

A PROGRAM OF FAMILY ELDERCARE

# Lifetime Connections Without Walls

Virtual community for older adults

**SPRING 2022**

April 4 - July 1



CONTACT US TO REGISTER

**(888) 500-6472**

**[lcww@familyeldercare.org](mailto:lcww@familyeldercare.org)**

VISIT US AT [WWW.FAMILYELDERCARE.ORG](http://WWW.FAMILYELDERCARE.ORG)

# Lifetime Connections Without Walls

## What is Lifetime Connections Without Walls?



Lifetime Connections Without Walls is a virtual activities program for older adults. We offer social and educational sessions, friendly conversation, and support groups, all from the comfort of home. All sessions are available by phone. Some sessions are also available by video. Sessions are facilitated by volunteers and community partners. We're a program of Family Eldercare, a nonprofit agency serving older adults and adults with disabilities in Austin, Texas.

## How do I enroll?

- Please contact (888) 500-6472 or [lcww@familyeldercare.org](mailto: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 system to conduct our sessions.

ALL sessions are available by **phone**.

SOME sessions are also available by **video**. *Noted 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.** *These are currently not compatible with our conferencing system.*
- You will also receive step-by-step instructions when you register.
- If you need assistance with joining by video, please reach out to us.
- **See page 12 for training sessions on how to participate by video.**

*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](mailto: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

## SPRING 2022 Program Schedule April 4 - July 1

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

All sessions are available by phone.

Sessions noted with a  icon are also available by video.

Contact us to register for the sessions of your choice  
or visit our website for our 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*



# Creative Arts



## Art Workshop: Painting Authors

NEW

Select Tuesdays - 5/24, 5/31, 6/7, 6/14, 6/21, 6/28

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 MAY 4**

This spring, **Art Spark Texas** invites you to paint and read with us! Our “Painting Authors” workshop will teach you how to paint descriptive acrylic portraits of authors such as Toni Morrison, Emily Dickinson, Alice Walker, and others. Each week we will read an excerpt from their writings and come up with fun and inventive ways to include their themes in our pictures. You will learn portrait painting techniques that help you bring these authors to life on the canvas. Come paint and read with us each Monday starting May 24.

**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 SPRING 2022: April 4 - July 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 5/30 and 6/20 (LCWW office closed for holidays)**

**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, 4/27**

**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 run 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](https://agora.covia.org/conference/Across_the_Miles_/en)**

*Facilitated by the Without Walls network staff*

**\*\*These sessions are for SPRING 2022: April 4 - July 1\*\***  
**Sessions are listed in Central Time (CT)**

# Fun & Games

## Name That Tune

**Every Wednesday - except 4/27 and 6/15**

**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 Nathalie Rovall and 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.

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 by Leticia Serna 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 SPRING 2022: April 4 - July 1\*\***  
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# Travel & Culture



## Armchair Traveling

**Select Wednesdays - 4/6, 4/13, 4/20, 5/25, 6/1, 6/8**

**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 - 4/7, 4/21, 5/5, 5/19, 6/2, 6/16, 6/30**

**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*

**\*\*These sessions are for SPRING 2022: April 4 - July 1\*\***

**Sessions are listed in Central Time (CT)**

# Arts & History

## Great Opera Choruses **NEW**

**Wednesday, 6/29**

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

Nothing gets much grander than a chorus performed in an opera. Join us as former Austin Opera Chorus Master Marc Erck shares insights into preparing and performing great opera choruses from a wide selection of the opera repertoire.

*Presented by Debra and Marc Erck*

## Historical True Crime

**Tuesday, 6/28**

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

Join us for more of Austin's true crime history. Jenna will 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*

## Harmless Harmonies

**Tuesday, 5/3**

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

Join us for a SING-A-LONG saluting Broadway! Debra will lead us as we sing and celebrate the best of Broadway, from stage to screen. All are welcome, whether you can carry a tune or not. The mic will also be open for those who are feeling up for a solo.

*Facilitated by Debra Erck*

**"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 2022: April 4 - July 1\*\***

**Sessions are listed in Central Time (CT)**

# Health & Wellness

## Nutrition Series

**NEW**

**Select Thursdays at 2:00 pm - 3:00 pm (CT):**

### **4/14 It's In The Air**

Seasonal allergy symptoms are often caused by our immune system reacting to harmless airborne substances like pollen. Learn what nutrients and foods help support a balanced immune response to airborne irritants.

### **5/12 Rockstar Lung & Respiratory Support**

In this session, you'll learn various factors that can affect lung and respiratory function, as well as simple changes you can make with diet, lifestyle, and supplements to maintain rockstar lung and respiratory health.

### **6/23 Young at Heart Healthy Aging with CoQ10**

Did you know that energy, heart health, and healthy aging all require the antioxidant Coenzyme Q10 (CoQ10) at the cellular level? Learn how to support your cells by adding CoQ10 to your daily regimen.

*Presented by Randi Holder, Community Health Coach with Natural Grocers*

## **COVID-19 Updates from Austin Public Health**

**Select Mondays - 4/18, 5/16, 6/13**

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

Angie McFadden with Austin Public Health will continue to providing updates on COVID-19 and answer 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*

## **Living Well with Vision Loss**

**Select Tuesdays - 4/19, 5/17, 6/21**

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

Join us 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. 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*

## Special Interest

### Training and Support for LCWW Video Sessions

4/11 at 2:30 pm - 3:30 pm (CT)

5/17 at 2:00 pm - 3:00 pm (CT)

Please attend one of these sessions before your first video session. The conferencing system we use can a bit tricky, so we want to make sure you don't have any tech issues before you join your first session by video. You must register for these training sessions so we can email you the link to join.

*Facilitated by LCWW Program Staff*

### Medicare Minutes

4/12 at 10:30 am - 11:30 am (CT)

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

5/10 at 10:30 am - 11:30 am (CT)

5/26 at 2:30 pm - 3:30 pm (CT)

6/6 at 2:30 pm - 3:30 pm (CT)

6/23 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 its future.

*Presented by LCWW Program Staff*



Lifetime Connections Without Walls is part of a international network of programs just like ours. Would you like to be matched up with a pen pal in a Canadian Without Walls program? Let us know and we'll share the details.

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**Sessions are listed in Central Time (CT)**

## Special Interest

### Climate Change Issues **NEW**

**Select Thursdays - 4/7, 4/14, 4/21, 4/28, 5/12, 5/26, 6/9**

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

In these sessions, we will discuss issues surrounding climate change, the global tipping points, and Earth's history of extinctions. There are groups advocating for immediate action dealing with the threats of climate change. We will learn how we can participate in these groups and hopefully help steer us in the right direction.

*Facilitated by Linda Adair*

### Celebrating Juneteenth **NEW**

**Wednesday, 6/15**

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

Join us for this session in which we celebrate Juneteenth, the day that enslaved Texans learned about their freedom. 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*

### What is Pride Month and Why Does It Matter? **NEW**

**Wednesday, 6/15**

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

Each year Gay, Lesbians, Bisexuals and Transgender Persons celebrate Pride month. What's that all about? When did it start and why should I care about it? The first step to understanding Pride is learning about the diverse Gay, Lesbian, Bisexual and Transgender community, along with its history of discrimination and advancements. That's all part of understanding Pride.

*Presented by Fred Lugo and Richard Bondi, Coming of Age*

**\*\*These sessions are for SPRING 2022: April 4 - July 1\*\***  
**Sessions are listed in Central Time (CT)**



# Presentations



## 1904 Olympic Marathon **NEW**

**Tuesday, 4/26**

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

The 1904 Olympic Games, America's first Olympics, may have been its worst, or at least its most bizarre. In 1904, St. Louis hosted the Olympic Games as part of the World's Fair and produced a spectacle that incorporated all the mischief of the midway.

*Presented by Danielle Whitaker, Aging is Cool*



## Alcatraz **NEW**

**Tuesday, 5/10**

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

Imagine a prison with no outer wall or fence, no keys to the jail doors but sitting on a rock island in the middle of the San Francisco bay, is supposedly the most secure prison on the planet. Welcome to Alcatraz! In this presentation, learn about the history of the prison and some of the most infamous prisoners who resided there.

*Presented by Danielle Whitaker, Aging is Cool*



## A Pirate's Life for Me **NEW**

**Tuesday, 6/14**

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

Ahoy matey! What did the pirate life really look like? Did they actually make their enemies walk the plank? Who were some of the world's most famous pirates? Come join us for this sea-faring adventure.

*Presented by Danielle Whitaker, Aging is Cool*

**"Several sessions have enhanced my learning and inspired me."**

*Lifetime Connections Without Walls participant*

**\*\*These sessions are for SPRING 2022: April 4 - July 1\*\***

**Sessions are listed in Central Time (CT)**

# Museum Tours



## Guo Pei: Couture Fantasy

NEW

Thursday, 6/9

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

*Guo Pei: Couture Fantasy* celebrates the extraordinary designs of Guo Pei, hailed as China's first couturier, and includes more than 80 works from the past two decades highlighting her most important collections shown on Beijing and Paris runways. Through exquisite craftsmanship, lavish embroidery, and unconventional dressmaking techniques, Guo Pei creates a fantasy that fuses the influences of China's imperial past, decorative arts, European architecture, and the botanical world. Through her extraordinary fashions, the exhibition reveals the trajectory of Guo Pei's career as remarkable yet emblematic of China's emergence as a leader in the fashion world in the early twenty-first century.

*Presented by Maureen Murray Fox, Fine Arts Museums of San Francisco*



## La Belle: The Ship That Changed History

NEW

Wednesday, 6/22

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

In 1684, French explorer René-Robert Cavelier, Sieur de La Salle, led an expedition to North America with four vessels. Instead of securing colonies, trade routes and silver for France, La Salle lost the ships and failed the expedition. 300 years later, archeologists discovered the ship *La Belle* on the coast of Texas. This shipwreck and its cargo are now permanently on display at the Bullock Museum. Discover how this historic voyage, its consequences and successes, changed the course of Texas history.

*Presented by Anna Marie Novoa, Bullock Texas State History Museum*

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

**\*\*These sessions are for SPRING 2022: April 4 - July 1\*\***  
**Sessions are listed in Central Time (CT)**

# Brain & Body Health

## Stay Smart

**Select Mondays - 4/25, 5/23, 6/27**

**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 Danielle Whitaker, Aging is Cool*



## Chair Yoga\*

**Every other Wednesday - 4/13, 4/27, 5/11, 5/25, 6/8, 6/22**

**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 - 4/6, 4/20, 5/4, 5/18, 6/1, 6/15, 6/29**

**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.**

**\*\*These sessions are for SPRING 2022: April 4 - July 1\*\*  
Sessions are listed in Central Time (CT)**

# Support & Spirituality

## Praying with Scripture to Hear God's Voice

**Every Monday** - except 5/30 and 6/20 (LCWW office closed for holidays)

**11:00 am - 12:00 pm (CT)**

Using the Bible, we will read and meditate on a passage from Scripture following the format of Lectio Divina. Our goal is to derive a deeper understanding not just of what the Scripture means or is saying, but of what God is saying to each of us individually in that passage. Please have ready a Bible, paper and pen, and be in a quiet place, away from distractions. Participants from all religious faith are welcome.

*Facilitated by Dan Lupo*

## Grief and Loss Support Group

**Select Fridays** - 4/8, 4/15, 4/22, 4/29, 5/6, 6/3, 6/10, 6/17, 6/24, 7/1

**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. Master's level counseling interns with The Christi Center, a local nonprofit grief support center, will be facilitating this group. Kathryn Malone and Kristen Nordeen, who have been facilitating for the past few months, will facilitate the April and May sessions. New facilitators Kelsey Mayes and Karen Dyre will facilitate the June and July sessions.

*Facilitated by The Christi Center*

**\*\*These sessions are for SPRING 2022: April 4 - July 1\*\***  
**Sessions are listed in Central Time (CT)**

# LCWW Program Sessions

## Share & Learn

4/5 at 2:00 pm - 2:30 pm (CT)

5/4 at 1:30 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*

## Summer 2022 Sneak Peek

Thursday, 6/16

3:30 pm - 4:00 pm (CT)

Join us to hear about our summer 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](mailto:lcww@familyeldercare.org), or access registration form on our website.

*Facilitated by LCWW Program Staff*



**"I'm really enjoying the interesting, often inspiring topics, and this opportunity to learn. I've sensed the camaraderie and support among participants, and this helps lift the ongoing feeling of isolation so many of us are feeling now."**

*Lifetime Connections Without Walls participant*

**\*\*These sessions are for SPRING 2022: April 4 - July 1\*\***

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## Program Sponsors

Lifetime Connections Without Walls is brought to you through the generous support from 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 virtual community.

**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 an international network offering older adults opportunities to connect to sessions by phone or video. Below are the other U.S. programs in the Without Walls network. **Each program is open to older adults across the country, just like ours.** You may contact each program directly to request their program schedule.



**DOROT University Without Walls**  
(877) 819-9147  
[www.dorotusa.org](http://www.dorotusa.org)



**Mather Lifeways**  
(888) 600-2560  
[www.matherlifeways.org](http://www.matherlifeways.org)



**Well Connected**  
A COVIA COMMUNITY SERVICE

**Well Connected**  
(877) 797-7299  
[www.covia.org](http://www.covia.org)  
\*also 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](mailto:lcww@familyeldercare.org).**

## Family Eldercare

In addition to the Lifetime Connections Without Walls program, which serves older adults across the U.S., Family Eldercare provides other services for older adults and adults with disabilities in the Austin, Texas area. Please contact us at the phone numbers below for more information or learn more online at [www.familyeldercare.org](http://www.familyeldercare.org).

### **In-Home Counseling**

(512) 483-3556

### **Financial & Housing Stability**

(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](http://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](http://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](http://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](http://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](http://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](http://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

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[www.familyeldercare.org](http://www.familyeldercare.org)