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Lifespan's workshops & trainings for your group or organization

For a list of the many workshops and trainings Lifespan provides, go to www.lifespan-roch.org. Click on "Education" and then "General Education." You can download a pdf of our list at the bottom of the page. Topics are varied and include: Scam Prevention, the Emotional Impact of Caregiving, Housing Options for the Older Adult, Long-term Care Insurance, Resume Writing for the Older Adult and Medicare 101, among many others.

Celebrating a birthday or special anniversary?

Please consider making a donation to Lifespan in honor of the occasion!

Call Kari Cameron at 244-8400, ext. 182

Would you like a FREE 100-page retirement planning guide?

Just stop in!

Lifespan at Top's Brighton Plaza,
1900 S. Clinton
(between Elmwood & Westfall)

Volunteer Opportunities

Help an elder with bill paying and budgeting in their home.

Call Gabriel Geiger at 244-8400, ext. 189.

Lifespan recruits people age 55 or older for volunteer positions in non-profits.

We have two information sessions every month for people interested in volunteering in education, nutrition, literacy, transportation, home services, health services and hospice. Mileage reimbursement and free liability insurance available. Contact Nan Watt at 244-8440 x 128 for more details.

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585-244-8400
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Lifespan Downtown:
Wolk Older Adult Center
585-232-3280

Lifespan helps older adults take on the challenges and opportunities of longer life.

Lifespan Receives Grant to Conduct Elder Abuse Prevalence Study

How many older adults become victims of elder abuse? Based on an almost ten-year-old national study, experts estimate that 1 in 20 older adults is a victim of some form of elder abuse. But the same experts are quick to point out that the true incidence is unknown because of lack of research. In New York State that will change over the next two years.

Lifespan has received a \$194,000 grant to conduct first-ever statewide research about the true prevalence of elder abuse.

The grant from the New York State Children & Family Trust Fund, a program administered under the NYS Office of Children and Family Services, will allow Lifespan to work with the Cornell Institute for Translational Research on Aging and the New York City Department for the Aging to examine rates of reported and unreported cases, characteristics of victims, types of reported abuse and current referral patterns.

Lifespan investigates cases of suspected elder abuse in Monroe and nine surrounding counties. We also coordinate the work of the NYS Coalition on Elder Abuse.

Who are the victims of elder abuse?

In 2006, in Lifespan's ten-county service area:

- ♦ 80% of our clients were women.
 - ♦ 70% were age 75 or older.

In 2006,

- ♦ Financial abuse occurred in 40% of cases.
 - ♦ Neglect occurred in 11% of cases.
- ♦ Physical abuse occurred in 7% of cases.
- ♦ Psychological abuse occurred in 33% of cases.

Who are the perpetrators of elder abuse?

In 2006, in Lifespan's ten-county service area:

- ♦ Sons: 29%
- ♦ Daughters: 20%
- ♦ Other family: 15%
- ♦ Not related: 21%

Where do victims of elder abuse live? In 2006,

41% resided within the City.
59% resided outside the City.

How can we help you?

Undecided about long-term care insurance?
We provide expert, nothing-to-sell, guidance!

Having trouble with bill paying tasks?
We can become your (or a parent's) limited power of attorney for all financial matters.

Do you need eldercare advice?
Eldersource care managers make home visits to assess situations and will help you explore your options.

Confused about your health insurance options at age 65 or older?
Our health insurance counselors know the ins and outs of Medicare, Medicare Part D, EPIC and Medigap insurances.

Do you know an older person who is abusing alcohol and/or drugs?
Social workers from Lifespan's unique Geriatric Addictions Program provide age-appropriate, in-home counseling, linkages and advocacy.

Need a couple of grab bars to prevent falls?
Call Lifespan's Home-Safe-Home service for minor home modifications.

Do you want to earn a Certificate in Gerontology?
Lifespan coordinates St. John Fisher's Gerontology Certificate Program.

Does your business need sign language interpreters?
Lifespan offers our community's only non-profit interpreter service at very reasonable rates!

Do you need a job following marital separation, divorce or death of your spouse?
Our Women in Transition service helps with career assessment, job skills development, interviewing techniques and job placement.



A Very Worthwhile Volunteer Role: Ombudsman or Advocate for Nursing Home Residents

One of Lifespan's roles is to advocate for quality care in area nursing and adult homes. We could not accomplish the task of advocating for more than 10,000 residents without our 90 wonderful volunteer Ombudsmen.

Ombudsmen visit nursing homes once a week to talk with residents and/or families for the purpose of resolving care issues. Ombudsmen are trained (a 36-hour State-mandated training) and supported by three staff members.

Lifespan provides Ombudsman services in four counties, Monroe, Ontario, Genesee and Livingston.

We are hosting an Ombudsman training course in May 2008. Please consider this worthwhile volunteer role. For more information call Marie Frey at 244-8400, ext. 145.

Women's Foundation Grant Funds "Get the Look that Gets the Job"

Lifespan received a \$10,000 grant from The Women's Foundation of Genesee Valley to help clients in the *Women in Transition* Program obtain professional clothes and hair and make-up suggestions for job interviews.

The *Women in Transition* Program assists women who must re-enter the labor force due to divorce, separation or death of a spouse. They typically have not worked in several years.

At the award presentation, a client, Vernis Fletcher, spoke about her recent graduation from MCC and how grateful she is to Vinni Simpson of Lifespan for her constant encouragement.

Vinni recalls, "*Vernis said her dream was to go to college, but that she knew it was impossible. I said 'Nonsense, what are you waiting for?' She said, 'What do you mean?'. I told her that if she wanted to go to school, she should go and I put her in touch with my contact at MCC.*"

Please consider a gift to Lifespan

Just as older adults and families count on Lifespan, we count on you to help us make our fundraising goal. We need your contributions because government grants often do not cover the true cost of our services.



For example, our senior center has not received a funding increase in more than ten years! We rely on fundraising to fill the gap between the cost of doing business ten years ago and today's expenses. As you can imagine, it's quite a gap.

We need your help to continue helping clients who have outlived family, who are struggling to maintain their independence, who are abused, who are confused, who rely on us for information, guidance and services. Go on-line today to make a secure donation to Lifespan (www.lifespan-roch.org), or call Kari Cameron at 244-8400, ext. 182 to make a contribution. Thank you!

Ann Marie Cook

President/CEO

Financial Exploitation of Elders is on the Rise: Lifespan's Role is to Take It On!

Mrs. H., 78 and a widow, took in her son following a marital separation. Although he had a history of drug use, she wanted to give him a chance to start over; then Mrs. H. had a minor stroke.

In rehab, she regained her speech and some movement and returned home briefly with her granddaughter to collect some personal items. She discovered that a pack of checks and her grocery money were missing. She asked her son if he had seen them. He claimed he had not.

At her bank Mrs. H. discovered that \$5000 had been withdrawn from her account. She confided in the rehab social worker at the nursing home, and the social worker called Lifespan.

We arranged for a meeting with Mrs. H., her granddaughter and her daughter-in-law. At our request, Mrs. H's doctor declared her fully competent. She gave her daughter-in-law Power of Attorney and the police a statement.

Lifespan contacted the police which resulted in 52 counts of forgery and Second Degree Grand Larceny charges. We coordinated the efforts of the bank, the police and the ADA which led to the arrest of the son and forwarding of the case to the Grand Jury.

Upcoming Workshops & Meetings for Older Adults, Caregivers, Professionals

Lifespan is holding FREE, nothing-to-sell seminars about long-term care insurance on:

Jan 16, 5:30 pm
Feb 20, 7:30 am
March 19, 7 pm (at Greece Legacy)
April 16, 5:30 pm

Location: Lifespan, 1900 S. Clinton (in Tops Brighton Plaza).

Reservations are a must! Call Judy at 244-8400, 161.

Gerontology Certificate Program Classes (may be taken individually)

Aging & Sexuality, Jan. 23
Communication Skills, Jan. 30 & Feb. 6
Stress & Burnout, Feb. 13 & Feb. 20
Counseling Older Adults & their Families, Feb. 13 & Mar. 5

Wednesdays, 3 to 6 pm. at Lifespan. Call Cindy Steltz at 244-8400, ext. 160.

Medicare Explained (for those 65 or older or approaching age 65)

Jan 10, 10-noon
Feb 19, 1-3 pm
March 12, 6-8 pm
April 15, 1-3
May 6, 10-noon

Reservations are required. Call Judy at 244-8400, ext. 161, or email jjohnson@lifespan-roch.org. FREE!