

## SOURCEPOINT CLOSED FOR LABOR DAY WEEKEND

SourcePoint is closed Saturday, Aug. 31 and Monday, Sept. 2 for Labor Day. There will be no meal delivery Monday, Sept. 2 or Tuesday, Sept. 3.

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 the week of Aug. 26 in the afternoon as a separate meal delivery. The holiday meal box consists of five meals, so you will have two meals for the 2nd and two for the 3rd, 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 by Aug. 19. 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 through Friday, 8 a.m. to 4 p.m.



- Households with a high energy usage and/or burden

All families who have received assistance any time during the last 12 months under Supplemental Security Income (SSI), Temporary Assistance for Needy Families (TANF), or Home Energy Assistance (HEAP) (does not include Emergency HEAP) are automatically income eligible for weatherization services.

Apply for assistance at Bridges Community Action – 740-369-3184 – to schedule an appointment OR apply online at [bridgescap.org/hwap](https://bridgescap.org/hwap).

## HOME WEATHERIZATION ASSISTANCE PROGRAM

The Home Weatherization Assistance Program (HWAP) provides eligible Ohioans with assistance to improve the energy efficiency of their homes and reduce their energy costs. Ohioans participating in HWAP will receive a home inspection to identify the services necessary to improve their home's energy efficiency. Services are provided through local agencies in each county.

Ohioans with a household income at or below 200% of the federal poverty guidelines are eligible for the program.

Priority is given to:

- Ohioans who are older than 60
- Ohioans with disabilities
- Ohioans with children in the home

## LEAF RAKING UPDATE

Volunteers with Make a Difference Delaware County will once again offer leaf raking and other outdoor chore assistance this year, on Saturday Nov. 9. Look for more information and a registration form in the October newsletter.

## FARMERS MARKET VOUCHER PROGRAM

Individuals who have received Farmers Market vouchers for 2024 may use them to purchase fresh fruits and vegetables, herbs, honey, and food-bearing plants. Please visit our website [MySourcePoint.org/farmers](https://MySourcePoint.org/farmers) for the most up-to-date list of participating vendors.

## TAKE THE MYSTERY OUT OF MEDICARE

New to Medicare or looking for a refresher on how Medicare works? SourcePoint provides three digital presentations hosted by our experienced insurance specialists. You can find these by going to [MySourcePoint.org/online-insurance-education](https://MySourcePoint.org/online-insurance-education). We also offer the following in-person classes.

*CONTINUED ON REVERSE...*

New to Medicare Classes:

- Sept. 7, 10 a.m.-noon at SourcePoint.
- Sept. 10, 10 a.m.-noon at the Liberty Township Hall in Powell.
- Sept. 17, 6-8 p.m. at SourcePoint.
- Oct. 5, 10 a.m.-noon at SourcePoint.

Option 1 and Option 2 Workshops:

- Sept. 12, 10 a.m.-noon at the Liberty Township Hall in Powell.
- Sept. 26, 10 a.m.-noon at SourcePoint.

Medicare Open Enrollment is coming soon. Open Enrollment runs each year from Oct. 15 to Dec. 7. This is the perfect time to review your Part D and Medicare Advantage plans to make sure you are getting the best benefits possible for the best price in 2025. Call 740-363-6677 or visit our website to book your appointment.

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## CAREGIVER PROGRAM

What does a one-on-one caregiver support session look like at SourcePoint?

Drop-in visits with SourcePoint's caregiver program coordinator 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 calling Brian

Fox at 740-203-2399 or email at [bfox@MySourcePoint.org](mailto:bfox@MySourcePoint.org).

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## COMMUNITY EDUCATION AND FALLS PREVENTION

Falls Prevention Awareness Week is Sept. 23–27. Please see the enclosed “Five Quick and Easy Home Modifications” to learn how you can make your home safer today.

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## LEARN HOW TO SPOT FINANCIAL SCAMS

“If it sounds too good to be true, it probably is.” It's great advice that is not always easy to follow.

Fraudsters are experts in getting you to believe in them and what they are selling. They are master manipulators and will often spend lots of time developing a relationship with you just to lower your defenses. Often with investment scams, the con artist will take time to get to know you—your interests, your family, and your goals for the future. They'll use false promises to lure you in and make you believe they can help you “get rich quick” or even find an enticingly low-risk, high-return investment.

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

- Phantom Riches: Dangling the prospect of wealth, enticing you with something you want but can't have.
- Social Consensus: Leading you to believe that other savvy investors have already invested.
- Reciprocity: Offering to do a small favor for you in return for a big favor.
- Scarcity: Creating a false sense of urgency by claiming limited supply.
- Source Credibility: Trying to build credibility by claiming to be with a reputable firm or have a special credential or experience.

Remember that scammers play on your emotions and may rush you to a decision. Never take the bait. Think before you act, and always verify an investment seller's credentials to make sure they are registered with FINRA, the SEC, and/or a state securities regulator.