

# The Pioneer's Club Newsletter

Volume 9, Issue 10  
October, 2014

## Bad Bad MVP

I know it sounds like a childish heading, but it fits. To those of you who didn't get it, MVP raised their rates, a lot! Our Facebook page has been filled with comments about the increase.

I'm not a rate expert but from what I've been told by our members who still have MVP, the rate increase is substantial.

I took it upon myself to enquire if our friends at Lifespan had anything that could help our members. I got this response.

Hi Tom –

We are aware of the situation with MVP's price increases and can help! Retirees have many different options. We are working to update our advantage plan comparison chart, which will be available October 16<sup>th</sup>. As soon as it is complete I will send you a copy to share with the group. If anyone needs one on one advice about possibly changing policies, please encourage them to call us for an apt after October 16<sup>th</sup> when ALL of the rates have been published.

Julie

Now that's probably the best news I could have received. So now it's up to you guys to schedule an appointment. When Julie sends me comparison chart, if it's small enough, I'll email all of you a copy. If not I'll put in a link to it on LifeSpan's web site.

To help clarify the "advantage plans" comment in her note, there are two basic classes of supplement health care insurance. They are "Supplemental" and "Gap" types. I took the full 60 minute course called "Medicare 101" offered in the fall by them and understand the differences. As I have said before, Take the course!!!! It's free and probably the best hour you'll spend.

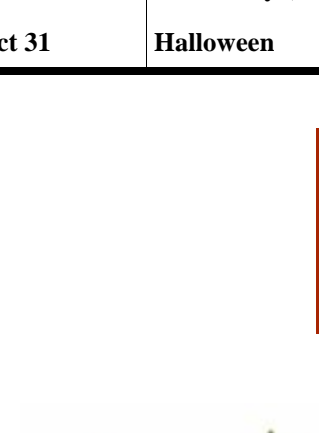
Now this course is only for general information. A one-in-one meeting can be set up to go into specifics of your own situation.

If you do want an appointment, then consider taking along a trusted friend or relative. They can help you to make a decision.

## Obituary Page

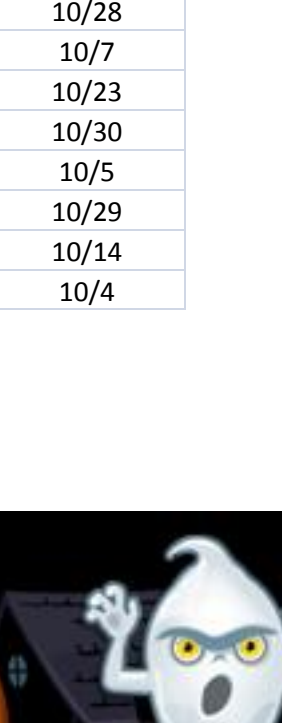
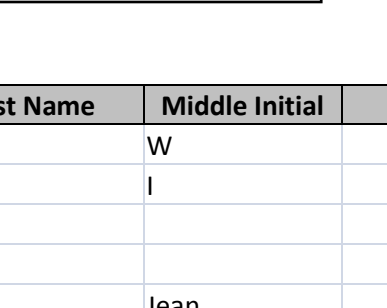
There was only one member who left us this past month.

Eddie A. Di Masi - Irondequoit, NY September 10, 2014 at age 90. Eddie worked in Gas C&M.



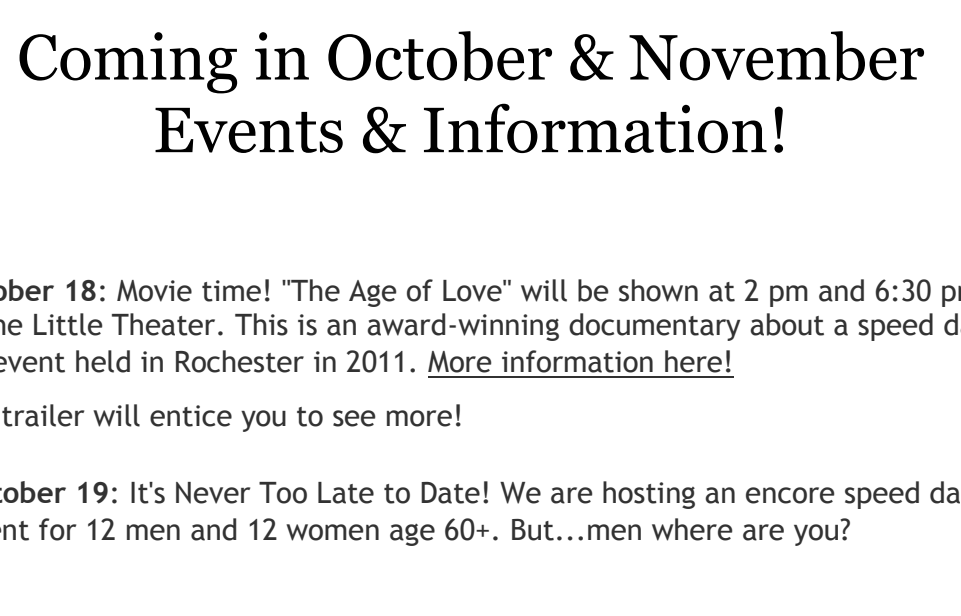
## October Events

October Events	
Oct 3rd	Yom Kippur
Oct. 7th	Substation Lunch (Keenan's on East Ridge Rd)
Oct 8th	National Children's Day
Oct 13th	Columbus Day, Thanksgiving Day (Canada), Health & Sports Day (Japan)
Oct 16th	National Boss Day
Oct 18th	Sweetest Day
Oct 27th	Brest Cancer Awareness Day
Oct 27th	Labor Day (New Zealand)
Oct 31	Halloween



## October Birthdays

Last Name	First Name	Middle Initial	Birthdate
Bohn	Roger	W	10/14
Browne	Ron	I	10/2
Ehrhart II	John		10/12
Ferraro	John		10/15
Kendrick	F.	Jean	10/22
Kiedrowski	Nelson	A	10/13
Klein	Jack		10/16
Nichols Havasi	Mary		10/7
Plantz	Thomas		10/28
RUSH	ELIZABETH	A.	10/23
Slater	Thomas	W.	10/30
Sperduto	Rich		10/5
Sullivan	John	J.	10/29
VAUDO	CARMELLA	C.	10/14
Zapf	Bernie		10/4



## LifeSpan Future Events

# Coming in October & November Events & Information!

**October 18:** Movie time! "The Age of Love" will be shown at 2 pm and 6:30 pm at the Little Theater. This is an award-winning documentary about a speed dating held in Rochester in 2011. [More information here!](#)  
The trailer will entice you to see more!

**October 19:** It's Never Too Late to Date! We are hosting an encore speed dating event for 12 men and 12 women age 60+. But...men where are you?

**October 28:** Elder Law Day. Learn about legal issues pertaining to health and long-term care. Free workshops. [More information here!](#)

**November 6:** "A Day of Hearing" at Lifespan featuring hearing screenings, presentations and adaptive equipment. [More information here!](#)

Also coming in November...15 informational and inspirational workshops for older adults and caregivers including **Medicare 101**. [More information here!](#)

These are just a few of the upcoming events, more are listed on their web site by [clicking here](#). Remember most of what they do is for Senior Citizens (you know "Those Old Guys").

They are there to help, or if they can't help, they will point you to someone who can.

## LifeSpan November Schedule

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 Brightonian, 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 Korick, 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, Volunteer 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 benefit 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 strategies 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 Caregiving (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 Caregiving (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 Elmgorge 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 Korick, 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

Please call 244-8400 x401 to make your reservation or email [mhildreth@lifespan-roch.org](mailto:mhildreth@lifespan-roch.org)

## Fall Foliage Train Trips on the Livonia Avon & Lakeville RR

I got a flyer on the Fall Train Trip from Dave Shields below.

Hi,

I am Chairman of these fall foliage train trips for the Rochester and Genesee Valley Railroad Museum. Here is some information on the train trips and an attached flyer. Up to date information is posted on our website at: [www.rgvrrm.org/fallfoliage](http://www.rgvrrm.org/fallfoliage). Tickets are now available at Wegmans customer service desk.

Please tell your friends about these train excursions.

Thanks!

Dave Shields

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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](mailto: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.

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