

A PROGRAM OF FAMILY ELDERCARE

Lifetime Connections Without Walls

Virtual community for older adults



WINTER 2023

January 3 - March 31



CONTACT US TO REGISTER

(888) 500-6472

lcww@familyeldercare.org

VISIT US AT 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 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 18 for training session 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.

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 2023 Program Schedule January 3 - March 31

The following pages list the sessions for our WINTER 2023 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: Winter Watercolor Journey

NEW

Select Tuesdays - 2/21, 2/28, 3/7, 3/14, 3/21, 3/28
1:00 pm - 2:00 pm (CT)

DEADLINE TO REGISTER FOR THIS FREE WORKSHOP IS JANUARY 19

This winter, join **Art Spark Texas** for a journey through the world of watercolor painting. This fun art workshop will take you through six weeks of watercolor based projects including collage, landscape, and still life inspired by exotic locations. We'll use our imaginations to explore the globe and create pictures that reflect our travels. Come journey with us!

All registered participants will be mailed the materials for all six 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 so much.



****These sessions are for WINTER 2023: January 3 - March 31**
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 some play trivia, and connect with each other.

Facilitated by LCWW program staff

Gratitude

Every Monday - except 1/16 (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, 1/25

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://abiento.frontporch.net/conference/Across_the_Miles_/en

Facilitated by the Without Walls network staff

****These sessions are for WINTER 2023: January 3 - March 31****

Sessions are listed in Central Time (CT)

Fun & Games

Name That Tune

NEW DAY & TIME

Select Tuesdays - 1/3, 1/24, 1/31, 2/7, 2/14, 2/28, 3/7, 3/14

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

Join Chris 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

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

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 LCWW Program Staff

**"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 - 1/4, 1/11, 1/18, 1/25, 2/1, 2/8

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 - 1/5, 1/19, 2/2, 2/16, 3/2, 3/16, 3/30

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

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Rainbow Connections ATX



Queertopia

NEW

Tuesday, 1/10

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

Since 2020, with funding only from Instagram donations, Queertopia has helped place almost 100 Black, Brown, and Trans Austinites into housing who were not connected to government resources. Join us for this important session to learn about Queertopia and the work they're doing to end homelessness in the LGBTQ+ community.

Presented by Danielle Reichman, Queertopia



Austin LGBTQ Quality of Life Commission

NEW

Tuesday, 2/14

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

Austin's LGBTQ Quality of Life Advisory Commission is actively working to better understand the LGBTQIA+ community's strength and diversity, as well as more effectively advocating for its needs. Join us for this informative session to learn about the commission and their important work in the Austin community.

Presented by Charles Curry, LGBTQ Quality of Life Advisory Commission



*Family Eldercare's new program, **Rainbow Connections ATX**, strives to improve the quality and vitality of life for LGBTQIA2+ older adults by providing connections, support, and advocacy in the greater Austin area.*

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Special Interest



Book Club

NEW

Select Mondays - 1/30, 2/27, 3/27

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

Do you enjoy reading? Please join Ann, an avid reader, for this new book club to share our thoughts and hear others share theirs. The following lists the name of the books and the dates we'll discuss them. You'll want to have read the book by the date listed below. Hope you'll join us!

January 30: *An American Marriage* by Tayari Jones

February 27: *A Man called Ove* by Fredrik Backman

March 27: *Nightingale* by Kristin Hannah

Facilitated by Ann Bartelstein

Writer's Workshop

RETURNING SESSION

Every Monday - except 1/16 (LCWW closed for MLK, Jr. Day)

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

Let's step back in time and visit some historic events. Plan on writing some fictional stories where you add yourself to the events that shaped our world. You will also be writing a personal journal each week as a way of sharing your life with your family. Join us if you're ready to write.

Facilitated by Deborah Elliott

**"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

Create a Healthy Home **NEW**

Thursday, 3/23

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

We've all heard horror stories of someone suffering from a chronic illness due to a mold infestation in their home. But, did you know that there are a lot of other toxic compounds found in your home, like constant exposure to electromagnetic frequencies, that may be damaging your health? Get all the tips and tricks on creating a healthy home environment.

Presented by Randi Holder, Natural Grocers

Maximize Your Healthspan **NEW**

Thursday, 1/12

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

We all desire to live a long and healthy life. But are those extra trips around the sun really quality healthy years added? The reality is that for most of us, our lifespan far exceeds our healthspan, meaning there is a gap between the number of years we live and the number of years we live healthfully.

Maximizing your healthspan is all about learning how to put health back into your years, so you can live life to the fullest.

Presented by Kevin Iski, Natural Grocers



Creating Your Health and Longevity Vision **NEW**

Tuesday, 1/17

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

Participants will learn about sustainable behavior changes as they are guided through an evidence-based process to create long-term and short-term goals, along with actionable next steps to take for the betterment of their health and well-being.

Presented by Sarah Nielson, Aging is Cool

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Presentations



Native Americans **NEW**

Thursday, 2/23

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

Come explore the past and present of the Navajo, Cherokee, Sioux, Chippewa and Comanche tribes of North America.

Presented by Danielle Whitaker, Aging is Cool



Women Who Changed the World **NEW**

Thursday, 3/23

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

Join us for a popular annual session celebrating International Women's Day. From science to politics, to mathematics and space, women have played a part in changing the world often blazing the trail while battling adversity. Without each one of their contributions, our world wouldn't be what it is today.

Presented by Danielle Whitaker, Aging is Cool



Love Notes Chorus **NEW**

Tuesday, 3/14

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

Love Notes, sponsored by Music Memories Austin, is Austin's first choir dedicated to providing those with early-stage memory loss, their care partners, and volunteers with an opportunity to perform and share the joy of music in a community setting. Learn about this amazing group, how it was founded, and upcoming performances.

Presented by Susie Higley, Music Memories Austin

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

Lifetime Connections Without Walls participant

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Alzheimer's Educational Series



Understanding Alzheimer's & Dementia **NEW**

Tuesday, 1/24

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

In this first of a three-part educational series about Alzheimer's, we will take a look at Alzheimer's and dementia to give you a broad understanding of each. We'll cover the difference between Alzheimer's and dementia and explain how Alzheimer's disease affects the brain. We'll also cover the risk factors of Alzheimer's and review its three stages.

Presented by Richard Bondi, Family Eldercare



10 Warning Signs of Alzheimer's **NEW**

Tuesday, 2/28

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

In this session, we'll explore the most common warning signs of Alzheimer's to inform you about what is normal aging and what is not. We'll cover typical age-related memory loss, thinking or behavior changes, and how those differ from common warning signs of Alzheimer's and dementia.

Presented by Richard Bondi, Family Eldercare



Understanding Dementia-Related Behavior **NEW**

Tuesday, 3/28

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

In this session, we will cover some of the challenging behavioral aspects of Alzheimer's disease and strategies you can use to help address them. We'll explain how to identify common triggers for behaviors associated with dementia and the process of assessing and identifying challenging behaviors.

Presented by Richard Bondi, Family Eldercare

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Brain Health

Brain Boosters

Select Tuesdays - 1/31, 2/21, 3/21

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

Created by AGE of Central Texas' evidence informed approach, join us for brain boosters! Together, as a group, we will get our brains moving and groovin' to become more resilient and maintain what we already have. Interactive trivia, word games, puzzles and more that challenge and exercise your brain, build confidence, and have fun!

Presented by Anna Tutum, AGE of Central Texas

Stay Smart

Select Mondays - 1/9, 2/13, 3/6

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

“When I found LCWW and started participating, it felt like a breath of fresh air blew my way. Connecting on the phone has given me hope, comfort, something to look forward to, laughter, stimulation for my brain, and connection. It has truly helped me in so many ways.”

*Lifetime Connections Without Walls
participant*



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Fitness & Health Updates



Chair Yoga*

Every other Wednesday - 1/11, 1/25, 2/8, 2/22, 3/8, 3/22

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. 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 - 1/4, 1/18, 2/1, 2/15, 3/1, 3/15, 3/29

9:30 am - 10:00 am (CT)

Join us for an all-over workout focused on developing stronger muscles and a strong heart. Can be adapted for seated participants. **First-time exercise participants are required to sign a physical waiver.**

Facilitated by Becky Shidlofsky, Aging is Cool

COVID-19 Updates from Austin Public Health

Select Mondays - 1/23, 2/20, 3/20

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

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

Presented by Angie McFadden, Austin Public Health

Medicare Minutes

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

Tuesday, 2/7 at 2:00 pm - 3:00 pm (CT)

Wednesday, 3/22 at 2:00 pm - 3:00 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.

Presented by LCWW Program Staff

****These sessions are for WINTER 2023: January 3 - March 31****

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Spirituality & Support

Praying to Hear God's Voice

Every Thursday - except 2/16

10:00 am - 11:00 am (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 Deacon Dan Lupo

Living Well with Vision Loss

Select Tuesdays - 1/17, 2/21, 3/21

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

"I've been alone since Covid. Finding you all has been wonderful for me. I am a telephone person and I enjoy hearing from others in different places. Texas program feels relaxed and we laugh and I get to connect with others. I've learned things too."

Lifetime Connections Without Walls participant

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LCWW Program Sessions



Training for LCWW Video Sessions

Wednesday, 1/18

2:30 pm - 3:30 pm (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

Share & Learn

Wednesday, 2/15

2:00 pm - 3:00 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, 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.

Facilitated by LCWW Program Staff

Spring 2023 Sneak Peek

Wednesday, 3/15

2:00 pm - 2:30 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 our registration form on our website.

Facilitated by LCWW Program Staff

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



Well Connected
CREATING COMMUNITY

Well Connected

(877) 797-7299

connections@frontporch.net

wellconnectedprogram.org

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



University Without Walls

(877) 819-9147

info@dorotusa.org

www.dorotusa.org



Senior Center Without Walls

(262) 658-3508

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.

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.

In-Home Counseling

(512) 483-3556

Financial & Housing Stability

(512) 450-0844

Rainbow Connections ATX

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

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



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1700 Rutherford Lane

Austin, Texas 78754

(888) 500-6472

www.familyeldercare.org