

## MAKE A DIFFERENCE DELAWARE COUNTY

It's leaf raking time! Need a few helping hands? Make a Difference Delaware County is Saturday, Nov. 8. 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. 8 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 purple form and return it to SourcePoint by Wednesday, Oct. 22.



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.

## VOLUNTARY CONTRIBUTIONS FOR VOLUNTEER TRANSPORTATION

Have you made use of SourcePoint's volunteer transportation service? This service provides Delaware County residents 60 and older with rides to medical and social service appointments in Delaware County and other areas of central Ohio. We are 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 donation, 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.

## DO YOU NEED HELP WITH HEATING BILLS?

The Ohio Department of Development offers

## 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, please contact Bridges Community Action to make an appointment: 800-858-4452.

## EMERGENCY CLOSURES AND MEALS

As winter approaches, SourcePoint is making plans to ensure our home-delivered meal clients have sufficient food supplies in case of an emergency closure. Shelf-stable meal boxes, containing five meals, will be delivered the week of Oct. 20. *CONTINUED ON REVERSE...*



Clients who have selected to receive shelf-stable meals as part of their meal plan will receive one box. It is important you save these meals should there be a closure, with one meal per day.

You may contact the office to confirm your shelf stable meal delivery. If you would prefer not to receive shelf-stable meals, please contact our office at least 48 hours prior to cancel. Staff may be reached at 740-203-2433, Monday through Friday, 8 a.m to 4 p.m.

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**FARMERS MARKET VOUCHERS**

SourcePoint’s farmers market voucher program will continue through Oct. 31. All vouchers have been distributed for the 2025 season. Individuals who received vouchers may continue to use them through October at available markets. The vouchers may be used to purchase fresh fruits and vegetables, herbs, honey, and food-bearing plants. Please visit MySourcePoint.org/farmers for the most up-to-date list of participating vendors.

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**TAKE THE MYSTERY OUT OF MEDICARE**

The 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 be holding Medicare Check-Up Days to help with your plan comparisons. Appointments will be held in person. To schedule your appointment, go to MySourcePoint.org or call 740-363-6677. Make your appointment now so that you don’t get shut out and left paying 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. We cannot meet with anyone who has a connector through their employer, so please set up your appointment with them to handle your comparisons.

***Medicare Mastery Class***

Take charge of your Medicare decisions with this comprehensive, two-part workshop designed to educate and empower. Medicare Mastery combines the essential information from our popular New to Medicare class with the hands-on learning of the Medicare Options workshop, now with added tools to help you assess your personal risk capacity and risk tolerance.

In the first half of the session, we’ll cover the fundamentals of Medicare. Ideal for those who are newly eligible, assisting a loved one, or simply seeking a clearer understanding of their coverage. In the second half, you get practical experience using the Medicare Plan Finder Tool. Bring your own tablet or laptop and follow guided step-by-step instructions to compare plans and explore personalized options based on your medical needs and comfort with risk in healthcare decision making. You will need to bring a complete list of your prescription medications, full name of your doctors, your Medicare card (if available), and a tablet or laptop (smartphones are not suitable for this activity).

- Oct. 4, 9 a.m.-noon.
- Nov. 1, 9 a.m.-noon.

***Options 1 & 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. 16, 10 a.m.-noon.

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**BEWARE: NEW SCAM**

Scammers are working overtime to send out phony package-delivery notices falsely claiming to be from UPS, FedEx, or the U.S. Postal Service.

Although the real package couriers send out legitimate notices to customers, the scammers operate to confuse and mislead consumers into..  
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..clicking on bogus links that request money and/or personal information. The scammers often falsely suggest that there is a “problem” with an upcoming delivery that could divert or delay the package delivery.

To avoid becoming a victim of such scams, the Federal Trade Commission advises you to:

Always verify information about your expected delivery using the retail websites from which you bought the product or service — it’s typically where the legitimate shipping and tracking information can be found.

NOT click on any links in text messages that might be a hoax; they could infect your device with malicious software.

Determine whether your mobile device has filters to block text messages from unknown senders or other options to alter the delivery of junk text messages. For example, some devices allow you to send unknown texts to a special “Spam and blocked” folder.

Report junk and scam text messages. If your device has an option available to report it, do so. If not, forward the suspicious text messages to 7726 (SPAM).

Additionally, many Ohioans have reported receiving fraudulent text messages demanding that they immediately pay an unpaid toll fee or parking ticket. Such messages often claim to be from the Ohio Turnpike, E-Z Pass, or another state’s toll authority. The Ohio Attorney General’s Office reminds readers:

Do NOT click links or provide payment information.

Verify directly by contacting the toll authority or parking service through official channels.

Report scams to the Ohio Attorney General’s Office at 800-282-0515.

Stay alert and stay informed.

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**DID YOU KNOW THAT SOURCEPOINT HAS AN ACCESSIBILITY MENU ON ITS WEBSITE?**

MySourcePoint.org includes a lot of helpful information on in-home care services, the enrichment center, caregiver support, insurance

education, nutrition services, and community programs. Further, in-home care’s monthly newsletter can also be accessed on our website. With the accessibility feature, you are able to adjust contrast, highlight links, adjust text size and spacing, there is a dyslexia-friendly feature, and more.

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**A MATTER OF BALANCE**

Mondays, Oct. 13 through Dec. 1, 1:30–3:30 p.m. at Community Library, 44 Burrer Drive, Sunbury .

This is a fall prevention program which incorporates some exercise.

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.

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**AGING MASTERY PROGRAM**

Thursdays, Sept. 18 through Nov. 20, 10:30 a.m.–noon.

The Aging Mastery Program® (AMP) 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.

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**STROKE AWARENESS**

Wednesday, Oct. 15, 1–2 p.m.  
Cardiovascular disease is the number one cause of death in the United States. Stroke is number three. This is a class about risk factors for stroke and what we can do to reduce our risk. Presenter Cathy Hulse, Registered Nurse for more than 40 years, has a background in Critical Care and is certified as a neurological nurse specializing in stroke care. She has been instrumental in obtaining Primary and Comprehensive Stroke Center certification at OhioHealth Hospitals and in assisting in developing their Stroke Network.

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**CAREGIVER RECOGNITION: MEAL DELIVERY**

Thursday, 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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**POWERFUL TOOLS FOR CAREGIVERS**

Wednesdays, Oct.1 through Nov. 5, 1–2:30 p.m.  
at Grace Polaris Church, 8225 Worthington Galena Road, Westerville.  
Powerful Tools for Caregivers is a six-week educational series designed to provide caregivers with the tools they need to take care of themselves. This program aims to help family caregivers reduce stress, improve self-confidence, improve communication, balance their lives, increase their ability to make tough decisions, and locate helpful resources.

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**OLDER ADULT DRIVERS’ LICENSE RENEWAL HOAX**

Social media rumors have been circulating that drivers aged 70+ will be subject to new federal laws mandating eye exams, road tests, and yearly cognitive screenings. This is a hoax! There is no federal authority writing such laws because states regulate driving laws. In Ohio,

the only restriction placed on drivers aged 65+ is they must renew their licenses every four years, whereas younger drivers have the option of renewing them every eight years. Like drivers of any age, an eye exam is required upon renewal and licenses can be renewed in person or online within six months of expiration. Expiration dates are printed on each license, and the Ohio BMV never sends renewal reminders. Contact the BMV directly with any questions at 844-644-6268.