



INFORMATION & Inspiration

FOR OLDER ADULTS & CAREGIVERS

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.

Presented by



Sponsored by



ROCHESTER
REGIONAL HEALTH



FREE WORKSHOPS! MAY 2018

The MIND Diet: Nutrition to Promote Brain Health

The MIND (Mediterranean-DASH-Intervention for Neurodegenerative Delay) diet is a healthy and balanced approach to promote brain health. Join us to learn about the MIND diet and how to incorporate brain healthy foods into your everyday diet. This is a satellite expert presentation from the Alzheimer's Association will be livestreamed at Lifespan.

May 1, 3 - 4:15 pm
Lifespan, 1900 S. Clinton Ave.

Law Day: Volunteer Law Clinic

The Young Lawyers Section of the Monroe County Bar Association, in conjunction with Volunteer Legal Services Project and LawNY present an open clinic for low-income individuals, as well as Veterans (regardless of income level), providing informational meetings and personalized drafts of simple wills, powers of attorney and health care proxies at no charge. You must meet income eligibility requirements.

By appointment only.
Call 585-244-8400, ext. 161
for eligibility and appointments.
May 3, 2 - 6 pm
Lifespan, 1900 S. Clinton Ave.

ALZHEIMER'S SATURDAY

Respite and care managers available. Respite must be booked in advance.
May 5, 9 am - 12:30 pm (includes a break) • Lifespan, 1900 S. Clinton Ave.

Improving Communication: *Creating a New Language*

As communication techniques change with the progression of dementia, it is often misinterpreted as problematic behavior. This seminar covers the changes that can be expected in communication styles and provides user friendly tips and tricks to adapt to and better interpret communication as it evolves. By utilizing the tools and strategies shared, we can create a new language with our loved ones that supports continued connections and meaningful moments.

Liz Marsh, MT-BC, Professional Educator, Alzheimer's Association

EXPLORE YOUR FUTURE SATURDAY

May 5, 9 am - 12:30 pm (includes a break) • Lifespan, 1900 S. Clinton Ave.

Explore Your Future 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.

Cindy Steltz, Director, Education & Training, Lifespan
Eve Moses, Caregiver Coordinator, Lifespan

Get Smart— Don't Get Scammed

Older adults are a favorite target for con artists and swindlers. This workshop will help you identify scams and teach you ways to protect you and your loved ones from unscrupulous contractors, telemarketers, Medicaid fraud and more.

Leita King, MSW, Scam Prevention Coordinator, Lifespan
May 4, 1 - 2:30 pm
Episcopal SeniorLife Communities, Valley Manor, 1570 East Avenue

Powerful Tools for Caregivers: Knowing When to Get Help

Where do you start in determining if a loved one needs help? Learn what clues to look for to see how they are managing, what reactions to expect when you broach the subject with them, and how to keep the discussion moving in a positive direction.

Cindy Steltz, Director, Education & Training, Lifespan
Eve Moses, Program Coordinator, Lifespan
May 8, 6 - 7:30 pm
Jewish Senior Life, Green House Cottage 1 - Community Room, 2021 Winton Road S.

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See reverse for additional workshops.

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Medicare 101

An easy-to-follow explanation of the Basics of Medicare Parts A, B, C and D and Epic.
Ron Brandwein, Lifespan Financial Specialist
May 9, 6 – 8 pm
Edna Tina Wilson Living Center,
700 Island Cottage Road

Home Care Options and How to Pay for Them

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.
Christine Peck, Director of Care Coordination
May 10, 1 – 2 pm
Lifespan, 1900 S. Clinton Ave.

What is Assisted Living?

Housing options are numerous, confusing and sometimes expensive. In this session, we will review what is available in our community and explain the multiple levels of care, including independent with services, assisted living, enriched and skilled nursing home.
Lisa Wholley, LMSW, Eldersource Care Manager
May 14, 9 – 10:30 am
Lifespan, 1900 S. Clinton Ave.

A Consumer's Guide to Quality Care: How to Choose Person-Directed Care

A short- or long-term stay in a nursing home, or in-home care and services may be needed, often unexpectedly, at any age. How does one find a nursing home or care services provider that truly practices person-centered and person-directed care? Learn what to look for and what questions to ask when searching for a nursing home, assisted living, home/community-based care, hospice care, or for any care-related service.
Dr. Rick Machemer, Lifespan Board Member Emeritus, Certified Eden Alternative Associate, Certified Eden at Home Associate.
Alana Russell, Ombudsman Program Manager, Lifespan
May 14, 1 – 2:30 pm
Lifespan, 1900 S. Clinton Ave.

RETIREMENT SATURDAY

May 19, 9 am – 12:30 pm • Lifespan, 1900 S. Clinton Ave.

Savvy Social Security

This summary is designed to help you start thinking about Social Security so you can obtain all the benefits you are entitled to and can coordinate Social Security with the rest of your retirement income plan.
Tammy Mogulsky, Legacy Financial Planning LLC

Medicare 101

An easy-to-follow explanation of the basics of Medicare Parts A, B, C and D and Epic.
Norm Thayer, Certified Counselor, Health Insurance Information Counseling & Assistance Program at Lifespan

HEALTH & WELLNESS SATURDAY

May 19, 9 am – 12:30 pm • Lifespan, 1900 S. Clinton Ave.

Tai-Chi

A falls prevention program to assist older adults reduce their pain, stiffness, decreased range of motion, balance concerns associated with arthritis, and to promote fun, social means of increasing strength, flexibility and coordination. Focus on weight transference, imagining resistance, slow non-stop movement, upright posture, loosening the joints, and focusing on movements.
Sarah Otis, Health & Wellness Coordinator, Lifespan
Debbie Smith, Assistant Health & Wellness Coordinator, Lifespan

Managing Stress

Join us for an interactive workshop that will identify strategies to manage stress. This presentation is based upon the *Powerful Tools for Caregivers* program, a self-care education series for family caregivers. Although this workshop pulls from *Powerful Tools for Caregivers*, this program is open to anyone, regardless of caregiving status, looking to gain self-care tools and manage stress.
Mara Kouides, Education Coordinator, Finger Lakes Caregiver Institute, Lifespan

Peace of Mind Planning

Think of all the details that your family needs to know if the unexpected happens to you. Come learn about Lifespan's Peace of Mind Planning service, which is designed to help you organize all of your important legal, financial and medical information with attention to your personal needs.
José Cruz, Planning Specialist, Lifespan
May 14, 6 – 7:30 pm
Heathwood Assisted Living,
100 Elderwood Court, Penfield

Legal Aspects of Aging

Everything you need to know about power of attorney, MOLST forms, health care proxy, trusts and wills.
Miles P. Zatkowsky, Esq., Dutcher & Zatkowsky, Attorneys-at-Law
May 17, 1 – 3 pm
St. John's Meadows,
1 Johnsarbor Drive West

Veterans Benefits

Monroe County is home to more than 45,000 men and women who served their country. Many of them have no idea about the benefits they are entitled to, including health care, compensation for injuries in the form of service-connected disability, nursing home pensions and memorial/indemnity compensation. Their presentation will inform veterans and their families about the benefits they have earned for their military service and how to apply for them.
Laura Stradley, Executive Director, Veterans Outreach Center, Inc.
Nick Stefanovich, Director, Monroe County Veterans Service Agency
May 22, 1 – 2:30 pm
Lifespan, 1900 S. Clinton Ave.

Presented by 

Dr. Rocco Vivenzio Memorial Symposium

May 21, 5:30 – 7 pm
The Strong, One Manhattan Square
5:30 – 6 pm: Reception with light hors d'oeuvres
6 – 7 pm: Symposium with keynote speaker Mindy Fain, M.D.



Dr. Fain is a Professor of Medicine at the University of Arizona, Division Chief of Geriatrics, General Internal Medicine and Palliative Medicine, and co-director of the Arizona Center on Aging. She is a geriatrician, and a national leader in developing high value home and community team-based models to care for people with serious illness. Join us on May 21 and learn from Dr. Fain about the barriers to integrating home-based primary care into our health system—and how the benefits outweigh the challenges.

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

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