A PROGRAM OF FAMILY ELDERCARE

Lifetime Connections Without Walls
Virtual community for older adults

SUMMER 2023
July 1 - Sept 30

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

VISIT US AT WWW.FAMILYELDERCARE.ORG
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 receive step-by-step instructions when you register.
• If you need assistance with joining by video, please reach out to us.

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.

Please reach out and contact us if you have questions:
(888) 500-6472 or lcww@familyeldercare.org
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.*
SUMMER 2023 Program Schedule  
July 1–September 30

The following pages list the sessions for our SUMMER 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
**Art Workshop: Art and Experience**

Select Tuesdays - 8/22, 8/29, 9/5, 9/12, 9/19, 9/26
1:00 pm - 2:00 pm (CT)

**DEADLINE TO REGISTER FOR THIS FREE WORKSHOP IS AUGUST 2**

This summer, join **Art Spark Texas** to experience art through a variety of mediums. This fun workshop series is sure to take your creativity to the next level as we explore the connections between music-making, painting, and poetry. Throughout our six weeks together, we will learn techniques and methods for translating music into paintings, paintings into poetry, and poetry into music, and then do it all over again. Come create 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.

**“Painted for the first time in my life and I’m 80 years old. Loved it!”**

*Lifetime Connections Without Walls participant*

**These sessions are for SUMMER 2023: July 1 - Sept 30**

Sessions are listed in Central Time (CT)
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 9/4 (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, 7/26
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 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 SUMMER 2023: July 1 - Sept 30**
Sessions are listed in Central Time (CT)
Fun & Games

Name That Tune
Every Tuesday - except 7/4, 7/18, 8/15, and 9/19
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: there is currently a wait list for this 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

**These sessions are for SUMMER 2023: July 1 - Sept 30**
Sessions are listed in Central Time (CT)
Travel & Culture

Armchair Traveling
Select Wednesdays - 8/16, 8/23, 8/30, 9/6, 9/13, 9/20
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 - 7/6, 7/20, 8/3, 8/17, 8/31, 9/14, 9/28
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 2023: July 1 - Sept 30**
Sessions are listed in Central Time (CT)
**Special Interest**

**Harmless Harmonies (SING-A-LONG)**

**Wednesday, 7/12**

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

July Fourth may have passed, but it’s not too late to have a patriotic sing-a-long to celebrate our nation’s birthday. Songs will include well-known favorites, such as “America, the Beautiful” and “This Land is Your Land.” All are welcome, whether you can carry a tune or not!

*Presented by Debra Erck*

**Book Club**

**Select Mondays - 7/24 and 9/18**

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

Do you enjoy reading? Please join Ann, an avid reader, for this newish book club to share your 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!

*July 24: The Guest List by Lucy Foley*

*September 18: Miss Benson’s Beetle by Rachel Joyce*

*Facilitated by Ann Bartelstein*

**Historical True Crime**

**Thursday, 9/28**

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*

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**These sessions are for SUMMER 2023: July 1 - Sept 30**

Sessions are listed in Central Time (CT)
**Alzheimer’s Association Educational Series**

Select Tuesdays at 3:00 pm - 4:00 pm (CT):

7/25 **Introduction to Alzheimer’s**

This introduction to Alzheimer's explains how it fits in with other types of dementia. We’ll go into some of the risk factors for Alzheimer’s, touch on the 10 warning signs, and discuss the importance of early diagnosis. This presentation is shorter than most in this series, to allow plenty of time to address your questions about Alzheimer's, so please bring your questions.

8/22 **Local Research and Clinical Trials**

There’s an abundance of Alzheimer’s research being done, along with clinical trials, right here in our own backyard! Learn about the studies and the different approaches to understanding this disease. Here about the local clinical trials and the interesting discoveries and approaches being tested in the trial. Most of these want persons both with Alzheimer's and without so they have a baseline for comparison. Find out all this and more.

9/26 **Warning Signs of Alzheimer’s**

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, Alzheimer’s Association Educational Trainer*

**Special Interest**

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

*Lifetime Connections Without Walls participant*

**These sessions are for SUMMER 2023: July 1 - Sept 30**

Sessions are listed in Central Time (CT)
Foster Grandparent Program

Wednesday, 8/2
2:00 pm - 3:00 pm (CT)
Join us to learn about the Foster Grandparent Program. This wonderful program, which is part of the nation’s Senior Corps programs, connects older volunteers (ages 55+) with young children to provide one-on-one emotional support, mentoring, and tutoring to children with exceptional needs in childcare, Headstart programs, public schools, and after-school programs. Join us to hear more and how you can get involved in your local Foster Grandparent Program.

Presented by Diane Rouda, Foster Grandparent Program

Texas Legal Services Center

Wednesday, 8/30
2:30 pm - 3:00 pm (CT)
Founded in 1981, Texas Legal Services Center (TLSC) is a nonprofit organization that provides legal advice, advocacy, representation, and education to underserved people across the state. With more than a dozen practice areas, their work touches almost every aspect of civil law that impacts low-income Texans. Join us to learn more about TLSC’s services.

Presented by Paul Zambie, Texas Legal Services Center

Medicare Minutes

Select Tuesdays - 7/11, 8/8, 9/12
2:30 pm - 3:30 pm (CT)
Every year, millions of dollars are lost to Medicare fraud, abuse, and errors. 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 SUMMER 2023: July 1 - Sept 30**
Sessions are listed in Central Time (CT)
Reminiscing Series with ACC Students

Select Wednesdays - 7/5, 7/12, 7/19, 7/26
1:00 pm - 2:00 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. Reminiscing can be good for your mind, memory, and mood. Students will facilitate this sessions. Topics include:

- Session 1: Travel
- Session 2: Milestones
- Session 3: Hobbies
- Session 4: Music

NEW

**These sessions are for SUMMER 2023: July 1 - Sept 30**
Sessions are listed in Central Time (CT)
Music of Motown

Tuesday, 7/18
2:00 pm - 3:00 pm (CT)
Motown began as record company and eventually became a musical movement. Learn about its history, the predominant artists and sing along to some of the hits. *This session is a redo due to technical difficulties with the spring session.

Presented by Danielle Whitaker, Aging is Cool

Health Matters Series: Sleep

Tuesday, 8/15
2:00 pm - 3:00 pm (CT)
Sleep is essential for good health and well-being, and it can help to improve cognitive function, memory, mood, and overall health. This session will cover the benefits of sleep for older adults, insomnia, and tips for getting a good night's sleep.

Presented by Sarah Nielson, Aging is Cool

Mysteries of the World

Wednesday, 9/13
2:30 pm - 3:30 pm (CT)
Join us to discover some of the secrets of the world and the theories that surrounds these unusual spaces and objects.

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

**These sessions are for SUMMER 2023: July 1 - Sept 30**
Sessions are listed in Central Time (CT)
The Tudors: Art & Majesty in Renaissance England

Thursday, 8/10
2:30 pm - 3:30 pm (CT)

From Henry VIII to Elizabeth I, the monarchs of England’s Tudor Dynasty have captured the public imagination for 500 years. The Tudors: Art and Majesty in Renaissance England is the first major American exhibition of Tudor portraiture and decorative arts, and the Legion of Honor is the exclusive West Coast museum to showcase these masterworks. Featuring paintings, sculpture, tapestries, and stained glass by some of the finest European craftspeople of the sixteenth-century, this talk will take you back to the lavish court of the Tudors and show how the arts flourished under their patronage. Don’t miss the opportunity to learn how the Tudors reshaped the royal image in England during a turning point in world history.

Presented by Anne Burns Johnson, The Fine Arts Museums of San Francisco

The Harmon and Harriet Kelley Collection of African American Art: Works on Paper

Wednesday, 8/23
2:30 pm - 3:30 pm (CT)

Join us and explore the carefully curated art collection of The Harmon and Harriet Kelley Collection of African American Art: Works on Paper which highlights the importance of 19th, 20th, and 21st century African American artists. Learn about pivotal moments in history viewed through the lens of artists in the form of intimate drawings, pastels, bright abstract acrylics, lithographs, and more.

Presented by Lindsay Muncy, Bullock Texas State History Museum

Museum Tours

Museum images will be sent to registered participants.

**These sessions are for SUMMER 2023: July 1 - Sept 30**

Sessions are listed in Central Time (CT)
Stay Smart
Select Mondays - 7/17, 8/28, 9/25
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 - 7/12, 7/26, 8/9, 8/23, 9/6, 9/20
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 - 7/5, 7/19, 8/2, 8/16, 8/30, 9/13, 9/27
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.
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 2023: July 1 - Sept 30**
Sessions are listed in Central Time (CT)
Support

Coping with Loneliness & Social Isolation
Every Thursday - except 9/28
11:00 am - 12:00 pm (CT)
Making connections with peers and staying connected with family and friends can be challenging to navigate in a technology-forward world or when experiencing symptoms of depression and anxiety. Join us for a peer support group to learn tips and strategies for finding and making meaningful connections with others while coping with loneliness and isolation. Please note that this is a peer support group led by group facilitators, not a psychotherapy support group. Master's level counseling interns at Family Eldercare will facilitate this group.
*Facilitated by Akacia Voorhies and Robert Arambel, Family Eldercare*

Living Well with Vision Loss
Select Tuesdays - 7/18, 8/15, 9/19
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 enjoy hearing from others in different places. We laugh and I get to connect with others. I've learned things, too.”
*Lifetime Connections Without Walls participant*

**These sessions are for SUMMER 2023: July 1 - Sept 30**
Sessions are listed in Central Time (CT)
**Share & Learn**

**Wednesday, 8/16**
2:30 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*

**Fall 2023 Sneak Peek**

**Wednesday, 9/20**
2:30 pm - 3:00 pm (CT)

Join us to hear what’s on our fall schedule. **Reminder:** You must register every quarter (winter, spring, summer, fall) because our sessions vary by quarter. Many sessions stay the same but we do get new sessions, so please register. Contact us at (888) 500-6472 or lcww@familyeldercare.org, or access our registration form on our website, www.familyeldercare.org.

*Facilitated by LCWW Program Staff*

“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*

**These sessions are for SUMMER 2023: July 1 - Sept 30**

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**These sessions are for SUMMER 2023: July 1 - Sept 30**
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Lifetime Connections Without Walls is brought to you through the generous support from our program sponsors:

**Program Sponsors**

![St. David's Foundation](image1.png)

![May & Stanley Smith Smith Charitable Trust](image2.png)

**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
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**
(877) 797-7299  
connections@frontporch.net  
www.wellconnectedprogram.org

Well Connected Español
(877) 400-5867  
conectate@frontporch.net  
www.wellconnectedespanol.org  
*offers Spanish language programming*

**University Without Walls**
(877) 819-9147  
info@dorotusa.org  
www.dorotusa.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  Financial & Housing Stability
(512) 483-3556  (512) 450-0844

Rainbow Connections ATX  Guardianship
(512) 450-0844  (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.