

The Pioneer's Club Newsletter

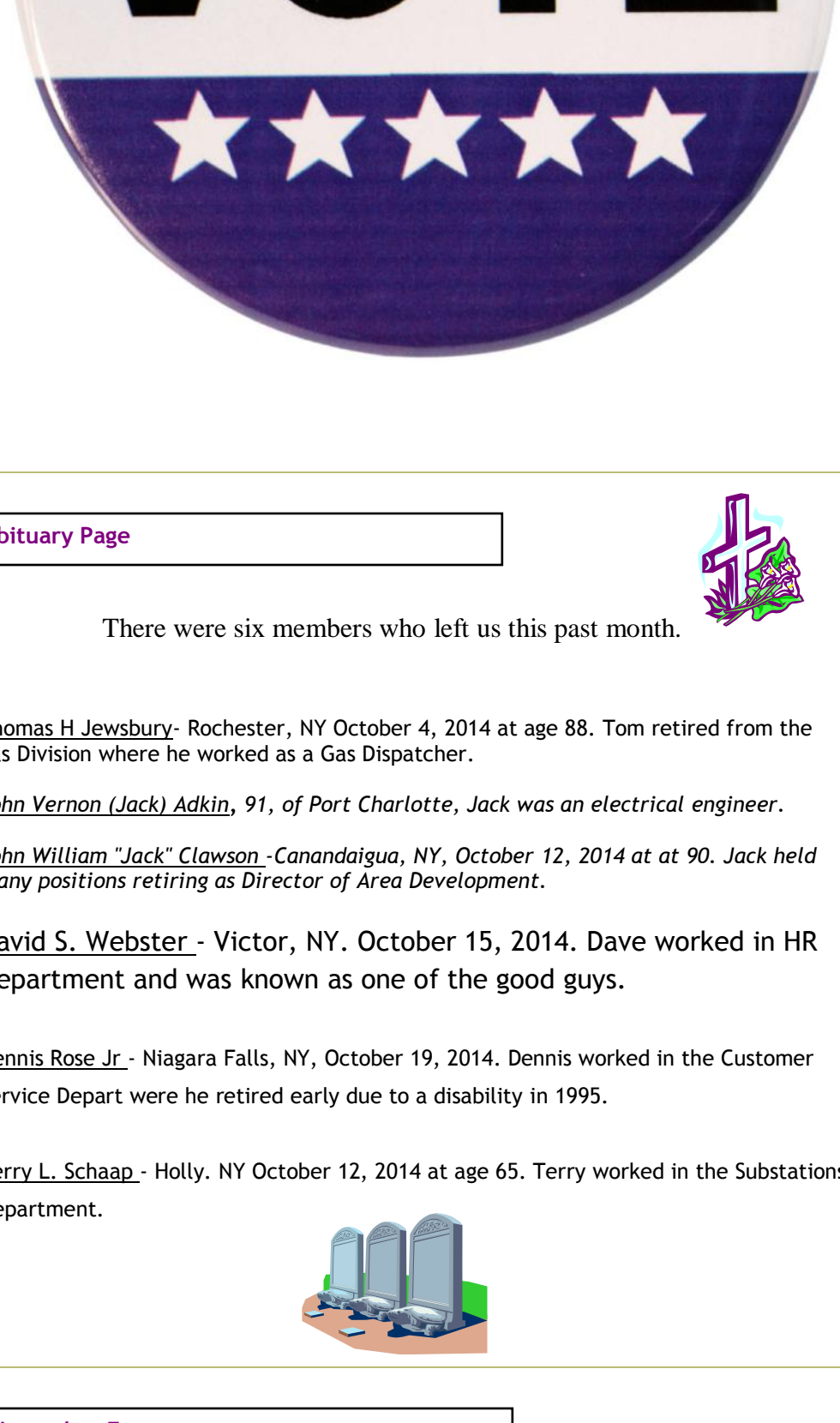
Volume 9, Issue 11
November, 2014

Vote!!!!

This is the time to bring change to our Government or to reinforce the status quo. If you don't get out and vote next week, then you no longer have the right to "bitch and complain" or say "I told you so."

A lot of very good people have traveled to foreign lands to fight in wars helping maintain our freedoms, and a lot did not return..

In their honor, please vote.



Obituary Page



There were six members who left us this past month.

Thomas H Jewsbury - Rochester, NY October 4, 2014 at age 88. Tom retired from the gas Division where he worked as a Gas Dispatcher.

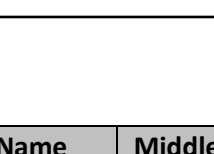
John Vernon (Jack) Adkin, 91, of Port Charlotte, Jack was an electrical engineer.

John William "Jack" Lawson - Canandaigua, NY, October 12, 2014 at at 90. Jack held many positions retiring as Director of Area Development.

David S. Webster - Victor, NY. October 15, 2014. Dave worked in HR Department and was known as one of the good guys.

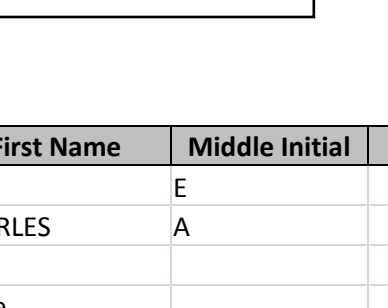
Dennis Rose Jr. - Niagara Falls, NY, October 19, 2014. Dennis worked in the Customer Service Depart were he retired early due to a disability in 1995.

Terry L. Schaap - Holly, NY October 12, 2014 at age 65. Terry worked in the Substations Department.



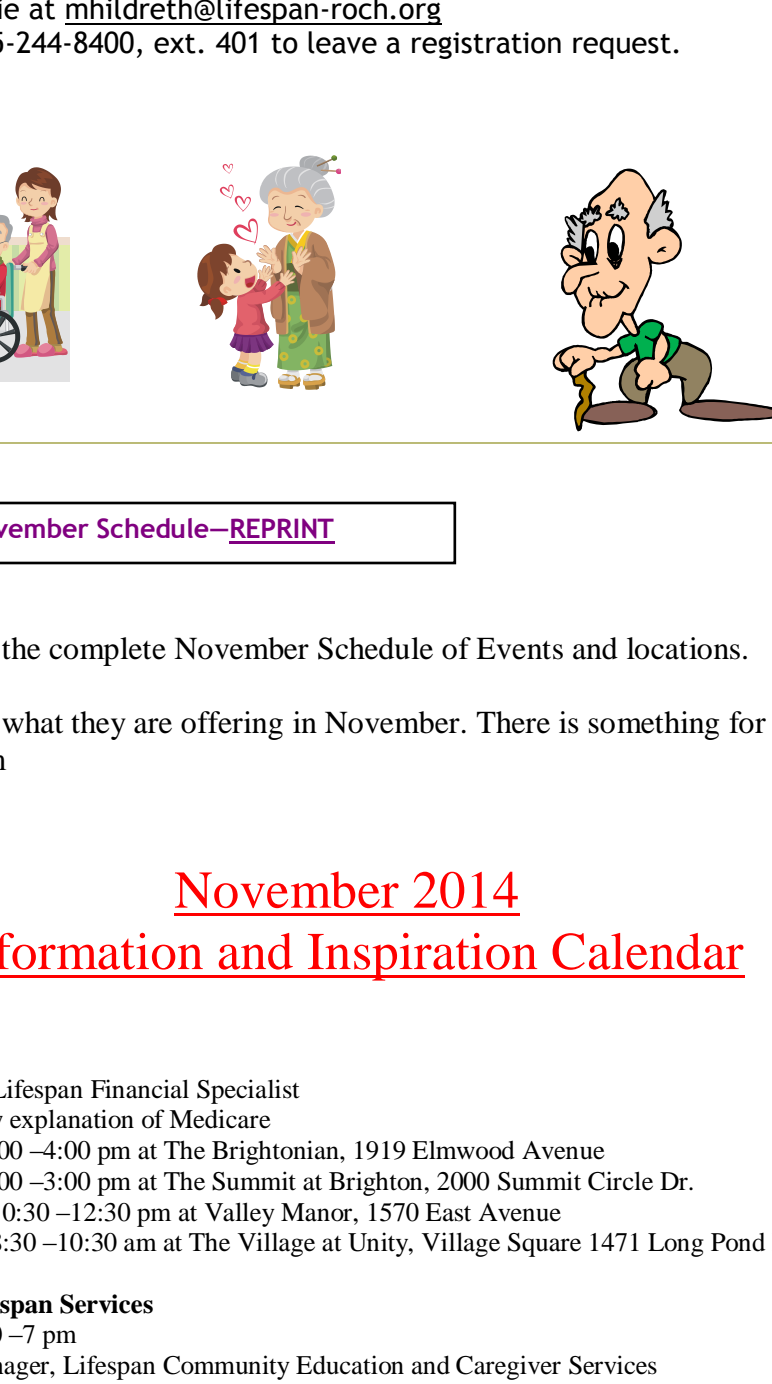
November Events

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Nov 1st	All Saints Day
Nov 2th	Day Light Savings Time Ends
Nov 3rd	Culture Day Japan)
Nov 4th	Election Day
Nov 11th	Veterans Day
Nov 23th	(Japan) Labor & Thanksgiving Day
Nov 27th	Thanksgiving Day



November Birthdays

Last Name	First Name	Middle Initial	Birthday
Bellows	Vera	E	11/7
BODINE	CHARLES	A	11/7
Buck	Gary		11/8
Casale	Anne		11/16
Chelini	Jo-Ann		11/20
DiTucci	Joe	A.	11/25
Kepplinger	Heinz		11/30
Rood	Margot	A.	11/1



LifeSpan Events- November

On November 6, Lifespan and the Rochester Chapter of the Hearing Loss Association are hosting *A Day of Hearing*. **Free hearing screenings** and workshops are scheduled from 9 - 4 pm

Registration is NOT required.

[Download the Day of Hearing flyer for more information.](#)

The first week of November- free workshops for older adults & caregivers...

Monday, Nov. 3, 5:30 -7 pm
An Overview of Lifespan's Services

Tuesday, Nov. 4, 5:30 - 7 pm
How to Choose a Person-centered Nursing Home

Thursday, Nov. 6, 5:30 - 7 pm
Home Care Options & How to Pay for Them

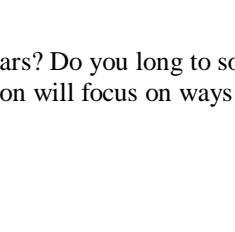
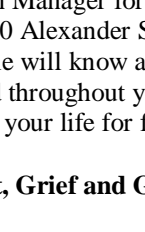
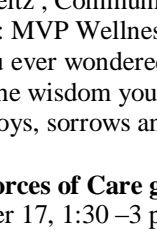
[Download the Information & Inspiration flyer.](#)

Free!

Registration IS required.

Email Marie at mhildreth@lifespan-roch.org

or call 848-244-8400, ext. 401 to leave a registration request.



LifeSpan November Schedule—REPRINT

I just got the complete November Schedule of Events and locations.

Just read what they are offering in November. There is something for everyone.-Tom

November 2014 Information and Inspiration Calendar

Medicare 101

Ron Brandwein, Lifespan Financial Specialist
An easy-to-follow explanation of Medicare
November 4th, 2:00 –4:00 pm at The Brighton, 1919 Elmwood Avenue
November 7th, 1:00 –3:00 pm at The Summit at Brighton, 2000 Summit Circle Dr.
November 13th, 10:30 –12:30 pm at Valley Manor, 1570 East Avenue
November 17th, 8:30 –10:30 am at The Village at Unity, Village Square 1471 Long Pond Rd.

Overview of Lifespan Services

November 3, 5:30 –7 pm
Cindy Steltz, Manager, Lifespan Community Education and Caregiver Services
Location: Lifespan, 1900 S. Clinton Avenue
Learn about the vast services available for caregivers and older adults through Lifespan.

How to Choose a Person-Centered Nursing Home

November 4, 5:30 –7 pm
Leanne Rorick, Director for Operation, Eldersource
Location: Lifespan, 1900 S. Clinton Avenue
A short or long-term stay in a nursing home may be needed unexpectedly, at any age. How do you find a home that truly practices person centered care? Learn what to look for and what questions to ask.

Housing Options for Older Adults

November 6, 5:30 –7pm
Lisa Wholley, LMSW, Eldersource Care Manager
Location: Lifespan, 1900 S. Clinton Avenue
Housing options are numerous, confusing and sometimes expensive. In this session we will review what is available in our community.

When Every Day is a Saturday

November 10, 10:30 –12 pm
Joanne Powers, Volunteering Coordinator, Lifespan
Location: Lifespan, 1900 S. Clinton Avenue
This session will highlight the benefits of volunteering and will help you discover volunteer opportunities that match your interests, talents and availability while making a meaningful impact in our community. We will also go over the special benefits of volunteering through RSVP, the national volunteering program located at Lifespan.

Future Care Planning for Persons with Intellectual & Developmental Disabilities

November 10, 5:30 –7 pm
Evelyn Exman, FCPS Planning Specialist & Ginny Lyness; FCPS Guardianship Coordinator
Location: Lifespan, 1900 S. Clinton Avenue
This session will focus on how caregivers of persons with Intellectual and Developmental Disabilities can break down some barriers and stressors of caregiving. We will provide an overview of our Future Care Planning 4-step process with added emphasis on the legal and financial aspects of planning. Audience members will also learn about Article 17a Guardianship and Supplemental Needs Trusts (SNT) as two critical aspects of planning.

The G-forces of Care giving (Guilt, Grief and Grace)

November 11, 5:30 –7 pm
Cindy Steltz, Manager, Lifespan Education and Caregiver Services
Location: Lifespan, 1900 S. Clinton Avenue
The emotions and challenges of caregiving can be difficult. This session will focus on how communication skills can alleviate some of the challenges of caregiving. Learn about the normal emotions associated with caregiving.

Medicaid & Financing Long Term Care

November 12, 10:30 –12pm
Alan Illig, Esq., (retired), Financial Specialist, Lifespan
Location: Lifespan, 1900 S. Clinton Avenue
Learn more about how to prepare financially for the possibility of nursing home care.

Leaving a Legacy

November 13, 1:30 –3 pm
Cindy Steltz , Community Education Manager for Lifespan
Location: MVP Wellness Center, 220 Alexander Street
Have you ever wondered what people will know about you in 100 years? Do you long to somehow pass on the wisdom you have gained throughout your life? This session will focus on ways to capture the joys, sorrows and lessons of your life for future generations.

The G-forces of Care giving (Guilt, Grief and Grace)

November 17, 1:30 –3 pm
Cindy Steltz , Community Education Manager for Lifespan
Location: MVP Wellness Center, 220 Alexander Street
The emotions and challenges of caregiving can be difficult. This session will focus on how communication skills can alleviate some of the challenges of caregiving. Learn about the normal emotions associated with caregiving.

Stress Busters

November 17th, 5:30 –7:00 pm
Cheryl Minchella, MVP Health Care
Location: Lifespan, 1900 S. Clinton Avenue
What creates stress for you? Learn ways to incorporate stress reduction into your busy day. This class will discuss stretching and breathing exercises, a simple meditation, and ways to make some time to de-stress throughout your day.

Beating the Winter Blahs

November 18th, 1:30 –3:00 pm
Suzanne Feather, MVP Health Care
Location: The MVP Health Care Living Well Center at the Westside YMCA; 920 Elmgrove Road
Do you dread the long cold dark days of winter? Identify some ways to cope and enjoy the season. Learn what foods brighten your moods and boost your immune system, how to reduce your risk for colds and flu and fun tips to make the winter fly by, and simple exercises that you can do to keep you fit while watching TV.

Medicaid Managed Long Term Care

November 18, 5:30 –7 pm
Leanne Rorick, Director for Operation, Eldersource
Location: Lifespan, 1900 S. Clinton Avenue
NYS is changing the way Medicaid recipients will receive long term care services. Some individuals in NYS will have to choose a Medicaid Managed Long-Term Care (MMLTC) plan in order to receive these vital services. Learn about MMLTC and if these changes may affect you or your loved one.

Home Care Options and How to Pay for Them

November 20, 1:30 –3 pm
Christine Peck, LMSW, Director of Care Coordination for Eldersource
Location: Lifespan, 1900 S. Clinton Avenue
Having help at home is often the key to maintaining longer term independence. We will talk about types of home care, how to access services and how the services are paid.

Housing Options for Older Adults

November 25, 3 –4:30 pm
Lisa Wholley, LMSW, Eldersource Care Manager
Location: Penfield Parks and Recreation Center, 1958 Baird Road
Housing options are numerous, confusing and sometimes expensive. In this session we will review what is available in our community.

REGISTRATIONS ARE REQUIRED

Veteran's Day Service

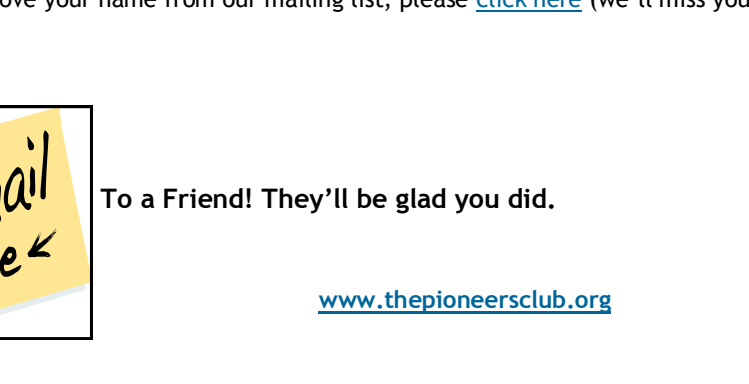
The Armed Forces Club will be holding its Annual Veterans Day Remembrance Service at the flag pole on Scottsville Rd.

We hope you will be able to take time out of your day to say "Thank you" to those who helped us .

The service will be at 11:00 AM on November 11, 2014.

(11/11at11)

This marked the end of WWI,
"The War to end All Wars".



Don't believe the pictures, dress warm

Remember: Pass this Newsletter on, so everyone can see it!

[And if you're not on our mailing list, click here to join](#)

Questions, or Comments, or Articles?

Just Email me at THClegg@thclegg.com

To remove your name from our mailing list, please [click here](#) (we 'll miss you!)



To a Friend! They'll be glad you did.

www.thepioneersclub.org