FREE WORKSHOPS! NOVEMBER 2019

Peace of Mind Planning
Learn more about planning, organizing legal, medical and financial documents and making decisions about choosing a power of attorney and health care proxy. Motivates us to consider end-of-life preferences and to communicate them in ways that bring peace of mind.
Presenter: Wendy Fambro, Wellness & Planning Coordinator, Finger Lakes Caregiver Institute, Lifespan
You should plan to attend all three sessions to benefit from the materials.
Sundays, November 3, 10, and 17, 11:30 am - 1 pm
Immanuel Baptist Church, 815 Park Avenue

Law Day — Volunteer Law Clinic: Wills & Advance Directives
The Young Lawyer Section of the Monroe County Bar Association, in conjunction with Volunteer Legal Services Project and Law NY, present a free clinic for the preparation of simple wills, powers of attorney and health care proxies. Must meet income eligibility requirements. By appointment only. Call 585-244-8400 ext. 161 for eligibility requirement and appointment. You must attend both sessions.
Wednesday, November 6 AND Wednesday, November 20, 10:30 am – noon both days.
Wolk Cafe at Sibley Square, 25 Franklin Street

Video Chatting 101
Learn how to chat using your computer or smart phone. Apps like Facebook, Skype and other chat apps will be discussed.
Presenter: Daniel Jones, Daniel Teaches
Thursday, November 7, 9:30 - 11 am
Lifespan, 1900 S. Clinton Avenue

How to Use Uber and Lyft in Irondequoit
Learn how to use Uber and Lyft for rides to go anywhere!
Presenter, Daniel Jones, Daniel Teaches
Thursday, November 7, 3:30 - 5 pm
Irondequoit Library, 1290 Titus Ave.

RETIREMENT PLANNING SATURDAY, NOVEMBER 9

Part I: Savvy Social Security
Learn about benefits, how and when to apply and how to coordinate them with the rest of your retirement income plan.
Part 2: Chart a Course to Help Your Money Last
Learn about strategies to help you make the most of your retirement income streams, invest for stability, income, and growth potential, protect your income and assets from the unexpected and prepare for a secure retirement.
Presenter: Tamar Mogilski, CLU, ChFC, CFP
CEO Legacy Financial Planning, Financial Planner, Raymond James Financial Services
Saturday, November 9, 9 am – Noon • Lifespan, 1900 S. Clinton Avenue
FREE WORKSHOPS!

RESERVATIONS ARE REQUIRED.

Should My Parents Be Driving?  
This workshop will address how to have the conversation and help older adults stay safe and mobile. Available transportation options will be discussed. Includes light refreshments.  
Presenter: Neeci Packard, TRAC Mobility Specialist, Lifespan; Chad Mapes, Director, Adkin Center for Outpatient Rehabilitation, Jewish Home of Rochester; Cindy Steltz, Director of Education, Lifespan  
November 7, 5 - 6:30 pm  
Farash Tower, Jewish Home of Rochester, 2021 Winton Road South

Medicare 101  
An easy to follow explanation of the basics of Medicare parts A, B, C, D and EPIC.  
Presenter: Charmel Trinidad, Health Insurance Specialist, Lifespan  
Choose one of four sessions:  
Friday, November 8, 8:30 - 10:30 am  
Wednesday, November 13, 3 - 5 pm  
Tuesday, November 12, 4 - 6 pm  
Lifespan, 1900 S. Clinton Avenue

Medicare Updates for Open Enrollment  
An overview of changes to Medicare plans for 2020.  
Presenter: Charmel Trinidad, Health Insurance Specialist, Lifespan  
Monday, November 18, 1 - 3 pm  
St. John’s, Brickstone’s Wintergarden, 1325 Elmwood Avenue

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, LMSW, Director of Care Management, Lifespan  
Wednesday, November 13, 5:00 - 6:30 pm  
Lifespan, 1900 S. Clinton Avenue

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 Whitley, LMSW, Eldersource Care Manager, Lifespan  
Thursday, November 14, 9 - 11 am  
Lifespan, 1900 S. Clinton Avenue

Long-term Care Planning  
An overview of Medicaid eligibility in New York State and the various planning opportunities to protect your wealth from potential long-term care costs for your next generation.  
Presenter, Jeremy P. Selldmeyer, Attorney, Boylan Code LLP  
Thursday, November 14, 3 - 4:30 pm  
Lifespan 1900 S. Clinton Avenue

Legal Planning for Families Caring for a Loved One with Dementia  
Everything you need to know about power of attorney, MOLST forms, health care proxy, wills and trusts.  
Presenter, Miles Zatkowsky, Esq., Dutcher and Zatkowsky, Attorneys-at-Law  
Saturday, November 16, 10 - 11:30 am  
Lifespan 1900 S. Clinton Avenue

Pitfalls with Elder Care Planning  
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 problems and pitfalls with eldercare planning and how to fix them.  
Presenter, Lisa Powers, Esq., Harris Beach  
Tuesday, November 19, 4 - 6 pm  
Lifespan, 1900 S. Clinton Avenue

Caregiver Simulation  
An interactive experience allows you to spend a few hours in a caregiver’s shoes. Participants are assigned roles, tasks, challenges and opportunities to navigate. Develops empathy for caregivers and care receivers.  
Presented by the New York State Caregiving & Respite Coalition  
Wednesday, November 13, 8:30 - 11:30 am  
Monroe Community Hospital, Brass Chandelier Room 435 East Henrietta Rd.

Register early!  
Seating is limited at some workshops.

Reservations are not required for these demonstrations. Just drop-by.  
R eservations are N O T required for the demonstration center.  
Thursday, November 21, 10 - 2 pm  
Lifespan, 1900 S. Clinton Avenue

Leaving a Legacy  
Explore multiple ways to capture your life story or the stories of older loved ones. If you don’t like to write, have trouble remembering or don’t know where to start and how much to tell, experts on the panel will be able to help.  
Presenters: Karen Crowe, Lifetime Connections; Nicholas Gatto, Founder, Legacies of Life, LLC; Laura Oдорczyk, My Posterity; Cindy Steltz, MPA, Director Education and Caregiver Services, Lifespan  
Thursday, November 21, 1:30 - 3:30 pm  
Lifespan, 1900 S. Clinton Avenue

Finger Lakes Caregiver Institute Mini Conference  
Join us to learn about Medicare, dementia and caregiving. Lunch provided. Open to all LGBTQ caregivers and allies.  
Thursday, November 21, Noon - 3 pm  
Out Alliance, 100 College Avenue, #100

INFORMATION & INSPIRATION FOR OLDER ADULTS & CAREGIVERS

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.