Empower Transitions in Aging

Spring 2019 April 1–June 29

Lifelong learning is one of the most effective ways to deal with change, and change is constant, even as we age. Here are topics often necessary to understand as we age.

FINANCIAL, INSURANCE, AND LEGAL

LEGAL AID BY APPOINTMENT
Fourth Thursday of each month, 9 a.m.–2 p.m., by appointment. Call Karen McVay at 888-301-2411, ext. 273 to reserve your appointment with the Legal Aid Society.

MEDICARE: NEW TO MEDICARE
First Saturday of each month, 10 a.m.–noon.
Fourth Wednesday of each month, 6–8 p.m.
Monday, April 15, 10–noon, at Wornstaff Memorial Public Library in Ashley.
Monday, May 13, 1–3 p.m., at Scioto Township Community Center.
Wednesday, May 29, 6–8 p.m., at SourcePoint’s South Office at Polaris.
Monday, June 10, 6–8 p.m., at Sunbury Community Library.
Wednesday, June 12, 6–8 p.m., at Delaware County District Library, Delaware Main Library.

Learn the basics of Medicare in this popular class. Whether you’re becoming eligible for the first time or assisting a loved one with insurance needs, this is the place to start.

MEDICARE: PLAN COMPARISON WORKSHOP
Tuesday, May 14, 10 a.m.–noon.
Did you know Medicare beneficiaries should do a plan comparison each year? Learn how to use the Plan Finder Tool on Medicare.gov so you can run your own.

MEDICARE: SUPPLEMENTS
Thursday, April 18, 10:30–noon.
Thursday, June 20, 6–7:30 p.m.
If you’re looking for a Medicare Supplement Plan to help cover costs, this workshop gives you a better understanding of supplements, including terms and how to obtain rates.

SOURCEPOINT LEGACY GIVING
NEW!
Wednesday, May 8, 11 a.m.–noon.
Julie “Z” Zdanowicz shares the basics of giving, such as annual vs. monthly giving and how they impact an organization. Take time to understand giving today and what steps are needed to create a legacy for giving into the future.

PHYSICAL HEALTH

DELAWARE SPEECH & HEARING
Fourth Wednesday of each month, 9–10.
Licensed audiologists from Delaware Speech & Hearing Center conduct screenings. Walk-ins welcome.

DGHD HEALTH SCREENINGS
Fourth Wednesday of each month, 9:30–11:30.
Delaware General Health District nurses check blood pressure, blood sugar, and weight. Other screenings are available by calling 740-203-2040, including vision, hearing, or cholesterol, as well as immunizations.

FOOT CARE CLINIC
Tuesdays, 8:30 a.m.–3:30 p.m., by appointment.
Care is conducted by licensed nurses specialized in routine foot care for elder and diabetic feet. Call 740-363-6677 to reserve your appointment.
Fee: $10, due at time of reservation.

A MATTER OF BALANCE AT SCIOTO TOWNSHIP COMMUNITY CENTER.
Wednesdays, April 3–May 22, 1–3 p.m.
Have you fallen in the past? Have you limited your activity for fear of falling? Do you want to improve balance, flexibility, and strength? Continued on reverse...

Registration begins March 18 at MySourcePoint.org/EC or with customer service. Closed May 25 and 27. Register early to hold your activity! Financial assistance available. Activities subject to change.
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.

PARKINSON’S SUPPORT: SPEECH THERAPY
Second and fourth Wednesdays of each month, 2:30–3:30 p.m.
A specialist from Delaware Speech & Hearing Center helps those with Parkinson’s learn to speak louder and clearer.

ROLE TRANSITIONS
AGING A LA CARTE: TRANSITIONS IN AGING COURSES NEW!
Third Thursday of each month, 4:30–5:30 p.m.
April 18: Brain Health. Exercise, nutrition, sleep, stress, social connection, and learning.
June 20: Physical Health. Fitness, food and hydration, sexual health, and falls prevention.
SourcePoint offers a series of modules that answer, “Now that I’m 55 and better, what do I need to know?”

CAREGIVER CONCEPTS
Wednesday, May 21, 6–7 p.m., at SourcePoint’s South Office at Polaris.
Saturday, June 22, 11 a.m.–noon, at Wornstaff Memorial Public Library in Ashley.
This one-hour crash course on caregiving is packed with information for new, current, and future caregivers. Topics include safety, falls, getting organized, basic legal information, local resources, and self-care.

CAREGIVER OPEN HOUSE: SPRING FLING! NEW!
Tuesday, April 16, 2–4 p.m.
Join us for our first-ever caregiver open house. This event is open to family caregivers and their loved ones—time to get out of the house and relax! Mingle with others and enjoy appetizers and signature mocktails.

CAREGIVER: POWERFUL TOOLS FOR CAREGIVERS
Mondays, April 8–May 13, 9–10:30 a.m.

CAREGIVER SUPPORT GROUP
Second Tuesday of each month, 9–10 a.m. or 6–7 p.m., at SourcePoint.
Third Thursday of each month, 5:30–6:30 p.m., at Sunbury Community Library.
Fourth Tuesday of each month, 9:30–10:30 a.m., at Willow Brook Christian Communities.
Fourth Thursday of each month, 11 a.m.–noon, at Powell Assisted Living and Memory Care.
Fourth Wednesday of each month starting in May, 5:30–6:30 p.m., at SourcePoint’s South Office at Polaris.
Join us to share experiences, meet other caregivers, discover new resources, and ask questions.

GRANDPARENTS CAFE NEW!
Second and fourth Thursdays of each month, 11 a.m.–12:30 p.m.
Are you a grandparent in a role of responsibility with your grandchild? Would you like to discuss concerns with other grandparents? Grandparents Cafe is your opportunity. As part of United Way’s Strengthening Families Initiative, the Grandparents Cafe program provides a forum for guided, small-group discussions on pertinent topics.

RETIREMENT READY EXPO NEW!
Saturday, April 27, 9–noon.
If you’re retiring within the next 10 years or are already retired, this expo is for you! The expo is packed with vendors with information pertinent to your future in residential, financial, educational, recreational, and engagement opportunities. In addition, free educational sessions are offered at 9:30 and 10:30 a.m.
Sessions at 10:30: Maintaining a Healthy Brain, Real Estate Options for Retirees, or Cooking for 1 or 2.

Cancellation Policy: You will receive a refund for fee-based activities canceled by SourcePoint or for activities from which you withdraw before the deadline. Refunds are not available for activities you’re unable to attend.

SourcePoint
800 Cheshire Road, Delaware, Ohio 43015 | 740-363-6677 | MySourcePoint.org