



## **Educational Presentations & Trainings for Community Groups**

Lifespan holds workshops every month. See our website for upcoming classes.

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### **No Charge**

#### **About Lifespan**

An overview of Lifespan's 30+ services for older adults and caregivers.

#### **About the Age Wave**

The confluence of increasing longevity and the aging of the baby boom generation is creating an unprecedented age wave in the U.S. Today 56 million Americans are 65 or older. In just 10 years, 72 million of us will be 65 or older. We discuss what this means for issues like housing, transportation, caregiving, Medicare/Medicaid/Social Security.

#### **Difficulty Managing Finances? How to Avoid Pitfalls**

A review our services that can assist older adults and caregivers.

#### **Why Volunteer?**

An introduction to the Retired & Senior Volunteer program and the benefits of volunteering.

#### **Community Resources**

Overview of community resources available to assist older adults and caregivers.

#### **Elder Abuse**

How to recognize the signs and symptoms of elder abuse/financial exploitation. An overview of Lifespan's elder abuse prevention/intervention services.

#### **Future Care Planning for Persons with Disabilities**

An overview of our service that helps families plan for the health, housing, legal, financial future care of persons with intellectual/developmental and other disabilities.

#### **Medicare 101**

For those 65 or older or approaching age 65.

Offered at monthly at Lifespan and at community locations.

#### **Get Smart – Don't Get Scammed/Fraud & Identity Theft Prevention**

Recognizing scams so you or your loved one can avoid being a victim.

**Substance Abuse and Older Adults**

Learn about the warning signs and symptoms of alcohol/prescription drug abuse/illicit drug abuse in older adults.

**Residents' Rights**

Learn about federally mandated rights of persons living in nursing homes.

**Housing Options**

Overview of the choices available and how much they cost.

**Home Care and How to Pay for It**

Explore the levels of care available in the home and the various ways to cover the cost.

**Suggested Contribution of \$25 Per Person for Series****A Matter of Balance**

An eight-week, evidence-based workshop designed to increase activity levels and decrease the fear of falling.

**Powerful Tools for Caregivers**

A six-week educational program providing skills and confidence to better care for yourself while caring for others.

**Living Healthy & Living Healthy with Diabetes**

A six-week, peer-led health education program that complements healthcare. Enhances skills and the ability to manage chronic illnesses.

**Tai Chi (for Arthritis or Wellness)**

Combines slow moving with deep breathing to improve strength, balance & posture, prevent falls and reduce stress. 16 classes.

**Aging Mastery**

A ten-week, evidence-based program developed by the National Council on Aging. New health-related topic each week; sessions include: the gift of longevity/gratitude, exercise, healthy eating and hydration, sleep, financial fitness, medication management, advance planning, healthy relationships, fall prevention, and community engagement. Guest experts present in their areas of expertise.

**Separate Fee Applies****Caregiver Simulation**

An interactive simulation for groups of 50-75 participants. Allows participants to experience a fraction of the challenges caregivers face each day. Participants are assigned roles, tasks, dilemmas to navigate.

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**Visit [www.lifespanrochester.org](http://www.lifespanrochester.org) to view upcoming workshops at our office  
and around the area.**

**Learn More**

Anna Stetzel, Education Manager, [astetzel@lifespanrochester.org](mailto:astetzel@lifespanrochester.org)  
585-498-4022

Mary Rose McBride, VP Marketing & Communications  
[mrmcbride@lifespanrochester.org](mailto:mrmcbride@lifespanrochester.org)  
585-287-6412

Lifespan, 1900 S. Clinton Avenue, Rochester, NY 14618  
585-244-8400