

Family Eldercare



March 2011

Family Eldercare Has Moved!



Family Eldercare moved to its new home at **1700 Rutherford Lane, Austin, TX 78754** on March 7, 2011. This renovated 23,000 square foot building will allow us to better serve the continually growing population of seniors in Central Texas. Please watch for more information about an open house

that will be held in the coming weeks! No changes have been made to email addresses or phone numbers.



Join Family Eldercare on May 7th for an unforgettable evening featuring the powerhouse vocals of musical guest, Kelly Willis. Enjoy an incredible night of live music, an amazing silent auction and dinner with friends and local heroes at the Renaissance Austin Hotel. Funds raised at the Gala will provide support services for older adults, people with disabilities and caregivers in Travis and Williamson County.

Individual tickets are now available and can be purchased by [visiting our website](#) or by calling (512-483-3579) our Development Associate, Brynn Biddle. Sponsorship opportunities are still available; contact Brynn for more information!

Combating Chronic Disease Through Education

The Aging In Place Initiative is now offering workshops at four Housing Authority properties to teach residents to better manage their health conditions. The need for these educational courses was seen when a St. David's Foundation survey found that 86% of seniors in the Travis-Williamson-Hays area have at least one chronic health condition. These conditions are the major causes of disability and death among persons age 65+.

Two different workshops are now being offered, "Taking Control of Your Health" and "Taking Control of Your Health for Diabetics." Both of these chronic disease self management classes have been shown to increase healthy habits and reduce the number of hospitalizations needed. Classes meet once a week for 6 weeks to teach seniors to set goals to take action, deal with pain and stress,

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Save the Date- Oct. 17th Family Eldercare's Golf Tournament

Family Eldercare will once again hold its "Swinging Fore Seniors" Charity Golf Tournament. Check our [website for more details](#) about this annual event!

Grants Recently Awarded

The Travis County Women's Lawyers Foundation has awarded a \$2,500 grant to support legal guardianship for incapacitated women in Travis County.

This funding will help Family Eldercare provide ongoing oversight and care

manage medication, diet, and exercise, and work with doctors and nurses to improve personal health. These workshops teach seniors to manage health conditions including: arthritis, diabetes, heart disease, lung disease, fibromyalgia. Certified instructors are also available to teach these classes at clubs and activity centers in Travis and Williamson county; call (512) 483-3553 for more information.

City Tours Offered Over the Phone

The Lifetime Connections Without Walls (LCWW) program alleviates social isolation and loneliness by offering informational, brain fitness and social activities over the phone. The program is especially beneficial to those who are homebound and is available at no cost to anyone over age 55.

LCWW has now begun to offer educational telephone tours of Austin so that everyone can experience our great city even if they are homebound. The first telephone tour was on Sixth Street and Congress Ave and was a huge hit with all of the participants. Even though participants could not physically walk the tour, they were mentally present and imagining the streets and the locations.

This new addition to the sessions offered through LCWW was so much fun for participants that they requested more telephone visits to different places. Thanks to our guest speaker Mr. Eppright, Manager of Visitor Services at the Austin Visitors Center, tours of different spots throughout the city will now be offered on a regular basis.

Other activities offered through this innovative program include Bingo, writing classes, joke telling and more. Please [visit our website](#) to learn more about Lifetime Connections Without Walls.

News at Family Eldercare

Guardianship Services

A generous donation from the Topfer Foundation has allowed the Guardianship Program to hire an additional care manager to better serve the growing senior population in Central Texas. The Austin-Round Rock metropolitan area has the third fastest rate of growth among individuals age 65+ in the country. To find out more about how the Guardianship program is helping these seniors [visit our website](#).

Summer Fan Drive

Family Eldercare's 21st annual Summer Fan Drive will kick off on May 1st! If you or someone you know is interested in organizing a team drive by raising fans and funds at your office, please call (512-483-3579) or email (bbiddle@familyeldercare.org) Brynn for more information.

About Family Eldercare

Family Eldercare provides essential services to seniors, adults with disabilities, and caregivers.

management to individuals who no longer have the capacity to make decisions or provide for their own care.

The Travis County Women Lawyer's Foundation has supported Family Eldercare's Guardianship Program in the past, and we are grateful for their continued funding for this important service.

The Applied Materials

Foudation has awarded a \$2,500 grant to Family Eldercare's Money Management Program. This funding will help address our Money Management clients' needs during times of emergency or crisis. Examples of things that will be provided with this funding include prescription medication, bus passes, or bed linens.

Funds will also be used to help a client pay for travel to attend a family member's funeral, or to purchase assistive medical devices, such as a walker, or a toilet seat lift. While these items may seem relatively small, they make a critical difference in the lives of our clients, making it easier for them to continue living independently and to maintain their physical and mental health.

Staying Active in the Community



The Aging in Place Initiative works to keep seniors engaged in the community by organizing

community service projects at Housing Authority apartments throughout the city. Lucille is by far one of the most dedicated volunteers in this

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Please visit our website at www.familyeldercare.org.

Please [Click Here](#) to donate to Family Eldercare

program; she gives 5-10 hours of her time each day to knit booties and caps for the newborn babies at Brackenridge Hospital. She is able to provide a set of beautiful, handmade keepsakes to about 12 babies each month. Lucille says that participating in the program has given her hope and that she loves knowing that she is bringing joy into the hearts of families with newborn babies.