A PROGRAM OF FAMILY ELDERCARE

Lifetime Connections
Without Walls

Building a community over the phone

SUMMER 2020
July 6 - October 2

CONTACT US TO REGISTER
(888) 500-6472
lcww@familyeldercare.org

VISIT US AT FAMILYELDERCARE.ORG
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@familyelder care.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?
During the coronavirus (COVID-19) outbreak, there is no cost to join. (Normally, there is no cost to join if you meet our low-income guidelines and live in Travis or Williamson counties, Texas, or a $10 fee per quarter otherwise.)
Program Guidelines

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.
Summer 2020 Program Schedule
July 6 - October 2

The following pages list the sessions for our SUMMER 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 SUMMER 2020 term:

(888) 500-6472
lcww@familyeldercare.org
Coffee Talk
Every Wednesday - except 7/8, 8/19, 8/26
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 Karen Collier

Gratitude
Select Mondays - 7/13, 7/27, 8/10, 8/24, 9/14, 9/28
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, 7/22
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 SUMMER 2020: July 6 - October 2**
Sessions are listed in Central Time (CT)
Fun & Games

Name That Tune  NEW TIME
Every Wednesday- except 7/22
2:30 pm - 3:00 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 SUMMER 2020: July 6 - October 2**
Sessions are listed in Central Time (CT)
Armchair Traveling
Select Wednesdays - 8/5, 8/12, 8/19, 8/26, 9/2, 9/9
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 someplace 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 - 7/9, 7/23, 8/6, 8/20, 9/3, 9/17, 10/1
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 SUMMER 2020: July 6 - October 2**
Sessions are listed in Central Time (CT)
Garden Talk
Every Tuesday- except 7/14
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
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
8/25 - 2:00 pm - 3:00 pm (CT)
9/29 - 10:00 am - 11:00 am (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 SUMMER 2020: July 6 - October 2**
Sessions are listed in Central Time (CT)
Voting in the 2020 Election  NEW
Tuesday, 9/15
2:00 pm - 3:00 pm (CT)
The League of Women Voters Austin Area provides non-partisan voting information for Texas voters in Travis and Williamson counties. Join us for an informational session with a representative from The League of Women Voters Austin Area who will discuss how to register to vote, vote by mail, important election dates, how to find what's on your ballot, and more!
*Since the voting process varies by state, this session will only address the voting process in Texas, specifically voting by mail, polling locations, and election dates in the Austin area. However, online resources discussed, like www.register2vote.org and www.vote411.org, are available across the U.S.
Presented by The League of Women Voters Austin Area

Austin Bats  NEW
Thursday, 9/24
2:00 pm - 3:00 pm (CT)
Every year, from March through November, large groups of locals and tourists flock to the Ann Richards Congress Avenue Bridge, home to the largest urban bat colony in the world, to watch up to 1.5 million bats emerge for their nightly feeding in Austin, Texas, the “bat capital of North America.” Yet bats continue to be feared and misunderstood. Thanks to conservation organizations like Austin Bat Refuge, appreciation for these winged mammals is growing. Join us to learn more about bats and the work of the Austin Bat Refuge.
Presented by Dianne Odegard, Austin Bat Refuge

“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 SUMMER 2020: July 6 - October 2**
Sessions are listed in Central Time (CT)
STEAM Machine: Exploring Science, Tech, & Culture  
Select Wednesdays - 7/22, 8/5, 8/19, 9/2, 9/16, 9/30 
11:30 am - 12:00 pm (CT) 
Join us for a discussion about exciting topics in science, technology, engineering, art, and mathematics (STEAM). Vanessa will take a deep dive on a topic of the day and discuss how they overlap in STEAM. She’ll provide peer-reviewed information in the fields of science, technology, and the humanities, conduct hilarious science experiments, and share songs and art from around the world. Vanessa is a wife, mother, small business owner, and seeker of knowledge. She’s been building global telephonic relationships for more than 20 years as an IT recruiter and relationship manager, and can’t wait to build a relationship with you!

Facilitated by Vanessa Burnette

**These sessions are for SUMMER 2020: July 6 - October 2**
Sessions are listed in Central Time (CT)
**Beyond the “Hallelujah” Chorus: Meet Handel, the Opera Composer**

**Tuesday, 9/1**

2:00 pm - 3:00 pm (CT)

“There is nothing more unstoppably beautiful than a Handel aria moving in a slow, regal splendor” writes Alex Ross for the New Yorker. You may be familiar with the oratorio *Messiah* or the orchestral piece *Water Music*, but what about *Giulio Cesare* (Julius Caesar) or *Agrippina*? Join Debra Erck, Director of Education for Austin Opera and Bill Wallace, President of the Austin Opera Guild for a glimpse into the splendor of the operatic works of George Frederic Handel.

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

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**Writing Workshop**

**Every Monday - except 9/7**

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*

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**These sessions are for SUMMER 2020: July 6 - October 2**

Sessions are listed in Central Time (CT)
Predicting the Past: Zohar Studios, The Lost Years

**NEW**

Tuesday, 9/1  
10:30 am - 11:30 am (CT)

Los Angeles-based artist Stephen Berkman’s immersive photography installation is a tribute to Shimmel Zohar, a mythical nineteenth-century Jewish immigrant photographer, founder of Zohar Studios. In this presentation, we will explore the uncanny photographs that take the visual codes of nineteenth-century portraiture as their point of departure, and the images and objects that address both Jewish life and the scientific state of understanding over one hundred years ago. Together, they create an idiosyncratic vision of Victorian life in the United States, revitalizing bygone technologies and themes within a twenty-first-century context.  

*Presented by The Contemporary Jewish Museum Education Team*

Come Spy With Me

**NEW**

Tuesday, 9/22  
2:00 pm - 3:00 pm (CT)

At a time when men and women’s behavior was subject to a strict code of conduct – and women’s rights were just a dream of the future – some bold ladies broke all the rules and risked everything...as spies. Follow in the footsteps of these brave women (and some fellows, too!) as they trade petticoats for trousers, fearlessly facing the enemy in the hopes of bringing their side to victory.  

*Presented by Jennifer Lee/South Carolina State Museum*

Museum images will be sent to registered participants prior to session.

**These sessions are for SUMMER 2020: July 6 - October 2**  
Sessions are listed in Central Time (CT)
COVID-19 Info Session
Thursday, 7/30
2:30 pm - 3:00 pm (CT)
Join us for another informational session with Mary Mann of Austin Geriatric Specialists. Mary will be updating us on the coronavirus. Mary’s been a nurse for 34 years and a geriatric practitioner for 20 years. She’s the Clinical Director of House Calls with Austin Geriatric Specialists.
Presented by Mary Mann, ANP-BC/Austin Geriatric Specialists

COVID-19 Updates From Austin Public Health
Select Mondays - 8/10, 8/24, 9/14, 9/28
2:30 pm - 3:00 pm (CT)
Angie McFadden with Austin Public Health will be providing updates on the coronavirus (COVID-19) and answering your questions. Angie is a registered nurse with the City of Austin. She’s been a nurse for the past 14 years with experience in ICU, telemetry, home health, and primary care.
Presented by Angie McFadden, RN/Austin Public Health

COVID-19: Coping During This Difficult Time
Every other Thursday - 7/9, 7/23, 8/6, 8/20, 9/3, 9/17, 10/1
10:30 am – 11:30 am (CT)
We are living through an unprecedented time due to the coronavirus pandemic. Join us for this session on how to cope during this difficult period. Christine Schumacher is a master's-level intern with Family Eldercare and a graduate student at the University of Texas School of Social Work. Facilitated by Christine Schumacher/Family Eldercare

**These sessions are for SUMMER 2020: July 6 - October 2**
Sessions are listed in Central Time (CT)
Yoga*
Select Mondays - 7/6, 7/20, 8/3, 8/17, 8/31, 9/21
10:00 am - 10:30 pm (CT)
Join us for 30 minutes to create strength, awareness, and harmony in both your mind and body. Yoga helps with flexibility, muscle tone, energy, vitality, and stress reduction. Give it a try. It may improve your health and provide a boost to your day. CAN BE ADAPTERD FOR SEATED PARTICIPANTS.
Facilitated by Whitney O’Baugh/Aging is Cool

*Exercise sessions require a signed physical waiver or recorded confirmation. Please see registration form for waiver or call (888) 500-6472.

Living Well with Vision Loss
Select Tuesdays - 7/21, 8/18, 9/15
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

**These sessions are for SUMMER 2020: July 6 - October 2**
Sessions are listed in Central Time (CT)
TED Talk
Tuesday, 7/14
10:30 am - 11:30 am (CT)
TED Talks are short, powerful talks (18 minutes or less) meant to spread inspiration and ideas. They cover almost all topics - from science to business to global issues. In this session, we will listen to a TED Talk together and discuss it afterwards.

Presented by Nancy Turco/Aging is Cool

Borneo
Tuesday, 8/11
2:00 pm - 3:00 pm (CT)
Join us and learn about the creatures and tribes that inhabit this mysterious island in the extreme southwestern part of the Pacific Ocean.

Presented by Nancy Turco/Aging is Cool

Weird & Wonderful World of Work
Tuesday, 9/8
2:00 pm - 3:00 pm (CT)
What did you do for a living? Was it dangerous? Odd? Did you know that some folks live to work and some work to live? This session looks at work around the world and some unusual jobs you never knew existed.

Presented by Nancy Turco/Aging is Cool

Let’s Sing! Broadway Music Favorites
Tuesday, 9/29
2:00 pm - 3:00 pm (CT)
Music is good for our brains and our souls. Get ready to sing along with ten of the most well-known songs from top Broadway shows.

Presented by Nancy Turco/Aging is Cool

**These sessions are for SUMMER 2020: July 6 - October 2**
Sessions are listed in Central Time (CT)
Reminiscing Series with ACC Students

Select Tuesdays - 7/7, 7/14, 7/21, 7/28
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 SUMMER 2020: July 6 - October 2**
Sessions are listed in Central Time (CT)
Caring For Those With Dementia
8/4 - Understanding and Responding to Dementia-Related Behavior
8/11 - Effective Communication Strategies
10:00 am - 11:00 am (CT)
Expression and behaviors are powerful means of communications and the primary ways for people with dementia to communicate their needs and feelings, as the ability to use language is lost. However, the ability to effectively communicate may present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the common challenges of Alzheimer's disease.
Presented by Maxine Vieyra/Alzheimer's Association Capital of Texas

Grief and Loss Support Group
Select Mondays - 7/6, 7/13, 7/20, 7/27, 8/3
2:30 pm - 3:30 pm (CT)
Join us for a support group focusing on grief and loss late in life. Mariel and Shuka will continue facilitating this group from this past spring, as they complete their master’s level counseling internship at The Christi Center, a local nonprofit whose mission is to offer hope to those who are grieving. These sessions require a level of committed involvement from participants in terms of sharing and consistent attendance.
Facilitated by Mariel Sahad and Shuka Alaee/The Christi Center

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

**These sessions are for SUMMER 2020: July 6 - October 2**
Sessions are listed in Central Time (CT)
LCWW Program Sessions

Share & Learn
7/16 and 8/13
2:30 pm - 3:00 pm (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

Fall 2020 Sneak Peek
Monday, 9/21
2:30 pm - 3:00 pm (CT)
Join us to hear about new sessions for our fall 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@familyeldercare.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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**These sessions are for SUMMER 2020: July 6 - October 2**
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Lifetime Connections Without Walls is brought to you through the generous support of the St. David’s Foundation.

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
- **In-Home Counseling**
  - (512) 483-3556
- **Transportation**
  - (512) 467-6168
- **Money Management**
  - (512) 450-0844
Resources for Older Adults

**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.
