–2:30 p.m.

Need a ride? Delaware County Transit's FLEX bus service offers on-demand rides (like an Uber but better!) within the City of Delaware as well as within their new zone in Sunbury/Galena/Berkshire Twp. If you live in one of those two FLEX zones, this class is for you! DCT's mobility manager, Kathy Laughlin, will lead a class on how to set up the FLEX app on your smartphone along with general information about Delaware County's affordable public transportation service. Bring your smartphone, this session includes a presentation followed by one-on-one assistance with installing the app and learning to use it.

FINDING YOUR ROOTS 1:1 SESSIONS BY APPT.

Tuesdays, Jan. 7 through March 25, 1–3 p.m. or 3–5 p.m. at Delaware County District Library, 84 W. Winter St., Delaware.

Thursdays, Jan. 9 through March 27, 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.