

When you think aging, think Lifespan!

It's true! Lifespan has more than 30 services for older adults and caregivers. Because we are an independent non-profit, our singular focus is providing non-biased information and guidance. These are just some of the ways we can help you take on the both the challenges and opportunities of longer life.

- For your Medicare questions, we provide monthly Medicare 101 workshops and one-on-one consultations about your health insurance options.
- If you no longer drive, we can help you find transportation options and help you make a transportation appointment.
- If you are caring for a loved one with Alzheimer's disease, we have new and enhanced services like respite, family consultation, peace of mind planning, and training and education.

- Housing options for older adults are confusing. Our care coordinators can help you assess a situation, provide information and guide you.
- Many people have questions about eldercare and/or in-home care. Our care coordinators can provide the guidance you need.
- Prevent a fall – Our Matter of Balance workshops are proven to increase activity levels and reduce the fear of falling.
- Feel safer at home with our personal emergency response system.
- Concerns about elder abuse or financial exploitation or scams can be investigated by our elder abuse prevention team.
- Our bonded and trained volunteer financial managers can visit you at home to help with bill paying tasks

- and ensure you have the right state and federal benefits.
- Concerns about care in a nursing home can be handled by our Ombudsman program. Our trained volunteer Ombudsmen visit every nursing home in nine counties to advocate for residents.

Not sure what you need, just call us at 585-244-8400 and ask to speak to one of our advisors.

More than 30 resource lists for older adults are available at www.eldersource.org

Examples: assisted living, elder law attorneys, geriatricians, hearing resources, home support services, meal delivery, pharmacy delivery, transportation.

Jack Hanna headlines Lifespan's March 30th Celebration of Aging

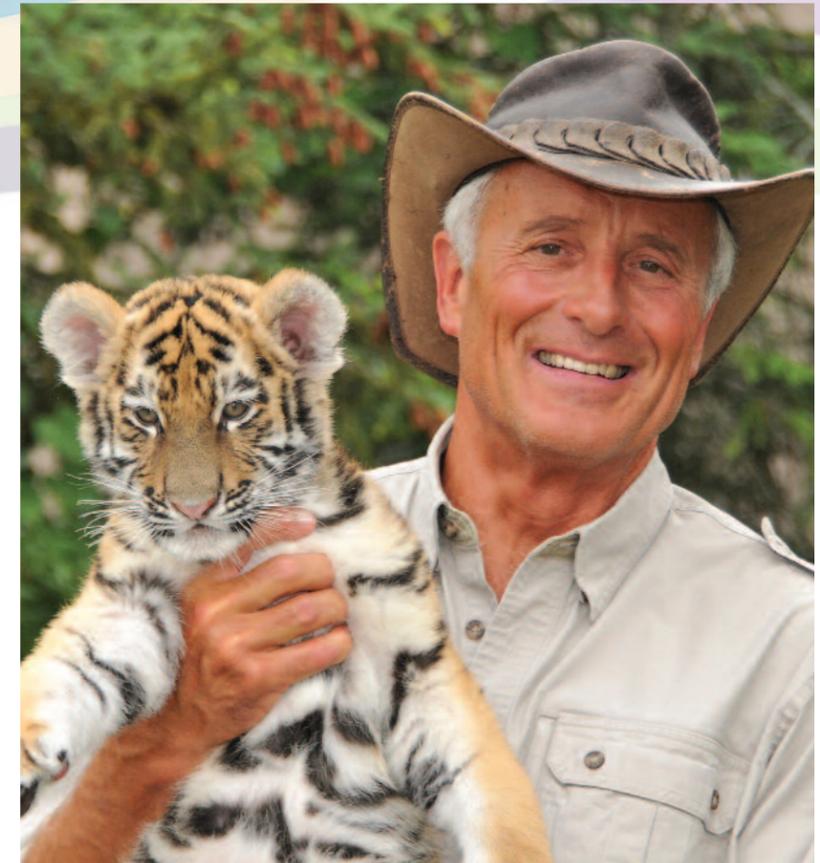
Seventy-year-old "Jungle" Jack Hanna is our special guest speaker at our March 30th Celebration of Aging, noon – 1:30 at the Floreano Riverside Convention Center.

Yes! He's bringing animals!

Known for his appearances on Johnny Carson and David Letterman, as well as his own television shows, Jack is still exploring the corners of the globe as a respected animal ambassador. His enthusiasm and hands-on approach to wildlife conservation has won him widespread acclaim as a conservationist, television personality, author and Director Emeritus of the Columbus Zoo and the Wilds.

Our Celebration of Aging focuses community attention on people who are role models for our longer lifespans. At the event, we honor several local older adults nominated by friends and family for their "take in on" attitudes about longer life. Last year, 1600 people attended the luncheon.

Tickets are available now! \$55 per person or \$550 for a table of ten. Call Julie at 287-6382 or visit our website at www.lifespanrochester.org to reserve and securely submit payment.



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Our volunteers fill significant roles at Lifespan Is it time to give back?

Volunteers fill important and unique roles within Lifespan — roles that make a difference in people's lives.

Do you have a knack for numbers? About 60 volunteers visit older adults in their homes once or twice a month to assist them with bill paying and budgeting tasks. Our staff trains and supports the volunteers, and a once-a-month meeting builds camaraderie. Call Jamie at 287-6423 to learn more.

Are you a good advocate? In a crucial role, our volunteer Ombudsmen visit nursing homes and adult homes to advocate for residents and help ensure person-centered care. We assign a residence, and you visit once-a-week on your schedule. A new training cycle begins April 27. Call Deb at 287-6378 to learn more.

UPCOMING WORKSHOPS / TRAININGS

Medicare 101 (Spring dates)

Monday, March 20, 4:00 - 6:00 pm
or, Wednesday, April 19, 10:00 am – noon
or, Tuesday, May 16, 2:00 - 4:00 pm

Location: Lifespan, 1900 S. Clinton Avenue

An explanation of Medicare Parts A, B, C, D.

Go to www.lifespanrochester.org to register or call Judy at 287-6361.

Registration is required.

Living Healthy with Diabetes

Tuesdays, March 21 - April 25, 12:30 - 2:30 pm

Location: Lifespan's Lily Café at the Maplewood YMCA,
25 Driving Park

A 6-week, peer-led health education program that complements your healthcare. You will learn how to better manage your diabetes.

To learn more, call Sarah Otis at 585-287-6439 or email sotis@lifespanrochester.org

Registration is required.

A Matter of Balance

Fridays, March 31 to May 26, 10 am to noon

Location: Webster Senior Center, 1350 Chiyoda Dr.

An eight-week workshop designed to increase activity levels and decrease the fear of falling. Call Sarah Otis at 585-287-6439 or email sotis@lifespanrochester.org

Registration is required.

Living Healthy (with any chronic condition)

Mondays, April 3 – May 8, 11:45 am - 2:45 pm

Location: Brighton Senior Center, 220 Idlewood Rd.

A 6-week, peer-led health education program that complements your healthcare.

Call Sarah Otis at 585-287-6439 or email sotis@lifespanrochester.org

Registration is required.

Visit www.lifespanrochester.org
for a complete listing of our ongoing workshops and classes.

Give the gift of time

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

Caregiving can be physically and emotionally exhausting — especially when care is needed 24 hours a day, seven days a week. Most care for older adults isn't provided in nursing homes, it's provided by family members.

We're stepping-up our support role for caregivers by matching volunteers with families for once-a-week respite. Respite is simply spending time with someone with early memory loss so the caregiver can safely leave for a few hours. It's a companion role; our volunteers do not assist with personal care.

If you are compassionate, enjoy other people, and want to make a difference, call Katie at 585-287-6352 or Rebecca at 585-287-6372 to learn more. Volunteers are needed in Monroe, Wayne and Ontario counties. And of course, we screen, train and support our volunteers.

Funded by the Helen L. Morris Foundation and the New York State Department of Health.



Hal, Rod & Aneita – a respite story

Rod and Aneita VanHorn's living room was filled with the sound of a steam locomotive. Hal Steltz, a volunteer, was sharing an HO train video with Rod because they have a common interest in trains. It's one of the many ways the two men connect.

Meanwhile, Aneita was busy in her craft room. It's something she loves doing, but rarely has time to enjoy because she's also her husband's full-time caregiver. Rod has memory loss, and thanks to Hal, a respite volunteer, Aneita has some moments to herself.

"When I retired, my wife told me that I needed a new sense of purpose and a way to give back to others," Hal said. "I am not an outgoing person, so volunteering in a group did not appeal to me. She suggested I explore volunteer opportunities at Lifespan, especially the Partners in Caring Respite program. I signed up and was trained by a wonderful team who taught me what to expect in as a volunteer."

Hal says his match with Rod is perfect. "We joke that we both love anything that moves — trains, planes, cars, motorcycles. Our time is often spent reminiscing about motorcycle trips, or looking through books about cars. Some days, if Rod is tired, we just visit while watching the birds at their feeder."

"Our time is a break for Aneita," Hal notes. "She can use it to create art, read, run errands or just be alone. For me, my time with Rod gives me a sense of purpose. It's a gift for all three of us. I really didn't expect the relationship would become this satisfying."