

Veterans Benefits

This presentation will inform veterans and their families about the benefits they have earned for their military service and how to apply for them.

Presenters: **Nick Stefanovich**, Director, Monroe County Veterans Service Agency

Paula D'Angelo, Service Officer, Monroe County Veteran's Service Agency

Wednesday, November 14,
10:30 am – 12:00 pm

Location: Lifespan,
1900 S. Clinton Ave.

Hearing Loss Demonstration Center

Volunteers from the Hearing Loss Association of America (HLAA) are available to demonstrate assistive listening equipment and answer questions. Signaling-alerting devices, captioned telephones, personal assistive listening devices and hearing aid accessories are among the items on display.

Thursday, November 15,
10:00 am – 2:00 pm

Location: Lifespan,
1900 S. Clinton Ave.

Are You Ready to Make A Difference?

Discover the many ways you can as a Lifespan Volunteer

Everyone has unique gifts to share, and Lifespan volunteers make significant contributions by putting their best talents to work. From advocating for nursing home residents to teaching a Living Healthy workshop, we have



many opportunities. Representatives will be on hand to answer your questions and show you how you can join the ranks of our dedicated Lifespan volunteer corps.

Thursday, November 15,
12:30 – 2:00 pm

Location: Lifespan,
1900 S. Clinton Ave.

Managing Stress

Join us for an interactive session on how to manage stress while caring for a family member or friend living with a chronic condition or memory loss.

Presenter: **Mara Kouides**, Education Coordinator, Finger Lakes Caregiver Institute, Lifespan

Thursday, November 29,
6:00 – 7:30 pm

Location: Lifespan,
1900 S. Clinton Ave.

The ABC's of Home Care

Gain a basic understanding of providing personal care at home including tips to avoid bed sores; infection control and basic wound care; bathing and dressing in a bed or chair; healthy diet and bowel management; safe transfers; managing medication; and, knowing when to call the doctor or nurse.

Presenter: **Terri Maher**, RN, LMSW, Project Lead, Healthcare Coordination, Lifespan

Friday, November 30,
10:00 – 11:30 am

Location: Lifespan,
1900 S. Clinton Ave.

CAREGIVER WELLNESS CONFERENCE AT LIFESPAN

Are you a caregiver of a loved one with a chronic condition or memory loss? Join Lifespan's Finger Lakes Caregiver Institute and the Alzheimer's Association for an interactive day of caregiver wellness and education. Vendor tables, blood pressure screenings, interactive wellness demonstrations and workshops:

Wednesday, November 28, 10:00 am – 1:00 pm (Lunch is provided)

Location: Lifespan, 1900 S Clinton Ave.

Taking Care of You: Caregiver Wellness

What is self-care and why is it so important to successful caregiving? An overview of caregiving and wellness with a demonstration of easy techniques to implement right away!

Presenter: **Julius Jackson**, Wellness & Outreach Coordinator, Finger Lakes Caregiver Institute at Lifespan



Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Conversations with family members who are showing signs of dementia can be challenging and uncomfortable. The fear or lack of awareness that may accompany these conversations can result in delays that have serious consequences for the entire family. This workshop offers tips on how to have honest and caring conversations with family members about going to the doctor, when to stop driving, and making legal and financial plans

Presenter: **Elizabeth Marsh**, MT-BC, Education Coordinator, Alzheimer's Association



INFORMATION & Inspiration FOR OLDER ADULTS & CAREGIVERS

FREE WORKSHOPS! NOVEMBER 2018

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RESERVATIONS ARE REQUIRED FOR EVERY WORKSHOP.

Register online at lifespanrochester.org or call 585-244-8400, ext. 201.

Please note the location and time of each workshop. They differ.

JOIN US!

Workshops are held at various locations. Lifespan is located at 1900 S. Clinton Avenue, in the Tops Brighton Plaza (between Elmwood & Westfall)

RESERVATIONS ARE REQUIRED.

Register online at www.lifespanrochester.org or call 585-244-8400, ext. 201.

Medicare 101

An easy to follow explanation of the basics of Medicare parts A, B, C, D and Epic.

Presenter: **Ron Brandwein**, Financial Specialist, Lifespan

Wednesday, October 31, 8:30 – 10:30 am

Location: The Summit at Brighton, 2000 Summit Circle Dr.

Monday, November 5, 5:30 – 7:30 pm

Location: Clifton Springs Hospital, 2 Coulter Rd., Clifton Springs

Thursday, November 8, 9:00 – 11:00 am,

Location: Episcopal SeniorLife Communities @ Valley Manor, 1570 East Ave.

Monday, November 12, 1:00 – 3:00 pm

Location: St. John's, the Wintergarden at Brickstone, 1325 Elmwood Ave.

Explore Your Future

This 4-week course* is a facilitated workshop that helps people 50+ envision the next phase of life, including volunteer projects, lifelong learning, and encore careers. The session includes discussion, reflection and interactive exercises.

Presenters: **Eve Moses**, Caregiver Coordinator, Monroe County Caregiver Resource Center, Lifespan

Mara Kouides, Education Coordinator, Finger Lakes Caregiver Institute, Lifespan

Mondays,

October 29, November 5, 12, and 19, 2:00 – 4:30 pm

Location: Lifespan, 1900 S. Clinton Ave.

*Attendance for all 4 sessions required.

CAREGIVER WELLNESS CONFERENCE IN NORTH ROSE

Are you a caregiver of a loved one with memory loss? Join Lifespan's Finger Lakes Caregiver Institute, the Alzheimer's Association, and the Wayne County Department of Aging for an interactive day of caregiver wellness and education. Vendor tables, blood pressure screenings, interactive wellness demonstrations and workshops:

Friday, November 2, 12:30 – 4:00 pm (lunch is provided)

Location: North Rose Methodist Church, 5050 N Main St., North Rose

Taking Care of You: Caregiver Wellness

What is self-care and why is it so important to successful caregiving? An overview of caregiving and wellness with a demonstration of easy techniques to implement right away!

Presenter: **Julius Jackson**, Wellness & Outreach Coordinator, Finger Lakes Caregiver Institute at Lifespan

Creating a New Language

What many caregivers see as problematic behaviors, actually become a way of communicating for someone living with dementia. By utilizing the tools and strategies shared, we can create a new language with our loved ones that supports continued connections and meaningful moments.

Presenter: **Elizabeth Marsh**, MT-BC, Education Coordinator, Alzheimer's Association

RETIREMENT SATURDAY

November 3, 9:00 am – 12:30 pm

Location: Lifespan, 1900 S. Clinton Ave.

Legal Aspects of Aging

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

Presenter: **Miles P. Zatkowsky**, Esq., Dutcher & Zatkowsky, Attorneys-at-Law

Home Care Options

Having help at home is often the key to maintaining longer-term independence. We will talk about types of home care, how to access services, and how the services are paid.

Presenter: **Christine Peck**, Director of Care Coordination, Eldersource, Lifespan

Monday, November 5, 9:00 – 10:30 am

Location: Lifespan, 1900 S. Clinton Ave.

Supportive & Assistive Housing Options for Older Adults

Housing options are numerous, confusing and often expensive. During this workshop, we will review what is available in our community and explain the multiple levels of care and the cost.

Presenter: **Lisa Wholley**, LMSW, Eldersource Care Manager, Lifespan

Tuesday, November 6, 9:00 – 10:30 am

Location: Lifespan, 1900 S. Clinton Ave.

SOCIAL SECURITY

This workshop is designed to help you start thinking about Social Security so you can obtain all the benefits you are entitled to and coordinate them with the rest of your retirement income plan.

Presenter: **Tammy Mogilski**, Financial Advisor, Legacy Financial Planning LLC

Transportation Options for Older Adults

Presenter: **Neeci Packard**, TRAC Mobility Specialist, NY Connects, Lifespan

Wednesday, November 7, 9:00 – 10:30 am

Location: Lifespan, 1900 S. Clinton Ave.

The Opiate Epidemic: Effects on Older Adults

Opiate use disorders among older adults is increasing. Older adults are also affected when family members misuse opiates. This workshop will provide awareness and education regarding opiate use/misuse and available recovery resources. Narcan training will be provided and each participant will receive a Narcan kit.

Presenter: **Ann Olin**, Program Manager, Geriatric Addictions Program, Lifespan

Thursday, November 8, 3:00 – 4:30 pm

Location: Lifespan, 1900 S. Clinton Ave.

LGBTQ+ CAREGIVER WELLNESS SATURDAY

Are you a caregiver of a loved one with a chronic condition or memory loss? Join Lifespan's Finger Lakes Caregiver Institute, the Alzheimer's Association, and the Out Alliance for an interactive day of caregiver wellness and education. Vendor tables, blood pressure screenings, interactive wellness demonstrations and workshops:

Saturday, November 10, 10:00 am-1:00 pm (Lunch is provided)

Location: Out Alliance, 100 College Ave., #100

Taking Care of You: Caregiver Wellness

What is self-care and why is it so important to successful caregiving? An overview of caregiving and wellness with a demonstration of easy techniques to implement right away!

Presenter: **Julius Jackson**, Wellness & Outreach Coordinator, Finger Lakes Caregiver Institute at Lifespan

Presenter: **Elizabeth Marsh**, MT-BC, Education Coordinator, Alzheimer's Association

Creating a New Language

What many caregivers see as problematic behaviors, actually become a way of communicating for someone living with dementia. By utilizing the tools and strategies shared, we can create a new language with our loved ones that supports continued connections and meaningful moments.

Presenter: **Elizabeth Marsh**, MT-BC, Education Coordinator, Alzheimer's Association

Eden at Home

Eden at Home applies the power of the Eden Alternative's 10 Principles to improve the quality of life for elders living at home and their care partners. Workshop participants will learn the 10 principles and ways to implement them at home.

Presenter: **Rick Machemer**, Ph.D., Certified Eden Alternative Associate

Tuesday, November 13, 4:00 – 5:30 pm

Location: Lifespan, 1900 S Clinton Ave.

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