

Explore YOUR Future



### **Elder Law Day!**

**Saturday, November 19**

**9 am - 1 pm via Zoom**

**Attend from your home OR come to Lifespan for a live stream option.**

[Register](#)

### **Basic Estate Planning**

Maximizing what you pass on.

Wills, trusts, powers of attorney.

Health care proxy, living will, MOLST.

### **Everyone's Guide to Social Security**

Maximizing benefits.

Spousal benefits, survivor benefits.

Representative Payee.

### **Medicaid in Plain English**

Medicaid eligibility.

Planning to protect assets for spouse and family.

Medicaid application process and look back period.

### **Paying for Long-term Care**

Tax and labor issues for in-home care.

Self –pay, long-term care insurance.

Medicaid/Medicare coverage.

Veteran’s Administration (VA) benefits.

**Attend all sessions or just one or two.**



### **Explore Your Future!**

**Four Mondays, 11:30 am-1:30 pm,  
October 31 -November 21**

[Register](#)

What's next in your life? For people 50+, we offer a chance to Explore Your Future. Whether you are new to "retirement" or have had a change in your role as a caregiver, this is an opportunity to envision your next stage.



### **The Science & Art of Gratitude**

**Monday, November 21, 1-2 pm**

**via Zoom**

[Register](#)

Having an “attitude of gratitude” is more powerful than you may think. Participants will learn about the relationship between gratitude and brain health and how to implement the practice in daily lives.



### **Medicare 101 &**

**Medicare Open Enrollment Update**

**Various dates.**

[See available dates.](#)

**Medicare 101** provides a nothing-to-sell overview of Medicare Parts A, B, C & D in Monroe County. Suggested audience: people new to Medicare.

**Medicare Update** provides an overview of Monroe County's 2023 plans.

[Visit our Website to View Additional Classes!](#)

**Additional offerings:**

Legal Aspects of Caregiving & Aging

Heart Healthy Holidays!

Stroke: BE FAST

Grandparents Raising Relatives

What is Elder Abuse?

Grief After Caring for a Loved One with Dementia

Urban Soul Line Dancing with Lady P!

Coming Saturday, December 3 - A half-day conference for caregivers.

Presented with support from...

**Charter**  
COMMUNICATIONS

  
**VALIANT RETIRE**  
INC

  
**St John's**  
Embrace Living

greater rochester  
**Health**  
*foundation*



Lifespan | 1900 S Clinton Avenue, Rochester, NY 14618

[Unsubscribe ahaskins@co.wayne.ny.us](mailto:ahaskins@co.wayne.ny.us)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [mrmcbride@lifespan-roch.org](mailto:mrmcbride@lifespan-roch.org) in collaboration with



[Try email marketing for free today!](#)