



Information & Inspiration for Caregivers

The Cup of Joy is Always Full

Monday, November 3, 5:30 – 7 pm

Presenter: Orma Faye Sullivan, M.S. Ed.

In this class, participants learn how to begin the process of transmuting negative emotions, mind-states, and problems into joy and peace. The presenter will provide personal insights, anecdotes, ordinary-creative activities, and take-home joy projects.

Your Family Finances and Paying for Nursing Home Care

Thursday, November 6, 5:30 – 7 pm

Presenter: Alan Illig, Esq., Financial Specialist at Lifespan

Learn more about how to prepare financially for the possibility of nursing home care.

When Home Alone Isn't Safe

Monday, November 10, 5:30 – 7 pm

Presenter: Sandy Schencke, B.S.W., Eldersource Care Manager

Learn more about your options for care and how to initiate the discussion about services or a move.

Should My Parents Be Driving?

Tuesday, November 11, 5:30 – 7 pm

Presenter: Cindy Steltz, Director of Education at Lifespan

Participants will learn the warning signs of driver decline and how to broach the subject with the driver. Transportation resources and driver training class information also will be available at the workshop.

Should You Have Long-term Care Insurance?

Wednesday, November 12, 5:30 – 7 pm

Presenter: Ron Brandwein, Financial Specialist at Lifespan

Long-term care insurance can help protect your assets and give you options. This is a nothing-to-sell workshop that will give you the tools to make the right decision.

Planning for Your Parents' Wishes: What You Need to Know about Legal Documents

Thursday, November 13, 5:30 – 7 pm

Presenter: Alan Illig

A review of Power of Attorney, Living Wills, Wills, Health Care Proxy

Ten Quick Tips to a Healthier You

Monday, November 17, 5:30 – 6:30 pm

Cheryl Minchella, Community Health Education/Volunteer Coordinator for Preferred Care

The “G” Forces of Caregiving (Guilt, Grief & Grace)

Tuesday, November 18, 5:30 – 7 pm

Presenter: Cindy Steltz, Director of Education at Lifespan

Participants will learn about the normal emotions and challenges of caregiving and how communication skills can help alleviate some of the challenges.

Services & Housing Options for Older Adults (and who pays!)

Thursday, November 20, 5:30 – 7 pm

Presenter: Sandy Schencke, B.S.W., Eldersource Care Manager

Service and housing options are numerous and sometimes expensive. Learn more about choosing the right level of care.

Sponsored by Preferred Care

All workshops will be held at Lifespan.

1900 S. Clinton Avenue in Top's Brighton Plaza.

Email mhildreth@lifespan-roch.org to reserve a seat or call 244-8400, ext. 124.