

DO YOU NEED HELP WITH HEATING BILLS?

The Ohio Department of Development offers several programs to help lower income residents pay utility bills and improve the heating efficiency of their homes.

The Home Energy Assistance Program (HEAP) typically applies a credit to your heating bill each year.

The Winter Crisis Program (E-HEAP) assists households where the source of energy has been disconnected or threatened with disconnection, or where there is less than a 10-day supply of bulk fuel. This program begins Nov. 1.

Percentage of Income Payment Plan (PIPP-PLUS) is a payment plan that requires customers to pay a portion of their household income each month to maintain service.

The Home Weatherization Assistance Program (HWAP) reduces energy use by providing insulation, air leakage reduction, heating system repairs, health and safety inspections, and testing.

CLEANING YOUR FURNACE BEFORE WINTER

SourcePoint partners with Bridges Community Action 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.

WATER UTILITY ASSISTANCE PROGRAM

The Water Utility Assistance Program provides eligible low-income households with a one-time emergency payment of up to \$150 to assist with disconnection or deposits for water bills. Households with total income at or below 125%



of the federal poverty guidelines may be eligible.

To find out if you are eligible or to start an application, call Bridges Community Action to make an appointment at 800-858-4452.

EMERGENCY CLOSURES AND MEALS

As winter approaches, the nutrition department is making plans to ensure all home-delivered meal clients have sufficient food supplies in case of an emergency closure. Shelf-stable meal boxes, containing five meals, will be delivered to clients the week of Oct. 21 as a separate delivery in the afternoon. Clients who have selected to receive shelf-stable meals as part of their meal plan will receive one box. Remember to save these meals for emergency closures to ensure you have at least one meal for each day. Attached to the delivery will be an information sheet that gives detailed information concerning our closure policy and steps you can take to be prepared.

If you cannot be home in the afternoon, please contact the office to make alternate delivery arrangements. You may contact the office to confirm your shelf stable meal delivery date. If you would prefer not to receive a shelf stable meal delivery, please contact our office at least 48 hours prior to cancel. Staff may be reached at 740-203-2433, Monday–Friday, 8 a.m. to 4 p.m.

FARMERS MARKET VOUCHER PROGRAM

SourcePoint's farmers market voucher program will continue through Oct. 31. No additional vouchers will be distributed for the 2024 season. Vouchers may be used to purchase fresh fruits and vegetables, herbs, honey, and food-bearing plants. Go to MySourcePoint.org/farmers for the most up-to-date list of participating vendors.

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NO MEAL DELIVERIES FOR STAFF

DEVELOPMENT DAY

There will be no meal delivery on Friday, Oct. 11 or Monday, Oct. 14 due to SourcePoint's Staff Development Day. If you receive home-delivered meals and selected to have holiday meals as part of your meal plan, your frozen holiday meals will be delivered during the week of Sept. 30 in the afternoon as a separate meal delivery. The holiday meals box will consist of five meals, so you will have two meals for each day we are closed, plus an extra meal that can be placed in your freezer for future use. If you prefer not to receive holiday meals, please contact our office at 740-203-2433. 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 the above number. The office is open Monday-Friday from 8 a.m. to 4 p.m.

MEDICARE ANNUAL OPEN ENROLLMENT IS NEAR!

From Oct. 15 through Dec. 7, all Medicare beneficiaries are encouraged to run a plan comparison of their Part D prescription drug plan or Medicare Advantage plan for the upcoming 2025 calendar year. As in past years, SourcePoint will hold Medicare Check-Up Days to help with your plan comparisons. Appointments will be held in person this year. To schedule your appointment, go to MySourcePoint.org or call 740-363-6677. Make your appointment now so that you don't get left out and pay too much for your plan and medications next year. Note: these appointments are for individuals who are already on Medicare, not for those individuals who are enrolling in Medicare for the first time. Remember to bring your Medicare card to your appointment. You can print your Medicare card by creating a medicare.gov account on the Medicare.gov website.

NEW TO MEDICARE

Learn the basics of Medicare and what options are available. Whether you're becoming eligible for Medicare for the first time or assisting a loved one with insurance needs, this is the place to start. Completion of this class is a prerequisite for a one-on-one

appointment. This class is also available online at MySourcePoint.org/insurance.

- Oct. 5 at 10 a.m.
- Nov. 2 at 10 a.m.
- Dec. 7 at 10 a.m.

OPTION 1 & OPTION 2 - MEDICARE SUPPLEMENTS, PART D, AND MEDICARE ADVANTAGE PLANS

In this interactive workshop you'll learn more about Medicare Supplements, Part D, and Medicare Advantage plans. You'll use the Medicare Plan Finder Tool to find Medicare rates tailored to your individual needs. Bring a complete list of your medications, provider names, and your tablet or laptop, if possible.

- Oct. 9 at 10 a.m.
- Nov. 14 at 6 p.m.
- Dec. 10 at 10 a.m.

CATHOLIC SOCIAL SERVICES: HELP A SENIOR IN NEED-BECOME A SENIOR COMPANION

The Senior Companion Program needs volunteers to help their peers maintain, regain, or extend independent living. Senior Companion volunteers assist frail or isolated older adults with personal errands, grocery shopping, and socialization activities. They can also provide short periods of relief to primary caregivers. This program, supported by SourcePoint, is seeking volunteers who can help older adults live independently by encouraging them to remain active, providing contact with the world outside of their homes, and building a friendship.

Volunteer Qualifications

- Must be at least 55 years old
- Volunteer a minimum of 5 hours each week
- Have reliable transportation
- Pass a physical exam and background check
- Have an individual annual income of no more than \$30,120

Volunteer Benefits

- Supplemental insurance
- An hourly, tax-exempt stipend
- Paid transportation costs
- 10 paid holidays
- The opportunity to use your time and skills to make your community a better place!

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If interested, please contact Suzanne Pingry, Connections Volunteer Center, 740-363-5000, spingry@helplinedelmor.org.

MAKE A DIFFERENCE DELAWARE COUNTY

It's leaf raking time! Need a few helping hands? Make a Difference Delaware County is on Saturday, Nov. 9. Many volunteers from our community will be available to help with leaf raking and other outside chores. You must be home between 9 a.m. and noon on Nov. 9 to receive services. Volunteers will bring their own tools and leaf bags. As always, volunteers will not be permitted to enter client homes. If you are interested, please complete the enclosed yellow form and return it to SourcePoint by Wednesday, Oct. 23.

VOLUNTARY CONTRIBUTIONS FOR VOLUNTEER TRANSPORTATION

Have you made use of SourcePoint's volunteer transportation service? This service provides Delaware County residents 60 and over with rides to medical and social service appointments in Delaware County and other areas of central Ohio. We are very grateful for the opportunity to serve you and hope that you found the service valuable and convenient.

We are often asked by those who use our volunteer transportation service whether they may thank us for the service they received by making a contribution. This is a reminder that if you would like to make a contribution you are definitely welcome to do so. Please note that contributions are not required and have no influence on whether you will be able to use this service in the future.

If you have questions about volunteer transportation or any of our other services, please contact your assigned care consultant.

A MATTER OF BALANCE

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

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 or call Debbie Lewis at 740-368-3078. LLI fall 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.

HEALTH IN ACTION: CHRONIC PAIN SELF-MANAGEMENT ONLINE

Wednesdays, Oct. 9 through 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, six-week workshop meets virtually, provides tools to set your own goals and make step-by-step 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 a free resource book, "Living a Healthy Life with Chronic Pain."

CAREGIVER RECOGNITION: MEAL DELIVERY

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. Call 740-363-6677 to register by Oct. 25!

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PARKINSON'S SUPPORT: SPEECH THERAPY

Second and fourth Wednesdays, Oct. 9 through 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.

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.

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.

TESTIMONIALS FROM THOSE WE SERVE

SourcePoint is legally required to maintain the privacy of our clients' protected health information and has policies in place to do so. As such, all client testimonials are voluntary and at the sole discretion of the client. If a client opts to submit a testimonial, it will not affect services in any way.

SourcePoint uses testimonials, or stories, to:

- Raise awareness of the availability of in-home care services in Delaware County;
- Educate the public about our funding and the importance of community support; and
- Share the real-life impact such support has in our community.

Stories may be shared in print (e.g., brochures, newspaper, newsletters, direct mail) and/or online (e.g., website, social media, e-newsletters).

When a testimonial is submitted, there are options available prior to publication to help protect the client's privacy:

- Complete anonymity – The individual's story is shared, but is either paired with a fictional first name or "Anonymous." The story may be paired with a stock photograph.
- Partial anonymity – The individual's story is shared, along with the first name. No photographs or video are used.
- Open – The individual's story is shared, along with the first name and photograph and/or video of the individual.

If a client wishes to submit a written testimonial, he or she may do so via direct mail to:

SourcePoint, Attn: Advancement Dept., 800 Cheshire Road, Delaware, OH 43015.

Clients may also contact Alison Yeager, chief advancement officer, at alison@MySourcePoint.org or 740-363-6677.