

SourcePoint helps keep seniors active

Earth Day celebrated worldwide

YOUR VIEW

After retiring in 2015, my wife and I moved to our current home in Delaware County. At that time, we knew very few people here. Through SourcePoint, we have met many wonderful people in a similar stage in their lives. SourcePoint has become a focal point of our lives.

During retirement, it is all too common to sit at home and live an isolated existence. When we go to SourcePoint, we engage with others.

Whether it is at lunch, attending the many educational programs available, playing cards, or just having small group discussions, there are many opportunities for contact with others. I often hear that interaction with others slows the aging process. SourcePoint offers the chance to test that theory.

I spend a lot of time in the fitness center. There are many health and wellness classes available for every fitness level. Working out with others is a wonderful way to stay motivated to exercise regularly, as well as meet new people.

SourcePoint also provides services that I have not yet needed, such as Meals on Wheels, in-home care, and rides to the doctor. If at some stage in my life those services are needed, it is comforting to know there is a safety net available through SourcePoint.

Thank you SourcePoint for being here. Keep the care going — vote yes for senior services.

— **Greg Binder,**

Delaware

Earth Day is the largest secular observance in the world, celebrated by more than a billion people each year who set aside a symbolic day of action (i.e., planting a tree, picking up and recycling trash, walking instead of driving, etc.) while promoting supportive policy changes.

Earth Day is a secular and a sacred day. Most faith communities – from Christian to Muslim to Native American to Buddhist, et al — have environmental ministries of “Earth Care,” “Green Faith” and “Restoring Creation for Ecology and Justice.”

Nature needs our help to reclaim a clean environment for health, safety, beauty and sustainability. Whether we believe that humans caused much of the damage to our environment and are influencing climate change or not, surely science has convinced us that people (you and I) can be effective in reclamation efforts. We can be active partners with nature ... what a privilege. Celebrate Earth Day this weekend.

Sunday, April 22 is the official Earth Day, but many activities are occurring in Delaware, central Ohio, across the USA, and around the world all weekend.

— **Barbara Tull,**

Delaware

