

# INFORMATION & Inspiration FOR OLDER ADULTS & CAREGIVERS

## JOIN US!

Most workshops are in person.

## RESERVATIONS ARE REQUIRED.

Register online at  
[www.lifespanrochester.org](http://www.lifespanrochester.org)  
or call 585-244-8400, ext. 201.

# FREE WORKSHOPS!

SPRING  
2025

Online sessions will be closed captioned. ASL interpreting is available for any workshop upon request with advance notice.

Servicios de interpretación disponibles con solicitud previa. Por favor, dejenos saber con anticipación. Favor de llamar (585) 244-8400 y marque 9.

### Pre-retirement Saturday

Saturday, May 3  
9 am–noon at Lifespan

9–10:15 am: Understanding Social Security Benefits

10:30–noon: Medicare Made Easy

### Hearing Screenings

Saturday, May 3  
9:30–11:30 am at Lifespan

Just drop by! Hearing screenings provided by audiologists from Rochester Hearing & Speech Center. No appointments necessary. Screenings every 15 minutes.

### An In-Depth Overview of Wills: A Collaboration with LawNY

Tuesday, May 6  
10–11:30 am at Lifespan

An in-depth presentation about wills. Opportunity to sign up for a free meeting with an attorney to do your will. *Will writing services provided by LawNY are available for Monroe County residents 60 or older with incomes of less than \$46,950 (single person), \$63,450 (couples).*

### Let's Talk About Health: Caring for Older Adults in Rural New York

Friday, May 9  
8:30 am–4:15 pm via Zoom

For healthcare professionals and caregivers serving older adults in rural areas. Access to healthcare and other supportive services are critical to maintaining good health, yet older adults living in rural areas face access barriers. Our goal is to mitigate the challenges by increasing knowledge of population health data, treatment strategies, supports and services in order to encourage and build resilience.

## Join Us for Wellness Wednesdays

Every Wednesday in May from 10:30–11:30 am at Lifespan

Topics include financial security, staying active and healthy, supporting your loved one as a caregiver or protecting yourself from scams and fraud. Registration is required for each individual workshop.

Join us for one or all four!

### Working Towards Financial Wellness

Wednesday, May 7  
10:30–11:30 am at Lifespan  
A review of Lifespan's financial services that can assist older adults and caregivers

### Caregiver Wellness – Services & Strategies

Wednesday, May 14  
10:30–11:30 am at Lifespan  
A review of Lifespan's caregiver services available through the Finger Lakes Caregiver Institute, as well as tips & strategies on managing caregiver stress

### The Balancing Act of Fall Prevention

Wednesday, May 21  
10:30–11:30 am at Lifespan  
A review of common hazards (physical, behavioral, and environmental) along with easy strategies and tools for fall prevention. Demonstration of exercises for improving balance, range of motion, and flexibility.

### Scams 101

Wednesday, May 28  
10:30–11:30 am at Lifespan  
Basic overview of the different types of scams along with identity theft, and what to do if victimized. Reference materials are provided.

### Paving the Way for Dying Well

Monday, May 12  
1–2:30 pm at Lifespan  
Resources for transition preparedness, with an objective of capturing fulfilling moments when life is ending.

### Home Care & How to Pay for It

Tuesday, May 13  
10–11:30 am at Lifespan  
Explore the levels of care available in the home and the various ways to cover the cost.

### Legal Aspects of Aging

Tuesday, May 13  
1:30–3 pm via Zoom

Everything you need to know about power of attorney, MOLST forms, health care proxy, trusts, and wills.

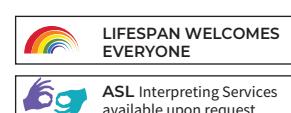
### The Pitfalls with Legal Eldercare Planning

Wednesday, May 14  
2:30–4 pm at Lifespan  
You have a will, power of attorney and health care proxy. Perhaps you have transferred your residence or other assets to protect against future long-term care costs. Hidden dangers could still cause problems. Learn about the most common pitfalls with eldercare planning and how to fix them. Prior knowledge of legal planning is helpful.

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LIFESPAN WELCOMES  
EVERYONE



ASL Interpreting Services  
available upon request

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## Day of Hearing

Thursday, May 15

9 am–4 pm at Lifespan

In partnership with the Rochester chapter of the Hearing Loss Association. Join us at any time throughout the day. Educational workshops and an opportunity to learn about the many assistive-listening devices. Hearing screenings also available! More information about the workshops is on our website.

## Reframing Aging: Understanding Ageism & What to Do About It

Friday, May 16

9:30–11 am via Zoom

This workshop is geared towards professionals to raise awareness of ageism, understand its negative impacts, and explore effective strategies for creating more inclusive and age-friendly environments.

\*Social work CEUS available.

## Kinship Conference

Friday, May 16, 9:30 am–2:30 pm  
at MCC Downtown Campus

Join us for a one-day conference designed for kinship caregivers and professionals! This free event features three insightful speakers: Rae Glaser on the NYS Kinship Navigator, Margaret Cardona on Trauma-Informed Care, and Doris Green with an inspirational keynote. Attendees will enjoy a catered hot lunch buffet, door prizes, and the opportunity to connect with vendors offering valuable community resources. Plus, unwind with a free chair massage! Don't miss this chance to learn, connect, and rejuvenate.

## Exploring the Outdoors: Unlocking the Power of Adventure Apps

Tuesday, May 20

1–2pm at Lifespan

Learn about outdoor phone apps that can enhance your outdoor experiences and activities by providing several benefits. Specific hiking, camping, and nature identification apps will be reviewed.

## Death Café

Thursday, May 22

1–2:30 pm at Lifespan

Death cafes are gatherings to share thought provoking, engaging, and



## Medicare and You

### Medicare Made Easy

Tuesday, April 29, 1–2:30 pm  
in Geneseo OR

Wednesday, May 14, 10–11:30 am  
in Mt. Morris OR

Thursday, May 29, 1–2:30 pm  
in Mt. Morris

Whether you are new to Medicare, continuing to work after age 65, or considering retirement, come learn about your Medicare options and what is right for you! This is a nothing-to-sell basic overview of Medicare.

### Medicare 101

Monday, May 12, 9:30 am–noon  
at Lifespan

An overview covering Parts A, B, C, D, Medigap plans, and the benefits covered, deductible, premium, copay, and coinsurance costs, the Medicare enrollment periods, changing health and drug plans outside of open enrollment, extra help qualifications for reductions in premiums and prescription drug costs, and the Medicare Savings Program

### How to Choose a Medicare Plan

Monday, June 2, 9:30–11 am at Lifespan

A discussion of premiums, deductibles, and co-insurance costs, Medicare Advantage & Medigap plans, Part D, and how to use Medicare's Plan Finder tool to determine which plans cover your prescription drugs at the lowest cost.

respectful conversations on death. They are not intended as a bereavement support group, counseling, or therapy. If you are looking for space to talk about and learn other perspectives on death, this is the opportunity for you!

### Supportive Housing Options

Thursday, May 29

10–11:30 am  
at Lifespan and via Zoom

Understanding and navigating housing options for older adults is challenging. We will review and compare independent living, adult care facilities (assisted living, enriched housing, memory care etc.), family-type homes, and nursing homes.

### Shifting Gears: Navigating Driving and Memory Loss

Friday, May 30

10:30 am–noon

at Lifespan and via Zoom

It can be challenging to navigate the road ahead with driving and dementia. When we are caring for someone living with memory loss, there are many concerns to consider including independence, safety, and tough conversations. In this session, we will explore the warning signs for drivers with memory concerns, how to have conversations about not driving, and additional resources.

## Lifespan Volunteer Fair

Tuesday, June 3  
10 am–3 pm at Lifespan

Looking to fill your time? Want to give back to your community? Try volunteering! We have many fulfilling opportunities. Drop by our volunteer fair to learn about the variety of opportunities!

### Powerful Tools for Caregivers

Tuesdays: April 29–June 3  
11 am–12:30 pm in Ontario County  
OR

Fridays: May 23–June 27  
10:30 am–noon online via Zoom  
OR

Wednesdays: May 28–July 2  
1:30–3 pm in Seneca County  
Powerful Tools for Caregivers is a 6-week educational program that focuses on the needs of family caregivers of individuals with chronic conditions. Family caregivers develop a variety of self-care tools to reduce personal stress, change negative self-talk, communicate their needs to family members and healthcare providers, communicate more effectively in challenging situations, deal with difficult feelings, and make tough caregiving situations.

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Please note if the workshop is in-person or online, and time of each workshop. They differ.

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