A PROGRAM OF FAMILY ELDERCARE

Lifetime Connections Without Walls
Building a community over the phone

SPRING 2020
April 6 to July 3

Contact us to register:
(888) 500-6472
lcww@familyeldercare.org

VISIT US AT FAMILYELDERCARE.ORG
**Lifetime Connections Without Walls**

What is Lifetime Connections Without Walls?
Lifetime Connections Without Walls is a telephone activities program that provides opportunities for older adults to connect with others in their community and across the country. We offer social and educational sessions, friendly conversation, and support groups - all over the phone - all from the comfort of home. Sessions are facilitated by volunteers and professionals. Lifetime Connections Without Walls is a program of Family Eldercare, a nonprofit agency serving older adults in Austin, Texas.

How does it work?
We use a telephone conference call system for our sessions. The system will call you at the time of your session. All you have to do is answer your phone and press 1 on your phone and you will be automatically connected to your session. You may also call into the session on your own.

How do I enroll?
Please contact us at (888) 500-6472 or lcww@familyeldercare.org to register.

We create four program schedules per year: winter, spring, summer, and fall. You must register every term, as our sessions change every term. You may register at any time during a term. Enrollment is open to all U.S. residents. You do not have to live in Austin, Texas to participate.

How much does it cost?
There is no cost to participate if you meet our low-income guidelines and you live in Travis or Williamson County, Texas. Otherwise, there is a small fee of $10 per quarterly term which allows you to register for unlimited sessions.
Confidentiality
• Lifetime Connections Without Walls will never share your personal information without your consent, unless we believe you are at risk for self-harm, or are being physically, emotionally, or financially harmed, or may harm others.
• Please do not share private, personal information shared by others during sessions with individuals outside of the group.
• Only registered participants will have access to the telephone conference line and sessions.
• The views and opinions expressed by Lifetime Connections Without Walls facilitators and participants are their own and are not necessarily reflective of Family Eldercare’s beliefs.

Phone Etiquette
• Please ensure you are in a quiet place before joining a call by eliminating excess noise coming from your television, radio, or outside conversations.
• Please introduce yourself by your first name when joining the call and before speaking.
• When you are not speaking, please mute your line by pressing the MUTE button or *6 on your phone.

Group Etiquette
• Please allow the facilitator to guide and direct the group.
• Please respect all group members and their opinions, even if you do not necessarily agree with it. Disrespectful comments are not allowed.
• Please allow all participants the opportunity to contribute and be heard. Please do not dominate the conversation.
• If you have a concern or issue with another participant, please contact program staff at (888) 500-6472.

Disability Inclusion
• Lifetime Connections Without Walls offers voice-recorded versions of our materials. Please let us know if you would like to receive these.

*Lifetime Connections Without Walls serves older adults of all backgrounds regardless of race, ethnicity, sex, religion, nationality, sexual orientation, gender identity, marital status, income level, or any other protected classification.*
Spring 2020 Program Schedule
April 6 - July 3

The following pages list the sessions for our SPRING 2020 term. Please contact us to register for the sessions of your choice. You must register every term (winter, spring, summer, fall), as our sessions change every term.

All sessions in this catalog are listed in Central Time.
Example: 3:00 pm Central Time = 1:00 pm Pacific Time
2:00 pm Mountain Time
4:00 pm Eastern Time

Contact Lifetime Connections Without Walls to register for our SPRING 2020 term:

(888) 500-6472
lcww@familyeldercare.org
Conversation

Coffee Talk
Every Wednesday
10:30 am - 11:00 am (CT)
Grab your cup of coffee and spend this time catching up with the Lifetime Connections Without Walls community. We’ll discuss the theme of the week, current events, play trivia, and chat.
Facilitated by Jenny Voigt

Gratitude
Select Mondays - 4/13, 4/27, 5/11, 6/1, 6/15, 6/29
10:00 am - 10:30 am (CT)
Practicing gratitude is an easy thing to do, but we often are too busy to remember to do it. The truth is that it is impossible to feel both the positive emotion of being grateful and a negative emotion such as anger or fear at the same time. Make a difference in your life with a daily gratitude practice.
Facilitated by Whitney O’Baugh/Aging is Cool

Across the Miles
Wednesday, 4/22
2:30 pm - 3:30 pm (CT)
Join us for this quarterly session in which we speak with others in the Without Walls network, which includes programs similar to ours in the U.S. and Canada. Join us and chat with your fellow Without Walls participants from across North America.
NOTE: This session is operated differently than our regular sessions. We will call registered participants into this session.
Facilitated by the Without Walls network staff

“I enjoy interacting with people from all over the country.”
Lifetime Connections Without Walls participant

**These sessions are for SPRING 2020: April 6 - July 3**
Sessions are listed in Central Time (CT)
Fun & Games

Name That Tune
Every Wednesday - except 4/15 and 7/1
12:00 pm - 12:30 pm (CT)
Join Chris each week as he leads a half-hour of music and melody-guessing. Worried you can’t carry a tune? You’ll have so much fun, you won’t care. Plus it’s all over the phone. No stage fright necessary. You can sing your heart out.
Facilitated by Chris Varney

Brain Aerobics
Every Friday
1:00 pm - 1:30 pm (CT)
There is scientific evidence showing that challenging your brain promotes dendrite growth, the branches of the brain neuron that receive impulses. Best of all, it’s fun! Ignite your brain cells and join us for an assortment of Family Feud-style questions.
Facilitated by Mike Kurker

BINGO
Every Thursday
12:30 pm - 1:30 pm (CT)
BINGO? On the telephone? You bet! Join us for this favorite game of luck and play for prizes, including retail store gift cards and postage stamps. We’ll send you a BINGO playing card after you register.
Facilitated by Leticia Serna

“We don’t stop playing because we grow old. We grow old because we stop playing.”
George Bernard Shaw

**These sessions are for SPRING 2020: April 6 - July 3**
Sessions are listed in Central Time (CT)
Travel & Culture

**Armchair Traveling**
Select Wednesdays - 5/6, 5/13, 5/27, 6/3, 6/10, 6/17
1:00 pm - 2:00 pm (CT)
Join us for this very popular hour as we listen to our very own globetrotter share stories about his travels. Bruce will take you somewhere interesting and leave you with a virtual wanderlust.
*Facilitated by Bruce MacKenzie*

**Movie Chat**
Every Friday
2:00 pm - 2:45 pm (CT)
Grab the popcorn and join us for a fun look into the Golden Age of Hollywood. Every Friday, we pick different movies to watch during the week on the Turner Classic Movie (TCM) channel, and then come together to discuss our thoughts and play a bit of movie trivia.
*Facilitated by Gail Teague*

**Story Café**
Every other Thursday - 4/16, 4/30, 5/14, 5/28, 6/11, 6/25
2:00 pm - 3:00 pm (CT)
Harrison Eppright has been a professional tour guide for more than 16 years. He is the Visitor Services Manager and Tour Ambassador with the Austin Visitor Center, and a native Austinite. Harrison is passionate about history, African-American cultural heritage, and architecture. Join us for some interesting stories and learn some fascinating facts.
*Facilitated by Harrison Eppright/Austin Visitor Center*

**These sessions are for SPRING 2020: April 6 - July 3**
*Sessions are listed in Central Time (CT)*
Special Interest

Garden Talk  NEW
Every Tuesday
12:00 pm - 12:30 pm (CT)
Let's spend time wandering through our virtual garden. We'll discuss what to plant and when. We'll also ask: Did your parents or grandparents have gardens? What do you remember? Shelling peas, snapping beans, husking corn, preserving fruit? There were once Victory Gardens. Do we need them again? How do we cook what we grow? Join us for these discussions and more!
Facilitated by Linda Adair

Just Be Jewish  NEW
Every Friday
11:00 am - 11:30 am (CT)
Sharing songs, stories, and Hebrew blessings, Leslie Campbell welcomes you to Just Be Jewish each Friday before the Sabbath begins at sunset. Join us if you are Jewish or curious about what Jews do as they light candles and pray. Bring your good memories, songs, recipes, and any questions you might have about how to begin welcoming the Sabbath on your own at home.
Facilitated by Leslie Campbell

Medicare Minutes
5/4 at 11:00 am - 12:00 pm (CT)
6/8 at 2:30 pm - 3:30 pm (CT)
Join us to hear important information from the Texas Senior Medicare Patrol about how you can protect yourself against Medicare fraud and scams. Why should you care about Medicare fraud? Because each year Medicare loses BILLIONS of taxpayer dollars to improper claims, which puts the Medicare trust fund at risk for everyone and affects the future of Medicare.
Presented by Robyn Heid, LCWW Program Manager

**These sessions are for SPRING 2020: April 6 - July 3**
Sessions are listed in Central Time (CT)
Love and Passion in Puccini’s Opera

Tuesday, 4/28
2:30 pm - 3:30 pm (CT)

Giacomo Puccini was an Italian composer whose operas are among the most beloved and frequently performed around the world. Join Debra Erck, Director of Education for Austin Opera and Bill Wallace, co-chair of the Austin Opera Guild Education & Community Engagement Committee for an hour of beautiful music and lively discussion of the works of Puccini, including special insights into Austin Opera’s production of Turandot, which can be heard LIVE on KMFA FM radio’s simulcast on Sunday, May 3 at 2:30 pm (CT).

Presented by Debra Erck/Austin Opera and Bill Wallace/Austin Opera Guild

Writing Workshop

Every Monday
1:00 pm - 2:00 pm (CT)

Do you have a runaway imagination and a flair for making up stories? Whether you’re interested in writing short stories or books, this session will show you how to build fictional stories off of historical figures and/or events. Each session will include a discussion about a person or an event that shaped history, and we will discuss ideas about wrapping fiction around the facts. Deborah is an educator by profession and a published fiction writer by passion. Let’s make up stories together.

NOTE: This session is geared toward fiction writing, but all writers and fans of history are welcome to listen in. A special invitation to those who were with me this past term. I am with you for the long haul.

Facilitated by Deborah Elliott

**These sessions are for SPRING 2020: April 6 - July 3**
Sessions are listed in Central Time (CT)
Creative Arts

Art Workshop NEW
Select Tuesdays - 4/14, 4/21, 5/5, 5/12, 5/19, 5/26
1:00 pm - 2:00 pm (CT)

DEADLINE TO REGISTER FOR THIS FREE WORKSHOP IS MARCH 31

Art Spark Texas (formerly VSA Texas) is back for its art workshop! During this special six-week workshop, you will be inspired by Pablo Picasso's whimsical Rooster, Wayne Thiebaud luscious paintings of sweets, North American Indian textile designs; plus collage and decoupage. By the end of the six weeks, you will have a mini art collection to display with pride.

All registered participants will be mailed the materials for all classes one week prior to the start of the classes. (at no cost to you)

**Space for this workshop is limited, so please be able to commit to all six classes when you register.**

**These sessions are for SPRING 2020: April 6 - July 3**
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**Special Presentations**

**A Mother’s Love**  
*NEW*

Thursday, 5/7  
2:30 pm - 3:30 pm (CT)  
In honor of Mother’s Day, join us for this special session in which we celebrate motherhood. We’ll discuss the history of Mother’s Day and play some Mother’s Day trivia and music.  
*Presented by Amy Temperley/Aging is Cool*

**Play Ball! A History of Baseball**  
*NEW*

Thursday, 6/4  
2:30 pm - 3:30 pm (CT)  
Join us and learn about baseball history, some of the famous players and stadiums, the crazy traditions and superstitions...and the food!  
*Presented by Amy Temperley/Aging is Cool*

**Parades, Picnics and Fireworks**  
*NEW*

Wednesday, 7/1  
2:00 pm - 3:00 pm (CT)  
Join us for a trip down memory lane as we reminisce and discuss all the very American ways we celebrate Independence Day.  
*Presented by Amy Temperley/Aging is Cool*

“I enjoy being able to listen and learn something of interest, and participate. Presenters really know their subjects.”  
*Lifetime Connections Without Walls participant*

**These sessions are for SPRING 2020: April 6 - July 3**  
Sessions are listed in Central Time (CT)
Special Series

Reminiscing Series with ACC Students

Select Tuesdays - 6/2, 6/9, 6/16, 6/23
2:00 pm - 3:00 pm (CT)

Join us for our annual reminiscing series with students from Austin Community College’s Occupational Therapy Assistance Program. This is a fun opportunity to reminisce - to indulge in enjoyable recollection of past events - and make new friends. Students will facilitate these sessions, which consists of four sessions beginning this spring term and four sessions continuing into our summer term. We hope you will join us!

*Facilitated by Austin Comm. College Occupational Therapy Assistant students*

Students from a past series and their thank you to us:

“Thank you all so much for your participation each week, and for sharing your thoughts and memories with us. We enjoyed our sessions each week, and we hope you did too!”

**These sessions are for SPRING 2020: April 6 - July 3**

Sessions are listed in Central Time (CT)
Support

Grief and Loss Support Group
Select Mondays - 4/6, 4/13, 4/20, 4/27, 5/4, 5/11
2:30 pm - 3:30 pm (CT)
Join us for a support group focusing on grief and loss late in life. Shanti Aradhya is a master’s level counseling intern at The Christi Center, a local nonprofit whose mission is to offer hope to those that are grieving by providing support networks, community education, and therapeutic activities. Shanti will be facilitating these sessions on how grief and loss affect us as we age. These sessions require a level of committed involvement from participants in terms of sharing and consistent attendance.
Facilitated by Shanti Aradhya/The Christi Center

Living Well with Vision Loss
Select Tuesdays - 4/21, 5/19, 6/16
10:30 am - 11:30 am (CT)
Join Neva Fairchild with the American Foundation for the Blind to learn about tips and tricks for living well with vision loss. She will explain various programs and resources available to you, some of which are free. She will also answer specific questions you may have about how to do the things your vision loss has forced you to give up. This session is a great opportunity to learn about resources available to those living with low vision or blindness, and to connect with others who also live with a visual impairment. Don’t give up on the things you need and want to do because of vision loss!
Presented by Neva Fairchild/American Foundation for the Blind

“I don’t feel so alone since my husband passed.”
Lifetime Connections Without Walls participant

**These sessions are for SPRING 2020: April 6 - July 3**
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LCWW Program Sessions

Share & Learn
4/23 and 5/21
2:30 pm - 3:00pm (CT)
If you are a current participant or simply interested in learning more about Lifetime Connections Without Walls for yourself, a friend, family member or client, join us for our Share and Learn sessions. Share your ideas about how we can improve and add to the program, learn about how to participate, and hear about similar programs across the country.
Facilitated by LCWW staff

Summer 2020 Sneak Peek
Thursday, 6/18
2:30 pm - 3:00 pm (CT)
Join us to hear about new sessions for our summer term and how to register.
**Reminder: You must register every term (winter, spring, summer, fall), as our sessions change every term.**
Most of our sessions stay the same, but we get a lot of new sessions every term so please register and tell us which sessions you’re interested in.
Contact us at (888) 500-6472 or lcww@familyyeldercare.org.
Facilitated by LCWW staff

“The feeling of belonging is important to me. I can’t say enough nice things about Lifetime Connections Without Walls.”
Lifetime Connections Without Walls participant

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Lifetime Connections Without Walls is brought to you through the generous support of the St. David’s Foundation.

Lifetime Connections Without Walls is a program of Family Eldercare, a 501(c)(3) nonprofit organization. All donations are tax-deductible and help assist in our mission to provide older adults the opportunity to build a lasting community over the phone.

If you would like to make a donation to support our mission, please make checks payable to “Family Eldercare” (please note “LCWW” on the check) and mail to:

Family Eldercare
ATTN: LCWW
1700 Rutherford Ln.
Austin, TX 78754
Lifetime Connections Without Walls is part of a larger international Without Walls network of programs offering older adults opportunities to participate in sessions over the phone. Below are the other U.S. programs in the Without Walls network. Each program is open to all U.S. residents, like ours. For more information, please contact the program directly.

**DOROT University Without Walls**  
(877) 819-9147  
www.dorotusa.org

**Mather Lifeways**  
(888) 600-2560  
www.matherlifeways.org

**Well Connected**  
(877) 797-7299  
www.covia.org  
*offers Spanish programming*
Volunteer

Volunteers are a vital part of Lifetime Connections Without Walls. Opportunities to get involved include facilitating sessions and making phone calls to participants to remind them of sessions.

Volunteering with Lifetime Connections Without Walls is simple, as you can volunteer virtually. You just need a telephone and computer. We hope you'll consider joining us. We'd love to have you!

For more information about volunteering, please call (512) 628-0654 (toll free 1-888-500-6472) or email us lcww@familyelderCare.org.

Family Eldercare

In addition to the Lifetime Connections Without Walls program, Family Eldercare provides several other services and programs for older adults. Please contact us at the phone numbers below for more information or find us online at www.familyelderCare.org.

In-Home Care
(512) 467-6168

Transportation
(512) 467-6168

In-Home Counseling
(512) 483-3556

Money Management
(512) 450-0844

family
ELDERCARE
**Texas**

**2-1-1 Texas or www.211texas.org:** Free, state-based hotline offering confidential information and support.

**Adult Protective Services Report Abuse:** 1-800-252-5400.

**Aging and Disability Resource Centers 1-855-937-2372:** Call to locate your local Aging and Disability Resource Center, which helps older adults, their caregivers, and individuals with disabilities locate needed resources.

**Area Agencies on Aging 1-800-252-9240:** Call to locate your local Area Agency on Aging, which provides resources and services for older adults and their caregivers.

**Caregiver Teleconnection 1-866-390-6491:** Support service for caregivers.

**Mulva Clinic for Cognitive Disorders 1-833-UT-Cares:** Dell Medical School Clinic focused on cognitive impairment disorders.

**Texas Long-Term Care Provider Search www.dads.state.tx.us/news_info/ombudsman:** Locate nursing and assisted living facilities in Texas.

**Texas School for the Blind and Visually Impaired 1-800-872-5273:** Numerous free resources for individuals with blindness or low-vision.

**National**

**2-1-1 or www.211.org:** Free, national hotline offering confidential information and support.

**The Friendship Line 1-800-971-0016:** 24-hour national support line for isolated, depressed, and/or suicidal older adults.

**CONNECT2AFFECT www.connect2affect.org:** Online resource with information and tools related to examining risk of isolation, reaching out to individuals who may be isolated and easy ways to re-engage with community. Appropriate for individuals, families, and communities.

**Eldercare Locater www.eldercare.gov or 1-800-677-1116:** Resource for helping locate services for older adults and their families.

**National Association of Area Agencies on Aging www.n4a.org or 1-202-872-0888:** The national network of Area Agencies on Aging.