

A PROGRAM OF FAMILY ELDERCARE

# Lifetime Connections Without Walls

Virtual community for older adults

SUMMER 2022

July 5 - Sept 30



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 the donate section at the end of this catalog for details on how to support our program so that we can continue to offer it 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 13 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. Our conferencing system allows participants to connect by phone or video.*

**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

## SUMMER 2022 Program Schedule July 5 - September 30

The following pages list the sessions for our SUMMER 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: Art of the Fold **NEW**

Select Tuesdays - 8/23, 8/30, 9/6, 9/13, 9/20, 9/27  
1:00 pm - 2:00 pm (CT)

**DEADLINE TO REGISTER FOR THIS FREE WORKSHOP IS AUGUST 3**

This summer, **Art Spark Texas** invites you to try your hand at book-making in our six-week workshop, the “**Art of the Fold.**” Each week we will discover new folds and techniques that create highly personal and unique books. In this workshop you will learn accordion books, pamphlet zine books, pop-up cards, and more. This workshop combines paper crafting with mixed media art supplies, and is accessible to all skill levels. Join us this summer and learn the Art of the Fold!

**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 SUMMER 2022: July 5 - Sept 30\*\*  
Sessions are listed in Central Time (CT)**

# Conversation

## Coffee Talk

Every Wednesday - except 7/6

**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 9/5 (LCWW closed for Labor 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, 7/27

**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 SUMMER 2022: July 5 - Sept 30\*\***  
**Sessions are listed in Central Time (CT)**

# Fun & Games

## Name That Tune

**Every Wednesday - except 7/27 and 8/24**

**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 - except 7/22**

**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 LCWW Program Staff*

## 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*

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# Travel & Culture



## Armchair Traveling

**Select Wednesdays - 7/6, 7/13, 7/20, 8/3, 8/10, 8/17**

**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 - 7/14, 7/28, 8/11, 8/25, 9/8, 9/22**

**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 SUMMER 2022: July 5 - Sept 30\*\***

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

# Arts & History

## Harmless Harmonies

**Monday, 7/25**

**2:30 pm - 3:30 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. *\*This is the make-up session from our spring schedule. Facilitated by Debra Erck*

## Opera Insights with Debra and Marc **NEW**

**Monday, 8/29**

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

Join us for our quarterly session with opera experts and dynamic duo, Debra and Marc Erck. Debra is the former Director of Education and Marc is the former Chorus Master at Austin Opera. Debra and Marc will share their insights, enlighten us on all-things opera, and may even treat us by signing a line or two.

*Presented by Debra and Marc Erck*

## Historical True Crime

**Tuesday, 9/27**

**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*

**"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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# Health & Wellness

## Nutrition Series **NEW**

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

### **7/7 Maintaining Muscle Mass**

It's never too early or late to improve muscle health and overall health. After age 30, we can lose 3 to 8 percent of our muscle mass each decade. Learn how to maintain muscle mass now, and well into the future, with key foods and supplements all recommended by science-based research. Stay strong and muscle on!

### **8/4 The War on Salt**

We've seen the headlines and dietary guidelines urging Americans to cut down on salt. However, research now suggests that these claims should be taken with a grain of salt. In fact, for most Americans, more salt, not less, is better for our health. Join us and discover how adding more salt to your diet can support overall health, including heart health, exercise performance, and healthy weight maintenance.

### **9/1 Omegas Oh My!**

Ever wonder what makes Omega-3s so essential to our quality of life? These unique fats found in fish are vital to optimal health and play a key role in brain, heart, weight, and joint health. Fortunately, you can begin to live with vitality again at any age, by adding these important fats into your daily routine. We'll discuss specific foods and supplements to help you live your best life yet.

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

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

**Select Mondays - 7/18, 8/15, 9/19**

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

Angie McFadden with Austin Public Health will continue to provide 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*

**\*\*These sessions are for SUMMER 2022: July 5 - Sept 30\*\*  
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# Special Interest

## Time Travel With Me

**RETURNING SESSION**

**Every Monday** - except 9/5 (LCWW closed for Labor Day)

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

Let's step back in time and visit with some of the men and women who impacted our lives with their courage, creativity, and dedication. We will also look at how small inventions changed the way we work and live. The more we know about our past, the better equipped we are to live our future.

*Presented by Deborah Elliott*

## Reminiscing Series with ACC Students

**NEW**

**Select Tuesdays** - 7/5, 7/12, 7/19, 7/26

**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, indulge in enjoyable recollection of past events, and make new friends. We hope you will join us. Reminiscing can be good for your mind, memory, and mood.

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

## Voting in the 2022 Midterms

**NEW**

**Tuesday, 8/16**

**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 about voting in the upcoming midterms.

\*Since the voting process varies by state, this session will only address the voting process in Texas and the Austin area. However, online resources will be discussed for those across the U.S., such as [www.register2vote.org](http://www.register2vote.org) and [www.vote411.org](http://www.vote411.org),

*Presented by Valerie DeBill, League of Women Voters Austin Area*

**\*\*These sessions are for SUMMER 2022: July 5 - Sept 30\*\***  
**Sessions are listed in Central Time (CT)**

# Special Interest

## Training and Support for LCWW Video Sessions

**Tuesday, 8/2**

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

Have you tried one of our video sessions yet? Do you have questions or aren't sure how it works? Please join us for this session so we can show you how they work and answer any questions you may have. \*Please note: you must register for this session so we can email you the link to join the session.

*Facilitated by LCWW Program Staff*

## Medicare Minutes

**7/12 at 10:30 am - 11:30 am (CT)**

**7/26 at 10:30 am - 11:30 am (CT)**

**8/9 at 2:30 pm - 3:30 pm (CT)**

**8/23 at 10:30 am - 11:30 am (CT)**

**9/6 at 10:30 am - 11:30 am (CT)**

**9/21 at 1:00 pm - 2:00 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.

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.

**\*\*These sessions are for SUMMER 2022: July 5 - Sept 30\*\***  
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# Presentations



## Route 66

NEW

Thursday, 7/21

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

Get your kicks on Route 66! The highway, which became one of the most famous roads in the United States, originally ran from Chicago, Illinois, through Missouri, Kansas, Oklahoma, Texas, New Mexico, and Arizona before terminating in Santa Monica in Los Angeles County, California. Let's take a trip down Route 66!

*Presented by Danielle Whitaker, Aging is Cool*



## National Parks

NEW

Tuesday, 8/9

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

The United States has 63 protected areas known as national parks. Join us for some highlights and history of some of the most beautiful and scenic national parks across the country including Yellowstone, Yosemite, and the Everglades.

*Presented by Danielle Whitaker, Aging is Cool*



## Weird Texas Museums

NEW

Tuesday, 9/13

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

Texas has some notable museums including The Bob Bullock Museum in Austin, The Houston Museum of Natural Science, The NASA Space Museum in Houston, The Museum of Art in Dallas and Three Presidential Libraries, just to name a few! But we are not going to talk about those today. We are going to focus on the small, the weird, the strange, the unusual little museums that are scattered around the Lone Star State.

*Presented by Danielle Whitaker, Aging is Cool*

**\*\*These sessions are for SUMMER 2022: July 5 - Sept 30\*\***  
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# Museum Tours



## Behind the Scenes at Bouquets to Art **NEW**

Thursday, 8/18

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

Have you ever wondered how Bouquets to Art started and became one of the most popular events at the Fine Arts Museums of San Francisco? Have you ever marveled at the floral designs and the floral artists who created them, and admired the materials used? This session will reveal the behind-the-scenes to make this highly successful event happen each year. In addition, you will see the works of art in the museum's collection and how floral artists have interpreted them in their designs. Now in its thirty-seventh year, discover what's in store for this year's beloved event at the deYoung Museum. *Presented by Maureen Murray Fox, Fine Arts Museums of San Francisco*



## Faith Ringgold **NEW**

Thursday, 9/29

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

Artist, author, educator, and organizer Faith Ringgold is one of the most influential cultural figures of her generation, with a career linking the multidisciplinary practices of the Harlem Renaissance to the political art of young Black artists working today. For sixty years, Ringgold has drawn from both personal autobiography and collective histories to both document her life as an artist and mother and to amplify the struggles for social justice and equity. From creating some of the most indelible artworks of the civil rights era to challenging accepted hierarchies of art versus craft through her experimental story quilts, Faith Ringgold has produced a body of work that bears witness to the complexity of the American experience.

*Presented by the Fine Arts Museums of San Francisco*

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

**\*\*These sessions are for SUMMER 2022: July 5 - Sept 30\*\*  
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# Brain & Body Health

## Stay Smart

**Select Mondays - 7/11, 8/8, 9/12**

**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 - 7/6, 7/20, 8/3, 8/17, 8/31, 9/14, 9/28**

**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 - 7/13, 7/27, 8/10, 8/24, 9/7, 9/21**

**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 SUMMER 2022: July 5 - Sept 30\*\*  
Sessions are listed in Central Time (CT)**

# Support

## Living Well with Vision Loss

**Select Tuesdays - 7/19, 8/16, 9/20**

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

Join us to learn about tips and tricks for living well with vision loss. Neva 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*

## Grief and Loss Support Group

**Every Friday - except 8/12, 8/19, 8/26**

**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 nonprofit grief support center in Austin, will facilitate this group. Kelsey Mayes and Karen Dyre will continue facilitating into August. Molly Young will facilitate in September.

*Facilitated by The Christi Center*

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

*Lifetime Connections Without Walls participant*

**\*\*These sessions are for SUMMER 2022: July 5 - Sept 30\*\*  
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# LCWW Program Sessions

## Share & Learn

**Tuesday, 8/2**

**2:00 pm - 2:30 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*

## Fall 2022 Sneak Peek

**Thursday, 9/15**

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

Join us to hear about our fall 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 SUMMER 2022: July 5 - Sept 30\*\*  
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**\*\*These sessions are for SUMMER 2022: July 5 - Sept 30\*\***  
**Sessions are listed in Central Time (CT)**

## 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.** Contact each program directly to request their program schedule.



**Well Connected**  
CREATING COMMUNITY

## **Well Connected**

(877) 797-7299

[connections@frontporch.net](mailto:connections@frontporch.net)

[wellconnectedprogram.org](http://wellconnectedprogram.org)

*\*also offers Spanish programming through their sister program, **Well Connected Español***



## **University Without Walls**

(877) 819-9147

[info@dorotusa.org](mailto:info@dorotusa.org)

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



## **Senior Center Without Walls**

(262) 658-3508

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



# 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 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)