



Educational Presentations and Trainings for Community Groups

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

No Charge:

About Lifespan

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

Longevity Focus

The confluence of increasing longevity and the aging of the baby boom generation is changing the demographic landscape. Today, 56 million Americans are 65 or older; yet in six years, 72 million of us will be 65 or older. We'll provide an overview of the changes and how such changes will affect issues such as ageism, caregiving, Social Security, Medicare/Medicaid and more.

Difficulty Managing Finances? How to Avoid Pitfalls

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

Why Volunteer?

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

Future Care Planning for Persons with Disabilities

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

Substance Abuse and Older Adults

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

Community Resources

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

Residents' Rights

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

Housing Options

Understanding and navigating housing options for older adults is often a challenge. This workshop will review and compare independent living, adult care facilities (assisted living, enriched housing, memory care etc.), family-type homes, and nursing homes. Participants will learn questions to ask when touring and how to narrow down options.

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.

Elder Abuse

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

Scam and Fraud Prevention Programs:

Scams 101

Basic overview of the different types of scams along with Identity Theft, and what to do if victimized. Reference materials are provided.

Name that Scam

An interactive, music-driven presentation about scams using songs from the 50s, 60s, & 70s.

Scamo

An interactive, Bingo-style game that helps players learn more about scams in a relaxed, familiar environment.

Family Fraud

Game show-oriented program which promotes audience participation to learn about scams and fraud.

Medicare Classes (offered throughout the year at Lifespan and at community locations):

Medicare 101

Our nothing-to-sell counselors give a high-level Medicare overview of Parts A, B, C, D Medigap plans & the benefits covered, whether you need Medicare at 65 if you continue to work, deductible, premium, co-pay, & coinsurance costs, how to pick the lowest cost

prescription plan, the four Medicare Enrollment periods, changing health & drug plans outside of open enrollment, and extra help & low-income subsidies

How to Choose a Medicare Plan

Our nothing-to-sell counselors will discuss premiums, deductibles, & coinsurance costs for the new year, details & a review of the Medicare Advantage and Medigap plans in your area, comparing Medicare Advantage & Medigap plans to determine which best meets your specific needs, how Part D works including the “donut hole”, and how to use the plan finder

Medicare Made Easy

Our nothing-to-sell Medicare counselor will discuss Parts A, B, C, D & EPIC, Medicare Advantage & Medigap plans, HMO & PPO plan differences, enrollment periods, possible penalties, and extra help & low-income subsidies

Health and Wellness Program Workshops:

Fall Prevention

Falling is a serious concern for older adults, but it is not an inevitability. The consequences of a fall as an older adult are severe, from broken bones to traumatic brain injuries, to even fatalities. However, you are much more powerful than you think, and most falls are preventable! Join Lifespan, as we discuss some startling statistics about falling, the most common physical, behavioral, and environmental risk factors, and simple ways to mitigate those risks. We will also provide an overview of our evidence-based fall prevention programs, including A Matter of Balance, Tai chi for Arthritis and Fall Prevention, Stay Active and Independent for Life (SAIL,) and Otago. 1-hour presentation.

Basics of Healthy Eating and Hydration

Eating well and staying hydrated are crucial components of a healthy lifestyle; they are particularly important as we get older. There is so much information and advice surrounding these topics; let’s bring it back to basics. Join Lifespan’s health and wellness team, as we review the functions of each macro nutrient essential to the human diet- carbohydrates, protein, fats, fiber, water, and build healthy plates, using the “My Plate” developed by the USDA. We will also examine the difference between serving and portion size, discuss heart-healthier fat options, and will discuss benefits of adequate hydration, and risks of not taking in enough fluids. We will also provide an overview of our evidence-based wellness programs Living Healthy/Chronic Disease Self-Management (CDSMP) and Living Healthy with Diabetes/Diabetes Self-Management Program (DSMP). 1-hour presentation.

Tips for Healthy Aging: Highlights from the Aging Mastery Program

Life is a gift, and time is a non-renewable resource. We are living longer, but are we making the most of our additional time? Join experts from Lifespan, as they share their knowledge and insight from the National Council on Aging's Aging Mastery Program. Topics covered during this presentation include exercise, fall prevention, healthy eating and hydration, medication management, sleep, healthy relationships, and the practice of gratitude. We will also provide an overview of our evidence-based wellness workshop, The Aging Mastery Program. 1-hour presentation.

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, and dilemmas to navigate.

Visit www.lifespanrochester.org to view upcoming workshops at our office and around the area.

Learn More

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