

Everyone has the right to dream, wish, want, and have something to look forward to...especially elders.

The goal of Lifespan's Golden Wishes Program is to grant very simple wishes for older adults...to go shopping, to play golf, to go to a baseball game, to go fishing, to eat a Big Mac, to see a horse again, to visit a special church, to see a play or hear live music.

Who ensures that wishes come true?

- * Volunteers, who give their time to make arrangements for the wishes and attend the wishes with the residents.
- * Local businesses, which often provide special access and tickets, meals or transportation that make the wishes extra special.
- * Special donors, who make monetary gifts that pay for wheelchair transportation and other items that help us fulfill these very special wishes.

Will you volunteer to help make someone's golden wish come true?

Call Lifespan at 244-8400.

Lifespan provides information, guidance and services that help older adults take on both the challenges and the opportunities of longer life.

Eldercare Services

Care management through Eldersource*
CheckIt!, a bill payer service
In-home financial management assistance
Guidance on financing long-term care related to Medicare & Medicaid
Guidance on Medicare & Medicare Part D
Elder abuse prevention & scam intervention/education
Home modification for fall prevention
Advocacy for nursing home residents
Geriatric addictions program
Service Coordination for older adults with developmental disabilities
Day habilitation for older adults with developmental disabilities
Future Care Planning for persons with disabilities**
Home Energy Assistance Program (HEAP)
Guardianship for incapacitated older adults

Employment & Volunteerism

Job placement assistance for women re-entering the workforce
Job training for low income adults (55 and older)
Volunteer placement for adults (55 and older) in area non-profits
Give-a-Lift: Volunteer placement for drivers
Rochester Mentors: recruits baby boomers as mentors for city school district students

Training & Education

Workshops in aging issues
St. John Fisher Geriatric Certificate Program
Elder Aware training for businesses

American Sign Language Interpreting

Wolk Older Adult Center at Lifespan Downtown

Meals, recreation, education, socialization

*in partnership with Catholic Family Center

**in partnership with the AL Sigl Community of Agencies and Arc of Monroe County.

Golden Wishes

Golden Wishes brings smiles to the faces of older adults by making small dreams come true.



1900 South Clinton Avenue
Rochester, New York 14618
(585) 244-8400 ■ www.lifespan-roch.org



Roger's wish... to hit the greens again!

Roger loves golf. But at 89 and living at the Fairport Baptist Home, it had been many years since he had played. When his recreation therapist heard about the Golden Wishes program she filled out an application for Roger saying, "Roger is very giving and helpful to the other residents. He deserves something for himself, and he would love to play golf again."

That was all it took for Mike, a Golden Wishes volunteer, to make a phone call to Eagle Vale Country Club which generously offered not only 18 holes of golf, but also a hat, shirt, balls, carts and lunch. Mike, who accompanied Roger on the golf outing said, "That day with Roger was a special treat for all of us."

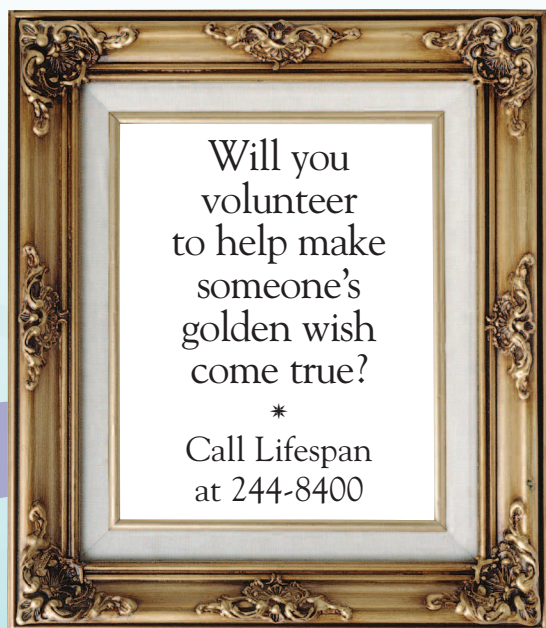


Rosemary's wish... to enjoy ballet again!

"If someone said the word 'ballerina,' I would picture Rosemary in her younger days," wrote the social worker who submitted this special wish. Rosemary had been a ballerina and she performed at the Eastman School of Music. Now living in a nursing home, her wish was to see a ballet one more time. That wish was fulfilled when Golden Wishes volunteer Carol took Rosemary to see the 'Legends of Dance' performed by the Rochester City Ballet. That's what Lifespan's Golden Wishes program does...fulfills small wishes for older adults.

And,

- * CJ saw a baseball game.
- * Alice attended a hockey game.
- * Frances got a DVD player and a set of *Golden Girls* DVDs.
- * Florence had a makeover for her daughter's wedding.
- * Margaret, a WWII flight nurse, was treated to a private flight in a small plane because she wished to fly again...



Contributions large and small are gratefully received and much appreciated.

Send your tax-deductible gift to
Lifespan, 1900 S. Clinton Avenue,
Rochester, NY 14618