Explore Your Future Series
May 9, 9 a.m. – 12:30 p.m.
Location: Lifespan, 300 S. Clinton Avenue
Explore Your Future
Finding Your Why
May 9, 9 a.m. – 12:30 p.m.
Location: Lifespan, 300 S. Clinton Avenue
Free, but space is limited for all workshops. REGISTRATION IS REQUIRED. Go online at www.lifespanrochester.org or call 585-244-8400.

Living Healthy with Diabetes
May 11, 9 a.m. – 12:30 p.m.
Location: Canadiens Senior Center, 3 Vaccine Tolman Dr.
This is a innovation-focused health program for people 60+ living with diabetes. The purpose of this workshop is to enhance skills and your ability to manage your health and maintain an active and fulfilling lifestyle.

Powerful Tools for Caregivers
Tuesday beginning April 16, 12:30 - 2:30 p.m.
Location: Lifespan’s Resource Center or the Westside YMCA, 920 Elm Grove Rd.
Powerful Tools for Caregivers is a six-session educational program focused on your needs. Classes provide you with the skills and confidence you need to better care for yourself while caring for others. You do not need to be a YMCA member to attend.

Medicare 101
May 14, 9 a.m. – 12:30 p.m.
Location: Lifespan, 300 S. Clinton Avenue
Medicare 101 is an easy-to-follow explanation of the basics of Medicare Parts A, B, C and D for people new to Medicare.

Social Security
May 14, 9 a.m. – 12:30 p.m.
Location: Lifespan, 300 S. Clinton Avenue
Learn how to maximize your Social Security benefits for successful economic strategies in retirement.

Health & Wellness Series
May 19, 9 a.m. – 12:30 p.m.
Location: Lifespan, 300 S. Clinton Avenue
Tai Chi
A holistic program to assist older adults to reduce decreased range of motion and to promote fun, social means of increasing strength, flexibility and coordination.

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 illness and/or memory loss. This presentation is based upon the Powerful Tools for Caregivers program, a wealth of educational programs for family caregivers.

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A new volunteer opportunity with Lifespan—calling all!

Your friendly voice can brighten someone’s day! SilverlineNY at Lifespan connects lonely or shut-in older adults with volunteers who possess the gift of gab and sunshine in their voices. Your friendly phone call once a week is all it takes to make a difference.

If you have an extra hour a week, call 315.292.5428 to learn more about SilverlineNY.

Lifespan of Greater Rochester Inc.
505 S. Clinton Avenue
Rochester, NY 14608

Go online at www.lifespanrochester.org or call 585-244-8400.
Take it on IN YOUR OWN WAY!

Volunteering are the lifeblood of Lifespan, and we are always in need. Just tell us what you’re good at—or passionate about—and we will match you to a program that will deliver personal rewards in the form of smiles from grateful older adults and caregivers. Here’s a sample of the opportunities that await you: assist with financial management, like balancing checkbooks and paying bills; advocate for residents in skilled nursing facilities as an Ombudsman; or give a caregiver a break from the daily responsibility of caring for an older adult with early Alzheimers.

And don’t worry—we’ll train you! Whatever your time commitment from one hour to one week a week, we will support you in the role that you select.

Call us at 585-287-6429. And bring a friend!

Our next training to become a certified Ombudsman begins April 26.

Dial 211 at 585-287-6378 to learn more.

We need Ombudsmen in nine area counties.

Help from The Upstate Elder Abuse Center at Lifespan with Western Union scam

If you are an older adult who signed a check from a Western Union location between January 1, 2008, and January 19, 2013, and follow you were in Victoria, British Columbia, you may contact Lifespan for assistance. Eliza King, Lifespan’s victim coordinator, is available to assist in completing the Western Union Petition for Remission form. Call Eliza at 585-287-6771.

In November, the Federal Trade Commission announced that a scambuster who lost money to scammers through Western Union can file a claim to get their money back. Western Union admitted to aiding and abetting wire fraud and has agreed to pay $180 million to victims. Scammers included promises of prizes, jobs, and home seminars also posed as family members and law enforcement officials.

“Awarded victim relief by furnishing presenting victim with timely relief,” said King. “At Lifespan, we are helping older adults successfully navigate the process.” Form must be filed by May 31.

Financial exploitation is a looming form of abuse of older adults. The Upstate Elder Abuse Center at Lifespan was established to help combat the increasing cases of elder abuse in New York State. Phone calls, walk-ins and referrals are welcome.

We called Lifespan to pay it forward

Going to a movie, enjoying lunch at a local restaurant, or spending time with friends and family can make a world of difference for someone going through their Alzheimers journey. She honors her mother in her personal experience observing her care for her dad through his Alzheimers journey. She honors her mother’s personal experience observing her care for her dad through his Alzheimers journey. She honors her mother’s personal experience observing her care for her dad.

“Thanks for providing such a thoughtful and impactful experience for our Careers in Nursing class!”

A caregiver near you could use a break—a few hours off to shop, nap, take a walk, visit a friend.

Become a Partners in Caring volunteer with Lifespan.

We’ll match you with a caregiver and provide training and support.

LEARN MORE.

Call us at 555-287-6372 or email volunteerflc@lifespanrochester.org.

Check out the Assistive Hearing “Demo Center”

Lifespan is pleased to host an assistive partnership with the Rochester chapter of the Hearing Loss Association of America (HLAA). The Demo Center is available the third Thursday of each month (September – June) from 10 am to 2 pm.

Signaling-alerting devices, captioned telephones, personal assistive listening devices and hearing aid accessories are among the items on display to demo.

Volunteers from HLAA are available to demonstrate assistive listening equipment and answer questions. The Rochester Chapter of HLAA unites people with all degrees of hearing loss to share and learn from one another. Visit the Demo Center at Lifespan, 1900 S. Clinton Avenue. No appointment is necessary.

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