

A PROGRAM OF FAMILY ELDERCARE

Lifetime Connections Without Walls

A virtual community for older adults



WINTER 2022

January 3 - April 1



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-based activities program that provides opportunities for older adults to connect with others across the country. We offer social and educational sessions, friendly conversation, and support groups, all from the comfort of home. Sessions are facilitated by volunteers and community partners. We are a program of Family Eldercare, a nonprofit agency serving older adults in Austin, Texas.

How do I enroll?

- Please contact (888) 500-6472 or lcww@familyeldercare.org to register.
- You may also download our registration form on our [website](#) and submit by mail, email, or call us with your registration.
- We create four program schedules per year: winter, spring, summer, fall.
- You must register every quarter, as our sessions vary by quarter.
- You may register at any time during a quarter.
- Enrollment is open to older adults ages 55+ in the U.S. You do not have to live in Austin, Texas to participate.


How much does it cost?

There is no cost to participate in our program. *Please see our donate section at the end of this catalog for details on how to support our program so that we can continue to offer our program at no cost to older adults.*

How Our Program Works

We use a conferencing platform to conduct our sessions.

ALL sessions are available by **phone**.

SELECT sessions are also available by **video**. *These are noted on the following pages with a  icon.*

To join all sessions by phone:

- The conferencing system will automatically call you at the time of the session that you register for.
- All you have to do is answer your phone and press 1, and you will be connected to the session.
- You may also call into the session on your own with a phone number that you will receive when you register.

To join the selected sessions by video:

- Registered participants will receive an email the morning of the session with a link to join via a **desktop, laptop, or tablet**. *Please be sure to check your junk folder if you don't see the email in your inbox.*
- **Please do not join via a smart phone or app.** There are currently issues with these.
- You will also receive step-by-step instructions when you register.
- If you need tech assistance with joining by video, please reach out to us.
- Please see page 6 for a list of training sessions that we're offering on how to participate in the video sessions.

For participants who do not have access to a device or internet, not to worry. The video sessions will still be accessible to you by phone. The conferencing system will allow both phone and video simultaneously.

Please reach out and contact us if you have questions: (888) 500-6472 or lcww@familyeldercare.org.

Program Guidelines

Confidentiality

- Lifetime Connections Without Walls will not share your personal information with anyone without your consent.
- Do not share any private information about yourself or fellow participants.
- Only registered participants have access to our telephone conference line.
- The opinions expressed by facilitators and participants are their own and do not necessarily reflect the views of Lifetime Connections Without Walls or Family Eldercare.
- Sessions may be recorded with notification for quality assurance purposes.

Phone and Video Etiquette

- Ensure that you are in a quiet environment before joining a session.
- Be prepared to identify yourself with your first name when you join a session and before you speak for the benefit of the group.
- When you are not speaking, please mute your line to avoid background noise by pressing the mute button on your phone. When you do this, you can still hear the facilitator.
- Be aware that putting sessions on speaker phone sometimes creates an echo. If it does, please consider using a wired headset or headphones.

Group Etiquette

- Allow the facilitator to guide and direct the flow of the group.
- Everyone's opinion is valuable and must be respected.
- Allow all participants the opportunity to contribute and be heard.
- Do not monopolize the conversation.
- Proselytizing, arguing, or directing hurtful or disrespectful remarks at any participant is forbidden.
- Life presents us with challenging issues, and we might not always agree. Please be thoughtful when discussing sensitive topics.

Violation of the above guidelines may be grounds for dismissal from the program.

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.

Program Schedule

Winter 2022 Program Schedule January 3 - April 1

The following pages list the sessions for our WINTER 2022 schedule.

Sessions noted with a  icon also incorporate video.

Contact us to register for the sessions of your choice
or visit our website for registration form:

(888) 500-6472

lcww@familyeldercare.org

*Please note, you must register every quarter (winter, spring, summer, fall),
as our sessions vary by quarter.*

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*

Video Training & Support

Training and Support for LCWW Video Sessions

Monday, 1/10 at 3:30 pm - 4:30 pm (CT)

Tuesday, 2/1 at 2:30 pm - 3:30 pm (CT)

Wednesday, 3/2 at 1:00 pm - 2:00 pm (CT)

Please attend one of these sessions before your first video session. The conferencing platform we use can be a bit tricky, so we want to make sure you don't have any tech issues before you join your first session with video. Please note, you must register for these training sessions, as we will need to email you a link to join them.

Facilitated by LCWW Program Staff

Tips For Connecting Successfully With Video

- Check your email the morning of the session with a link to join via a desktop, laptop, or tablet (smart phones not compatible at this time).
**Please be sure to check your junk folder if you don't see the email in your inbox.*
- Make sure you are connecting with the correct internet browser for your device. (You will receive these details when you register.)
- Read through all steps carefully before connecting.
- Ensure you are in a quiet space when connecting with your device.

For questions or support, contact us at
(888) 500-6472 or lcww@familyeldercare.org.

****These sessions are for WINTER 2022: January 3 - April 1****
Sessions are listed in Central Time (CT)

Creative Arts



Art Workshop with Art Spark Texas

Select Tuesdays - 2/22, 3/1, 3/8, 3/15, 3/22, 3/29

Art Workshop I at 1:00 pm - 2:00 pm (CT)

Art Workshop II at 3:00 pm - 4:00 pm (CT)

Art workshop I and II will cover the same lessons. You may register for either art workshop I or II.

DEADLINE TO REGISTER FOR THIS FREE WORKSHOP IS FEBRUARY 2

This winter, Art Spark Texas invites you to join us as we piece together the history of collage art. Collage simply means “to glue,” yet this powerful art technique has a rich history that stretches back hundreds of years. Each week, we will discover a collage artist from history, learn the technique they used, and create an artwork using that technique. We will use mixed media, combining a variety of materials such as handmade papers, photographs, fabric, paint, and more. Join us for a piece of the action this winter.

All registered participants will be mailed the materials for all sessions one week prior to the first session. (at no cost to you)

****Space for this workshop is limited, so PLEASE be able to commit to all six sessions when you register. Thank you.**



****These sessions are for WINTER 2022: January 3 - April 1**
Sessions are listed in Central Time (CT)**

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 current events, maybe play trivia, and yes, end with jokes.

Facilitated by Karen Collier

Gratitude

Every Monday - except 1/17 (LCWW closed for MLK, Jr. Day)

10:00 am - 10:30 am (CT)

Practicing gratitude is an easy thing to do, but we often are too busy 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 Danielle Whitaker, Aging is Cool



Across the Miles

Wednesday, 1/26

2:30 pm - 3:30 pm (CT)

Join us for this quarterly session with 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 across North America.

NOTE: This session is operated differently than our regular sessions. We will call registered participants into this session. Or, if you'd like to call in directly on your own by phone or video, here are the instructions:

To join by phone: (877) 237-9339, code 89

To join online: https://agora.covia.org/conference/Across_the_Miles_/en

Facilitated by the Without Walls network staff

****These sessions are for WINTER 2022: January 3 - April 1****
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Fun & Games

Name That Tune

Every Wednesday - beginning 2/2 (no sessions in January)

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 (back-up facilitator Nathalie Rovall)

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.

Please note: due to the size of this session growing, we have created a wait list and are working on creating a second session.

Facilitated alternatively by Leticia Serna, Kim Bailey, and Deanna Kaier

**"We don't stop playing because we grow old.
We grow old because we stop playing."**

George Bernard Shaw

****These sessions are for WINTER 2022: January 3 - April 1**
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Travel & Culture

Armchair Traveling

Select Wednesdays - 1/5, 1/12, 1/19, 1/26, 2/2, 2/9

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

Join us for this very popular hour as we listen to our very own globetrotter, Bruce 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)

Our own classic movie club. Every Friday we use the Turner Classic Movies (TCM) lineup to choose several films to view in preparation for the following Friday's wide-ranging, unstructured discussion. If you get TCM (available through cable TV plans as well as a few streaming services), you'll have full access to all the films. Some can also be found on YouTube for free via the internet using a computer or smart device. Whether you're a life-long movie buff or barely know the meaning of cineaste, please join us! "Every great film should seem new every time you see it." - Roger Ebert

Facilitated by Gail Teague

Story Café

Every other Thursday - 1/13, 1/27, 2/10, 2/24, 3/10, 3/24

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

Harrison Eppright has been a professional tour guide for 20 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

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Arts & History

Fidelio: Beethoven's Only Opera **NEW**

Thursday, 3/3

2:30 pm - 3:30 pm (CT)

Beethoven - one of the most popular and familiar names in classical music! Although there are over 700 hundred works contributed to his name, Beethoven wrote only one opera. Austin Opera is excited to present Beethoven's *Fidelio* on April 29 and May 1, 2022. Join us as we listen to excerpts from *Fidelio*, along with additional selections from operas by composers that inspired him, like Mozart - and those he influenced, including Verdi and Wagner.

Presented by Debra and Marc Erck, Austin Opera

Time Travel With Me **NEW**

Select Mondays - 1/3, 1/31, 2/14, 2/28, 3/14, 3/28

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

Let's step back in time and visit some special women in history whose personal touch made changes for the better. Some of them were women behind influential men, some of them took great risks for things they believed in. Enjoy the lectures and be a part of the discussions.

Facilitated by Deborah Elliott

Historical True Crime

Thursday, 3/3

10:30 am - 11:30 am (CT)

Jenna returns for more on Austin's true crime history. She'll be referring to manuscripts, newspapers, photographs, and other archival evidence to uncover information about solved and unsolved cases.

Presented by Jenna Cooper/Austin History Center

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Health & Wellness

Nutrition Series

Select days at 10:30 am - 11:30 am (CT):

1/13 Probiotics: Because Whole Body Health Begins in Your Gut

You might be shocked to hear this, but gut bacteria influences how every part of your body works: how easily you lose (or gain) weight, how your immune system functions, and even your ability to focus. Join us to learn how to keep me (and you!) healthy.

2/22 Fight the Blue Light with Lutein

Excessive exposure to blue light from digital screens is not only problematic for our eye health, but can also interfere with sleep and cognition. Join us to discover why lutein is not only great for our eyes, but also a super nutrient for the brain.

3/10 Demystifying Fats

Fats have been blamed for our declining health since the 1950s, but are they really the villains they've been made out to be? Discover why fats are essential to health and learn why nutrient-dense high-fat foods should be part of a healthy diet.

Presented by Randi Holder, Community Health Coach with Natural Grocers

Living Well with Vision Loss

Select Tuesdays - 1/18, 2/15, 3/15

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

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Health & Brain Health

Brain Health Series **NEW**

Select Thursdays - 1/20, 2/3, 2/17, 3/17

10:30 am - 11:30 am (CT)

Join us and learn about research that shows how making lifestyle changes can improve brain health and stave off minor and major cognitive impairment. Each session will include information about the brain and topics known to promote and protect brain health and fitness, including exercise and cardiovascular health, nutrition, stress management, sleep, and social and cognitive engagement. Presented by LCWW participant, Theresa Cutillo-Schmitter, a retired and certified Advanced Practice Registered Nurse and family therapist.

Presented by Theresa Cutillo-Schmitter

Stay Smart

1/24, 2/21, 3/14

3:30 pm - 4:30 pm (CT)

Created by Aging is Cool, this series of brain training and memory techniques helps maintain mental functioning. Activities combine games, physical movements (integrating research on the benefits of cross body work), coordination, observational skills, mental agility, processing skills, and techniques to improve memory.

Presented by Peggy Miller, Aging is Cool

COVID-19 Updates from Austin Public Health

Select Mondays - 1/10, 2/7, 3/7

2:30 pm - 3:00 pm (CT)

Angie McFadden with Austin Public Health will be providing updates on COVID-19 and answering your questions. Angie is a registered nurse with the City of Austin and has been a nurse for more than 15 years with experience in ICU, primary care, telemetry, and home health.

Presented by Angie McFadden, Austin Public Health

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Special Interest

Harmless Harmonies

Tuesday, 2/8

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

Join us for a SING-A-LONG celebrating songs of love in honor of Valentine's Day. Debra will lead us in well-known favorites and save a couple songs for participants who are feeling up for a solo. All are welcome, whether you can carry a tune or not!

Facilitated by Debra Erck

Guided Meditation

Select Thursdays - 1/27, 2/10, 3/24

10:30 am - 11:00 am (CT)

Meditation has numerous benefits, from focusing on the present, helping to reduce negative emotions, as well as gaining new perspectives on stressful situations. Join us for some self-care with a guided 15–20 minute meditation. Please be mindful and join each session on time, as participants will be muted for the duration of meditation without any interruptions allowed.

Facilitated by Daniella Garcia, LCWW Program Coordinator

Medicare Minutes

1/11 at 10:30 am - 11:30 am (CT)

1/25 at 2:30 pm - 3:30 pm (CT)

2/8 at 10:30 am - 11:30 am (CT)

2/23 at 1:00 pm - 2:00 pm (CT)

3/9 at 1:00 pm - 2:00 pm (CT)

3/22 at 10:30 am - 11:30 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. Medicare loses billions of taxpayer dollars to improper claims every year, which puts the Medicare trust fund at risk for everyone and affects the future of Medicare.

Presented by LCWW Program Staff

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Presentations



Living a Mighty Good Life **NEW**

Tuesday, 1/11

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

Come learn the components of an active and engaged life and create your own plan for 2022. Amy Temperley, a life coach, will walk you through the process to help you find activities that are meaningful and enjoyable.

Presented by Amy Temperley, Aging is Cool

Honoring Dr. Martin Luther King, Jr. **NEW**

Friday, 1/14

10:30 am - 11:30 am (CT)

Join us as we celebrate Martin Luther King, Jr. Day and honor Dr. King's legacy. Presented by Faith Weaver, Education Coordinator with the City of Austin's Carver Museum, Cultural and Genealogy Center. Through the preservation and exhibition of African American culture, history, and aesthetic expression, the Carver Museum works to create spaces where the global contributions of all Black people are celebrated.

Presented by Faith Weaver, Carver Museum, Cultural & Genealogy Center



Everybody Loves Love **NEW**

Monday, 2/14

2:30 pm - 3:30 pm (CT)

What is love exactly? It is a feeling as well as an act. Join us on Valentine's Day and learn the history of this holiday and celebrate love in all its forms.

Presented by Danielle Whitaker, Aging is Cool

"I enjoy interacting with people from all over the country."

Lifetime Connections Without Walls participant

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Presentations

Black History Month **NEW**

Thursday, 2/24

10:30 am - 11:30 am (CT)

Join us as we honor Black History Month with a special presentation by Cathy Runnels, Culture and Arts Education Specialist with the City of Austin's Carver Museum, Cultural and Genealogy Center. Through the preservation and exhibition of African American culture, history, and aesthetic expression, the Carver Museum works to create spaces where the global contributions of all Black people are celebrated.

Presented by Cathy Runnels, Carver Museum, Cultural & Genealogy Center



Women Who Changed the World **NEW**

Tuesday, 3/8

10:30 am - 11:30 am (CT)

In honor of International Women's Day, join us as we talk about women who have changed history, some of whom you may have never heard.

Presented by Danielle Whitaker, Aging is Cool



Jokes and Pranks **NEW**

Friday, 4/1

10:30 am - 11:30 am (CT)

Join us on April Fools' Day and giggle as we talk about this funny day, as well as some of the funniest jokes and pranks in history. We have a lot of participants in our program who appreciate a good laugh, so we hope you will all join us!

Presented by Danielle Whitaker, 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

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Museum Tours



MX 21-Resistance, Reaffirmation & Resilience

NEW

Tuesday, 2/15

3:00 pm - 4:00 pm (CT)

Join us for this exhibit with the Mexic-Arte Museum, the official Mexican & Mexican American museum of Texas. This exhibit features artists reflecting on themes of resistance, reaffirmation, and resilience to help the public better understand and appreciate how Mexico's history has impacted and inspired our shared U.S.-Mexico cultural history in the Americas, as Mexicans, Mexican Americans, and Latinx peoples.

Presented by José Martinez , Mexic-Arte Museum



Winter in Art

NEW

Thursday, 3/17

2:30 pm - 3:30 pm (CT)

Artists have always been inspired by the changing of the seasons and there are many fine examples of winter both realistically and metaphorically. We will examine a variety of art forms from across the world all focused on the winter theme. Bundle up and join us for a look at the winter wonderland through the eyes of the artist.

Presented by Nanette Hanks, Minneapolis Institute of Arts



Tikkun: For the Cosmos, Community, and Ourselves

NEW

Wednesday, 3/23

3:30 pm - 4:30 pm (CT)

Responding to the Jewish concept of tikkun, Hebrew for "to repair," this exhibit will reflect on tikkun as a phenomenon of care and interconnectedness that is grounded in personal action, environmental responsibility, and community practice. In these times of upheaval and uncertainty, *Tikkun* will bring this term into contemporary conversation, inviting viewers to look critically inward, build resilience, and embrace change.

Presented by Ron Glait, The Contemporary Jewish Museum of San Francisco

Fitness



Chair Yoga*

Every other Wednesday - 1/5, 1/19, 2/2, 2/16, 3/2, 3/16, 3/30
9:30 am - 10:00 am (CT)

Who says yoga has to be done standing or on the floor? Join us for a seated yoga class. You'll wonder why you never tried it this way before! Same movements and poses as in a regular yoga class, only adapted to a chair. Mindful breathing and meditation are also part of this class.

Facilitated by Becky Shidlofsky, Aging is Cool



Stay Strong*

Every other Wednesday - 1/12, 1/26, 2/9, 2/23, 3/9, 3/23
9:30 am - 10:00 am (CT)

Join us for an all-over workout focused on developing stronger muscles and a strong heart. A fun workout with music and lots of laughter. Can be adapted for seated participants.

Facilitated by Becky Shidlofsky, Aging is Cool

*** First-time exercise participants are required to sign a physical waiver. Please see registration form for waiver or call (888) 500-6472.**

"I've always said that I will never let an old person into my body. That is, I don't believe in 'thinking' old. Don't program yourself to break down as you age with thoughts that decline is inevitable."

Wayne Dyer

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Support Groups

Stress Management Support Group

1/4, 1/18, 2/15, 3/16

12:00 pm - 1:00 pm (CT)

Join us for a support group focusing on managing stress. Please note, this is a peer support group with an educational focus on stress management, not a psychotherapy support group. Led by a group facilitator, participants will share their life stressors, including dealing with an ongoing pandemic and offer each other emotional support and connection. The facilitator will offer education on stress management techniques and guide the group through stress management activities. Ashlyn Parks with Integral Care is a Crisis Counselor Supervisor with a master's degree in social work.

Facilitated by Ashlyn Parks, Integral Care

Grief and Loss Support Group

Select Fridays - 1/21, 1/28, 2/4, 2/11, 2/18, 2/25, 3/4, 3/11, 3/25

10:30 am - 11:30 am (CT)

Join us for a support group focusing on grief and loss late in life. Please note, this is a peer support group, not a psychotherapy support group. Led by a group facilitator, participants will talk with one another about their experiences with grief and loss, and offer each other emotional support and connection. Death loss is the primary focus of this group, but there is room to discuss all loss including: loss of independence, health, home, disconnection with loved ones, etc. Kathryn Malone and Kristen Nordeen are master's level interns with The Christi Center, local nonprofit grief support center, and graduate students in Texas State's Counseling program.

Facilitated by Kathryn Malone and Kristen Nordeen, The Christi Center

****These sessions are for WINTER 2022: January 3 - April 1**
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LCWW Program Sessions

Share & Learn

1/25 at 10:30 am - 11:00 am (CT)

2/16 at 1:00 pm - 2:00 pm (CT)

Join us to learn more about the Lifetime Connections Without Walls program and get to know your fellow participants from across the country. Share about yourself, share which sessions you like, don't like, and what sessions you'd like to see on the schedule. We'd love to hear your thoughts and ideas and/or would just love to hear from you!

Facilitated by LCWW Program Staff

Spring 2022 Sneak Peek

Wednesday, 3/16

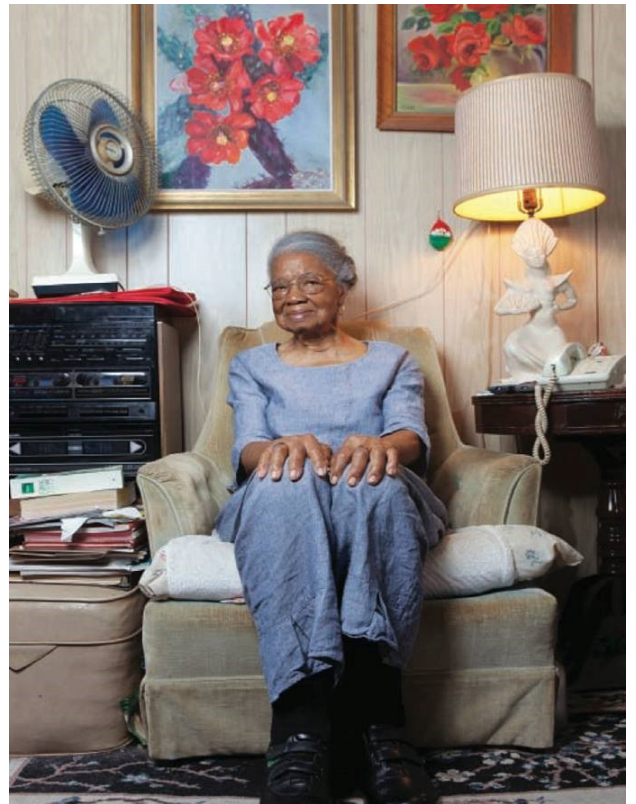
1:30 pm - 2:00 pm (CT)

Join us to hear about our spring schedule and how to register.

****Reminder: You must register every quarter (winter, spring, summer, fall), as our sessions vary by quarter.**

Most of our sessions stay the same, but we do get new sessions every quarter so please register. Contact us at (888) 500-6472 or lcww@familyeldercare.org, or access registration form on our website.

Facilitated by LCWW Program 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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Program Sponsor

Lifetime Connections Without Walls is brought to you through the generous support our program sponsors:



Donate

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” and mail to: *(please note “LCWW” on the check)*

Family Eldercare
ATTN: LCWW
1700 Rutherford Ln.
Austin, TX 78754

Without Walls Network

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 Counseling

(512) 483-3556

Money Management

(512) 450-0844

Service Coordination

(512) 450-0844

Guardianship

(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 Locator 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.



Lifetime Connections Without Walls

A Program of Family Eldercare

1700 Rutherford Lane

Austin, Texas 78754

(888) 500-6472

familyeldercare.org