



Looking Forward Our Way

www.lookingforwardourway.com

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GUEST CONTACT INFORMATION

How SourcePoint Meets the Needs of Delaware County's Growing Older Adult Population

Guest: Fara Waugh, Chief Executive Officer, SourcePoint (Delaware Cty) ~ Thrive After 55

SourcePoint

800 Cheshire Road; Delaware, OH 43015

740-363-6677

<https://mysourcepoint.org/>

<https://www.facebook.com/MySourcePoint>

<https://www.linkedin.com/company/mysourcepoint/>

SourcePoint Services <https://mysourcepoint.org/services/>

Be a SourcePoint Volunteer <https://mysourcepoint.org/volunteer/>

Age-Friendly Delaware County <https://mysourcepoint.org/age-friendly/>

CENTRAL OHIO AGING RESOURCES

Age Friendly Columbus and Franklin County

Age Friendly Innovation Center, The Ohio State University College of Social Work

<https://agefriendlycolumbus.org/>

Central Ohio Area Agency on Aging (COAAA) <http://coaaa.org>

3776 South High Street; Columbus, OH 43207 614.645.7250 or 800.589.7277

The Village Network

<https://thevillagenetwork.org/>

Franklin County Office on Aging (FCOA) <https://officeonaging.org/default.aspx>

280 East Broad Street; Room 300; Columbus, OH 43215 614.525.6200 (Senior Options)

Senior Services Roundtable

<https://www.facebook.com/SeniorRTColumbus/>

OHIO AGING RESOURCES

Ohio Association of Area Agencies on Aging (o4a) <http://ohioaging.org/>

NATIONAL AGING RESOURCES

National Association of Agencies on Aging (find your own local Agency on Aging in any US state)

<https://www.n4a.org/>

U. S. Housing and Urban Development (HUD) approved senior housing consultants (Ohio)

<https://apps.hud.gov/offices/hsg/sfh/hcc/hcs.cfm?webListAction=search&searchstate=OH>

U.S. Department of Health and Human Services/Programs for Older Adults [https://www.hhs.gov/programs/social-services/programs-for-](https://www.hhs.gov/programs/social-services/programs-for-seniors/index.html#:~:text=The%20Administration%20on%20Aging%20%28ACL%29%20promotes%20the%20well-being,them%20live%20independently%20in%20their%20homes%20and%20communities.)

[seniors/index.html#:~:text=The%20Administration%20on%20Aging%20%28ACL%29%20promotes%20the%20well-being,them%20live%20independently%20in%20their%20homes%20and%20communities.](https://www.hhs.gov/programs/social-services/programs-for-seniors/index.html#:~:text=The%20Administration%20on%20Aging%20%28ACL%29%20promotes%20the%20well-being,them%20live%20independently%20in%20their%20homes%20and%20communities.)

BOOKS OF INTEREST

Louise Aronson, *Elderhood* (2021)

Danielle Arigoni, *Climate Resilience for an Aging Nation* (2023)

Tracey Gendron, *Ageism Unmasked: Exploring Age Bias and How to End It* (2022)

Jo Ann Jenkins, CEO of AARP, *Disrupt Aging: A Bold New Path To Living* (2016)

Becca Levy, Ph. D., Professor of Epidemiology at the Yale School of Public Health and Professor of Psychology at Yale University, *Breaking the Age Code* (2022)

Steve Lopez, Journalist & Pulitzer Prize finalist, *Independence Day: What I learned about retirement from some who've done it and some who never will* (2022)

EDUCATIONAL RESOURCES FOR OLDER ADULTS

The Ohio State University, Program 60 <https://program60.osu.edu/>

Columbus State Community College Good As Gold Program <https://www.csc.edu/services/student-forms/good-as-gold.shtml>

Otterbein University's Senior College <https://www.otterbein.edu/registrar/senior-college-courses/> or Life Long Learning Community <https://www.otterbein.edu/alumni/lhc/>

State of Ohio, Department of Higher Education: Lifelong Learning Programs and free course attendance throughout the state <https://highered.ohio.gov/students/adult-learners/lifelong-learning>

There are programs that support job training and skill building, such as the City Wide Training Programs sponsored by the City of Columbus <https://www.columbus.gov/hr/citywide-training/>

Columbus Metropolitan Library computer courses <https://events.columbuslibrary.org/events>

Columbus Public Library free access to LinkedIn Learning Courses <https://www.linkedin.com/learning-login/go/oh0057>

For those outside of Ohio, check your local libraries for online programs. Contact your local and/or state Department of Education, Adult Services for other programs. And don't forget to reach out to your local/county Job Center and local nonprofits for other ideas.

LOOKING FORWARD OUR WAY RELATED PODCASTS

<https://lookingforwardourway.com/aging-gracefully-insights-and-innovations-with-katie-white-from-coaaa/>

<https://lookingforwardourway.com/helping-older-ohioans-continue-to-drive/>

<https://lookingforwardourway.com/nesterly-and-village-connections/>

<https://lookingforwardourway.com/what-is-an-age-friendly-community/>

<https://lookingforwardourway.com/cindy-farson/>

<https://lookingforwardourway.com/the-ohio-state-university-gerontology-and-geriatrics-initiatives/>

<https://lookingforwardourway.com/the-power-and-impact-of-downsizing-with-the-furniture-bank/>

<https://lookingforwardourway.com/how-chiropractic-care-can-optimize-your-healthspan/>

<https://lookingforwardourway.com/the-columbus-metropolitan-librarys-culture-pass-program/>

<https://lookingforwardourway.com/how-charitable-pharmacy-changes-lives/>