

FORTY YEARS

of Advocacy and Services

for Our Community's Older Adults and Caregivers

Democrat & Chronicle 1971

Council on Aging Being Organized Golden Times

1000

RCOA Expansion Gives the Elderly Access to Needed Programs

Democrat & Chronicle

Council on Aging changes name;
Lifespan stresses range of services

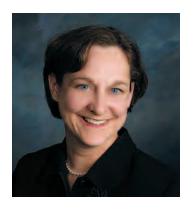
Rochester Business Journal

2009 regiving

Future Care Planning Services receives National Family Caregiving Award

A Message from Ann Marie Cook

In 1970, Monroe County was home to about 69,000 people 65 and older, and no agency existed to provide information, guidance or services that would help them maintain their independence.



In that year a group of community-minded nursing home directors knew something was missing, and they began conversations about launching a non-profit that would advocate for older adults and help them remain in their own homes for as long as possible. Taking the lead, Eli Rudin, then executive director of the Jewish Home, lobbied the United Way and others, and in 1971 the Monroe Council on Aging was founded.

Within one year the agency began to provide direct services, and it was renamed Regional Council on Aging (RCOA). We began with one service, the Retired & Senior Volunteer Program, and within a few years added GROW to help older workers find jobs and opened a senior center.

Today, Monroe County is home to about 100,000 people 65 and older. In the course of 40 years, Lifespan grew to meet needs — adding elder abuse prevention, care management for eldercare, geriatric addictions intervention and services for aging adults with developmental disabilities among many others. I am proud that in our 2010/2011 fiscal year, we crossed paths with almost 26,000 older adults and caregivers in our 30 services.

Though our name has changed (twice!) since 1971, our mission has never wavered. Lifespan exists to help older adults take on both the challenges as well as the opportunities of longer life. As aging baby boomers swell the number of people 65 and older during the next 20 years, Lifespan will be here to help them take it on!

Warmly,

Marie Cook Ann Marie Cook President/CEO

Democrat & Chronicle **Community Chest Priorities Protested** by Council

on Aging

Golden Times 75-80-year-olds

find jobs

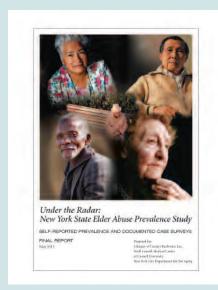
Democrat & Chronicle Elderly jobs group to GROW

By JACKIE FARNAN

proc Democrat & Chronicle

Caring for the Aged: Patients can meet with ombudsmen

Major Accomplishments 2010 - 2011



New York State Elder Abuse Prevalence Study

A first of its kind study of the prevalence study of elder abuse in New York State found a total prevalence rate of 76 per 1,000 older residents for any form of elder abuse. Applying the prevalence rate to the general population of older New Yorkers, an estimated 260,000 older adults in the state were the victims of at least one form of elder abuse in a one year period of 2008/2009. Findings point to a dramatic gap between the rate of elder abuse reported by older residents in the survey and the number of cases referred to and served by formal elder abuse service systems.

The New York State Elder Abuse Prevalence Study was the result of a unique collaboration by research partners including Lifespan of Greater Rochester, Cornell Weill Medical College and New York City Department for the Aging. Principal Investigators were Mark Lachs, MD, of Weill Cornell Medical College, and Jacquelin Berman, PhD, of the New York City Department for the Aging.

New York State Summit on Elder Abuse

Lifespan hosted an invitation-only Summit on Elder Abuse in Albany, NY on November 16 – 18, 2010 which brought together approximately 100 experts in elder abuse and aging services as well as nationally recognized speakers to hear the results of the Prevalence Study and to formulate an updated set of priorities, an Action Agenda, for elder abuse services in New York State.

The top Action Agenda recommendations emerging from the Summit focused on changing laws relating to elder abuse in New York, in particular those that deal with financial exploitation. The priority recommendations also emphasize the need for more uniform data collection about elder abuse across service systems in the state and for training and education programs to enhance identification of elder abuse among professionals and the general public.



New York State Caregiving & Respite Coalition

Lifespan is now managing the New York State Caregiving & Respite Coalition and is charged with more fully developing the coalition as an advocacy force supporting informal caregivers across New York State. The coalition of more than 250 organizations will provide access to information, guidance and education for caregivers and the professionals who support them and work to increase the



availability of community-based respite services for caregivers of individuals with special needs of all ages. New York State ranks third in the nation with 2.2 million informal caregivers who are estimated to provide 80 percent of long-term care.

Lifespan Operates the New Caroline "Lily" Lobozzo Aging Resource Center

Lifespan opened a new older adults' center within the Maplewood YMCA. The Caroline "Lily" Lobozzo Aging Resource Center is the first to be located within a YMCA. It offers healthy meals, wellness workshops, socialization, recreation, caregiver support and access to lifelong learning, volunteer opportunities and exercise programs. The center is funded by The United Way and Monroe County.



The Senior Connection

Matching Volunteers with Isolated Older Adults in "The Senior Connection"

A new research project of Lifespan and the University of Rochester funded by the Centers for Disease Control will connect adult volunteers (age 55 or older) to older adults who are screened by designated UR primary care physicians as people who could benefit from a weekly phone call or visit by a friend. The "Senior Connection" project hopes to prove that the connection to a volunteer "friend" helps older adults feel less isolated and less depressed, while also providing a beneficial impact for the volunteer.



Never too old to

to help others

volunteer; Lifespan

offers retirees chance

Summer of Safety grant to increase public safety through volunteerism by older adults

The Daily Record Safety

Democrat & Chronicle

1995

Help for aged 1 phone call away; Eldersource, a new referral service, will begin next month

RSVP Expands Service to Livingston County

Lifespan's RSVP program, which recruits people 55 and older for volunteer positions in non-profit organizations, expanded services to Livingston County. The program has served Monroe County residents for almost 40 years.

Health Care Coordinator for Persons with Intellectual/Developmental Disabilities

In the fall of 2010, with the generous support of the B. Thomas Golisano Foundation, Lifespan successfully launched an innovative service to help older adults with Intellectual/developmental disabilities and their caregivers navigate the health care system. Participants are 45 or older and all have significant health issues or are perceived to be at high risk of not accessing healthcare services. The coordinator is a liaison between the consumer and medical personnel and advocates for medical care and follow up care as necessary.



Helping Older Adults Take on Depression

Eldersource* implemented PEARLS (Program to Encourage Active, Rewarding Lives for Seniors) for older adults living in Monroe County. PEARLS is designed to empower physically impaired, socially isolated older adults to develop problem solving skills, social and physical activation and to increase participation in pleasant events in order to reduce symptoms of depression. Depression affects 15%–20% of older adults and is known to profoundly compromise health and quality of life while increasing health care utilization and costs. The program has been proven to reduce depression and hospital visits and has been recognized in the National Registry of Evidence-Based Programs and Practices. The PEARLS team is supervised by a board-certified geriatric psychiatrist and a licensed clinical psychologist from the University of Rochester. PEARLS is supported by a grant from the Greater Rochester Health Foundation and United Way.

*A legal Joint Venture of Lifespan and Catholic Family Center.



Celebration of Aging

We got energized!

March 17, 2011 – Richard Simmons' appearance in Rochester for our 15th Celebration of Aging had the audience rockin'! We hate to brag, but some said it was the best-ever luncheon held in Rochester. We agree!

The event raised \$218,000, and we thank the Daisy Marguis Jones Foundation for matching 2:1 every dollar donated AT the luncheon by 1300 attendees.

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How we helped older adults take on the challenges and opportunities of longer life...

Staff and volunteers in the Consumer Fraud Prevention project spoke with 72,129 older adults around the country to provide information about avoiding fraud and scams.

Elder abuse was eliminated or reduced in 96% of 325 cases.

The transportation coordinator in Eldersource arranged for **5,159** one-way trips to medical and other appointments for older adults.

52 older adults were linked to in-home mental health counseling.

4,098 caregivers received information and guidance from Eldersource.

458 older adults received assistance with bill paying and budgeting tasks, and 91% increased or maintained their financial stability.

5,319 older adults obtained information and guidance about health insurance and Medicare.

68% of older adults completing intervention from the Geriatric Addictions Program reported abstinence.

The Golden Wishes program granted **72** wishes for residents living in long-term care.

The Home Energy Assistance Program processed applications for 3,545 requests for financial assistance with energy bills.

We completed minor home modifications that prevent falls in **625** homes.

82% of complaints about care in nursing homes were resolved through the Ombudsman program.

531 older adults participated in meals, events, activities at the Wolk Older Adults Center.

But the real story about what we do comes from our clients.

I wanted to thank Ron Brandwein for his excellent service. I contacted him 12/28/10 for Medicare Advantage assistance. I had an appointment the next day and Ron was extremely knowledgeable, courteous. All my questions were answered in 40 minutes and I enrolled in an Advantage program the same day! Wonderful service, great experience.

I am thankful that at my age there is an **informative place** that I can come to for assistance in my elder needs.

Tammy Leach was a godsend to me during this past year. She helped our family through difficult times with **honesty**, care and understanding. She fortified the decisions that had to be made. I was truly blessed to have met her.

Me and my wife had lost our jobs due to downsizing. Both of us are in our senior years in life and struggled desperately to earn an income for survival. We found Lifespan and it provided us employment and **truly served** our immediate needs. Thank you so much Lifespan. My wife is still under your care and support.

Social Worker came to house. She was excellent — very personable, but also professional.

I can't say enough about the positive aspects of Lifespan. It's been a lifesaver for me and I don't know what I would have done without you and your wonderful staff! The support and training has been excellent.

If it was not for Lifespan I would not be working today. I am very glad I found your phone number in the yellow pages of my phonebook.

Your knowledge and your guidance has helped me a lot. I cannot find a word or phrase to express my feeling and thanks to you. I am so impressed by your attitude to help those who need help.

We appreciate greatly the work Lifespan does in assisting our older citizens. **Thank you** *very much for the help we* received in advocating for our elderly parent.

Democrat & Chronicle

Putting a fresh face on the elderly's options

Democrat & Chronicle

Champion the rights of nursing home residents

ore than 8,000 Monroe County residents live in area nursing and adult care faciliand the right

fortable living

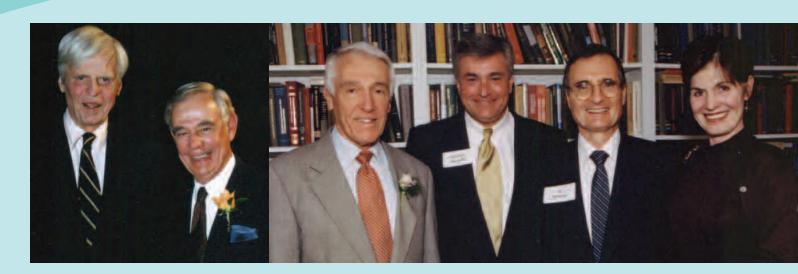
Messenger Post/Seniors Today

Stepping Stones to senior jobs; Lifespan pays seniors to train, then work and earn





Celebrating Longer

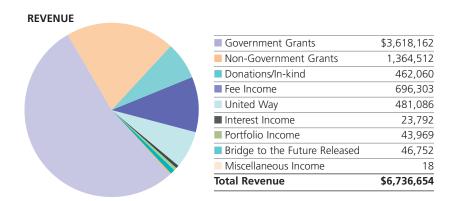




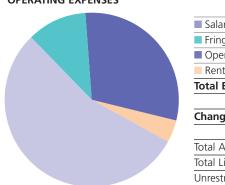
Life with Friends



Financials







| Changes in Net Assets | \$ 96,665 |
|-----------------------|-------------|
| Total Expenses | \$6,639,989 |
| Rent | 264,807 |
| Operating | 1,996,987 |
| Fringes Benefits | 743,964 |
| ■ Salaries | \$3,634,231 |
| | |

| Total Assets | \$1,781,541 |
|-------------------------|-------------|
| Total Liabilities | \$1,121,141 |
| Unrestricted Net Assets | \$ 660,400 |

EXPENSES BY SERVICE

| Aging Persons with Developmental Disabilities 788,0 Financial Services 545,1 Future Care Planning 449,1 Fundraising and Marketing 365,7 Employment Services 310,6 Sign Language Interpreting 304,6 Wolk Older Adult Center 266,7 Home-Safe-Home 249,9 Volunteer Services 235,6 Women in Transition 232,5 Ombudsman 201,7 Home Energy Assistance 143,0 Geriatric Addictions 130,8 Nursing Home Culture Change 124,2 Boomer Mentors 95,4 Education Services 44,5 | Eldersource | 9 | 1,198,963 |
|--|-----------------------------------|---------------|-----------|
| Financial Services 545,5 Future Care Planning 449,5 Fundraising and Marketing 365,7 Employment Services 310,6 Sign Language Interpreting 304,6 Wolk Older Adult Center 266,7 Home-Safe-Home 249,5 Volunteer Services 235,6 Women in Transition 232,5 Ombudsman 201,7 Home Energy Assistance 143,6 Geriatric Addictions 130,8 Nursing Home Culture Change 124,2 Boomer Mentors 95,4 Education Services 44,5 | Elder Abuse Prevention | | 839,697 |
| Future Care Planning 449,5 Fundraising and Marketing 365,7 Employment Services 310,6 Sign Language Interpreting 304,6 Wolk Older Adult Center 266,7 Home-Safe-Home 249,5 Volunteer Services 235,6 Women in Transition 232,5 Ombudsman 201,7 Home Energy Assistance 143,0 Geriatric Addictions 130,8 Nursing Home Culture Change 124,3 Boomer Mentors 95,4 Education Services 44,5 | Aging Persons with Developmenta | Disabilities | 788,097 |
| Fundraising and Marketing 365,7 Employment Services 310,6 Sign Language Interpreting 304,6 Wolk Older Adult Center 266,7 Home-Safe-Home 249,9 Volunteer Services 235,6 Women in Transition 232,5 Ombudsman 201,7 Home Energy Assistance 143,6 Geriatric Addictions 130,8 Nursing Home Culture Change 124,3 Boomer Mentors 95,4 Education Services 44,5 | Financial Services | | 545,532 |
| Employment Services 310,6 Sign Language Interpreting 304,6 Wolk Older Adult Center 266,7 Home-Safe-Home 249,9 Volunteer Services 235,6 Women in Transition 232,5 Ombudsman 201,7 Home Energy Assistance 143,6 Geriatric Addictions 130,8 Nursing Home Culture Change 124,2 Boomer Mentors 95,4 Education Services 44,5 | Future Care Planning | | 449,549 |
| Sign Language Interpreting 304,6 Wolk Older Adult Center 266,7 Home-Safe-Home 249,9 Volunteer Services 235,6 Women in Transition 232,5 Ombudsman 201,7 Home Energy Assistance 143,0 Geriatric Addictions 130,8 Nursing Home Culture Change 124,3 Boomer Mentors 95,4 Education Services 44,5 | Fundraising and Marketing | | 365,146 |
| Wolk Older Adult Center 266,7 Home-Safe-Home 249,9 Volunteer Services 235,6 Women in Transition 232,5 Ombudsman 201,7 Home Energy Assistance 143,6 Geriatric Addictions 130,8 Nursing Home Culture Change 124,5 Boomer Mentors 95,4 Education Services 44,6 | Employment Services | | 310,635 |
| Home-Safe-Home 249,5 Volunteer Services 235,6 Women in Transition 232,5 Ombudsman 201,7 Home Energy Assistance 143,6 Geriatric Addictions 130,8 Nursing Home Culture Change 124,5 Boomer Mentors 95,4 Education Services 44,5 | Sign Language Interpreting | | 304,619 |
| Volunteer Services 235,6 Women in Transition 232,5 Ombudsman 201,7 Home Energy Assistance 143,0 Geriatric Addictions 130,8 Nursing Home Culture Change 124,2 Boomer Mentors 95,4 Education Services 444,6 | Wolk Older Adult Center | | 266,739 |
| Women in Transition 232,5 Ombudsman 201,7 Home Energy Assistance 143,6 Geriatric Addictions 130,8 Nursing Home Culture Change 124,5 Boomer Mentors 95,4 Education Services 44,5 | Home-Safe-Home | | 249,904 |
| Ombudsman 201,7 Home Energy Assistance 143,6 Geriatric Addictions 130,8 Nursing Home Culture Change 124,2 Boomer Mentors 95,4 Education Services 44,5 | Volunteer Services | | 235,688 |
| Home Energy Assistance 143,0 Geriatric Addictions 130,8 Nursing Home Culture Change 124,2 Boomer Mentors 95,4 Education Services 444,6 | Women in Transition | | 232,536 |
| Geriatric Addictions 130,8 Nursing Home Culture Change 124,3 Boomer Mentors 95,4 Education Services 44,5 | Ombudsman | | 201,118 |
| Nursing Home Culture Change 124,3 Boomer Mentors 95,4 Education Services 44,5 | Home Energy Assistance | | 143,029 |
| Boomer Mentors 95,4 Education Services 44,9 | Geriatric Addictions | | 130,814 |
| Education Services 44,5 | Nursing Home Culture Change | | 124,334 |
| | Boomer Mentors | | 95,453 |
| Miscellaneous 45,5 | Education Services | | 44,956 |
| | Miscellaneous | | 45,596 |
| Give-a-Lift 35,3 | Give-a-Lift | | 35,362 |
| Caroline Lily Lobozzo Aging Resource Center 23,0 | Caroline Lily Lobozzo Aging Resou | rce Center | 23,056 |
| New York State Caregiving & Respite Coalition 9,7 | New York State Caregiving & Respi | ite Coalition | 9,166 |

Total Expenses by Service

\$6,639,989

| EXPENSES | |
|--------------------------|-------------|
| ■ Program Services | \$5,488,829 |
| ■ Management and General | 913,756 |
| Fundraising | 237,404 |
| Total Expences | \$6,639,989 |



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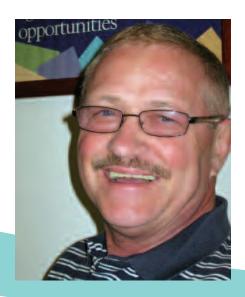




Lifespan of Greater Rochester, Inc. 1900 South Clinton Avenue Rochester, New York 14618

Address Service Requested

He gives so many a WOW! experience... our 2010 Staff WOW! Award Winner: Perry Brown



Perry started work at Lifespan in February 2010 and has been going non-stop ever since as the new coordinator for a program new to Lifespan — WRAP, a weatherization service for low-income older adults. Before his first day on the job, Perry researched what it was like to apply for assistance through WRAP by posing as a potential client. After his experience, he redesigned the work process from start to finish.

Perry then set about forming partnerships with reputable contractors and vendors and investigated the availability of other leveraged funds to help clients get the weatherization services they need. With the phone ringing non-stop, he has helped clients obtain hot water heaters, chimney repairs, new furnaces, oil tanks, roof repairs, etc. WRAP is funded by Monroe County Office for the Aging.

His clients are so appreciative...

"I'm thrilled with my new furnace after years of high heating bills, squealing and banging noise. What a wonderful program for low-income families. I must tell you that WRAP coordinator Perry Brown is fantastic and so knowledgeable. Your organization is extremely blessed to have him helping the community." Deborah M.

"Mr. Brown is the MOST professional person I have dealt with. He shows such dignity and compassion. He needs to know what a difference he has made in assisting me during such a hard time that I've had since I assumed caring for my aging parents." Renee R.

"Mr. Perry Brown was so helpful to me. He was a perfect gentleman (rare these days). He also took out my window air conditioner because I can no longer do it and I didn't have anyone else who could!" Dee M.

"Mr. Brown was very professional during my interview. He was very knowledgeable about the resources that are available for senior citizens — and very courteous and respectful." Eveylyn R.