

A PROGRAM OF FAMILY ELDERCARE

# Lifetime Connections Without Walls

Virtual community for older adults



WINTER 2024

January 1 - March 31



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 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](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

## WINTER 2024 Program Schedule January 1 - March 31

The following pages list the sessions for our WINTER 2024 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: Landscape and Light

NEW

Select Tuesdays - 2/20, 2/27, 3/5, 3/12, 3/19, 3/26  
1:00 pm - 2:00 pm (CT)

**DEADLINE TO REGISTER FOR THIS FREE WORKSHOP IS JANUARY 30**

This winter join Art Spark Texas for a landscape painting workshop that takes you on a journey around the world! Each week we'll set off to a new destination to study the history and focus on the land features of that area. Over the course of six weeks, we'll learn the tools and techniques of acrylic painting to bring our art to life. We'll study a diversity of landscapes including sunsets, mountains, forests, and beaches. Don't miss this chance to travel, in your imagination!

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 WINTER 2024: January 1 - 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 1/1 and 1/15 (LCWW closed for holiday)**

**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*



## Across the Miles

**Wednesday, 1/24**

**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 60**

To join online: [https://abiento.frontporch.net/conference/Across\\_the\\_Miles\\_/en](https://abiento.frontporch.net/conference/Across_the_Miles_/en)

*Facilitated by the Without Walls Network Staff*

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# Fun & Games

## Name That Tune

**Every Tuesday - except 1/16, 2/20, 3/19**

**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*

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# Travel & Culture



## Armchair Traveling

**Select Wednesdays - 1/3, 1/10, 1/17, 1/24, 1/31, 2/7**

**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

**Select Thursdays - 1/11, 1/25, 2/8, 2/22, 3/7, 3/21**

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

Harrison Eppright has been a professional tour guide for more than 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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# Music & Culture

## Orpheus Music Recital **NEW**

**Wednesday, 2/14**

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

Orpheus Academy of Music is honored to present a special Valentine's Day program for LCWW. Our talented faculty of musicians will perform a selection of pieces for piano, guitar, flute, violin, and voice. We look forward to sharing an hour of beautiful music with you. Orpheus Music Academy's mission is to foster a life-long passion for music in students of all ages in a nurturing and professional musical learning environment.

*Presented by Debra Erck and Orpheus Faculty*

## Opera Goes to the Movies **NEW**

**Wednesday, 3/6**

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

Join us as we explore some iconic uses of opera music in film, including *A Night at the Opera* (the Marx Brothers), *Pretty Woman*, *The Shawshank Redemption*, and many more. This session is lead by Debra Erck, music educator and opera lover.

*Presented by Debra Erck*



## Historical True Crime

**Thursday, 3/7**

**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*

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

*Lifetime Connections Without Walls participant*

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# Health & Wellness



## Health and Wellness Series

NEW

Select Tuesdays - 1/23, 2/27, 3/26

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

Start the new year right by joining us for this health and wellness series. Presented by Sarah Nielsen who is a Board Certified Health and Wellbeing Coach and holds a master's degree in health education.

### 1/23 Creating your Health & Longevity Vision

Are you hoping to kick start a new habit in the new year? Join us to learn about the behavior change process, how to create long-term and short-term goals, and identify actionable next steps to take to better your health and wellbeing in the next chapter of your life.

### 2/27 Movement is Medicine

Movement is one of the most important keys to better health, enhancing our cognitive, physical, mental and emotional wellbeing. This shift in perspective that "exercise isn't just for weight loss" reflects the growing scientific evidence that physical activity is essential for overall physical and mental health. Join this session to learn more about the many ways you can incorporate movement medicine into your day to day life.

### 3/26 Nature and Wellbeing

Have you heard that spending time in nature is good for your health? In this session, we'll dive into the science behind why spending time in nature is good for us, and then we'll discuss the steps you can take to establish your own unique relationship with nature for the betterment of your wellbeing.

*Presented by Sarah Nielsen, SG Wellness*

**"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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# Brain Health

## Famous Faces & Places

NEW

Select Thursdays - 1/18, 2/15, 3/14

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

Join us for this fun interactive session that will be sure to test your memory. We'll cover a timeline of notable events during the 1940s, 50s, and 60s, discussing newsworthy events, music, TV/film/plays, as well as hot spots to visit from each decade. Be sure to have a pen and paper ready to track your responses to engaging trivia which will be sprinkled into the fun! Facilitated by Kelly Willenborg, a brain health gerontologist and founder of Peace for Parkinson's, Healing Jukebox, MyMemoryWorx, and Alive Inside Music BINGO.  
*Presented by Kelly Willenborg*

## Trivia & Brain Teasers

NEW

Select Mondays - 1/22, 2/19, 3/18

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

What has a neck but no head? What goes up but never comes down? Find out the answers to these questions and much more as you stretch your brain in a fun way with trivia and brain teasers.

*Presented by Danielle Whitaker*



## Alzheimer's Association Educational Series

NEW

Select Tuesdays - 1/23, 2/27, 3/26

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

### 1/23 Understanding Alzheimer's & Dementia

Gain a better understanding of Alzheimer's disease and dementia. We'll cover the difference between Alzheimer's and dementia, and some risk factors.

### 2/27 Effective Communication Strategies

Learn about communication changes that take place throughout the course of Alzheimer's disease and effective strategies to respond.

### 3/26 Introductions to Parkinson's Disease

What is Parkinson's? How does it affect the nervous system? How can I help someone who's been diagnosed with Parkinson's? We'll cover that and more.

*Presented by Richard Bondi, Alzheimer's Association Educational Trainer*

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## Special Interest

### Honoring Dr. Martin Luther King

NEW

Thursday, 1/11

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

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

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

### Book Club

Select Mondays - 1/29, 2/26, 3/25

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!

January 29: *Verity* by Colleen Hoover

February 26: *The Reading List* by Sarah Nisha Adams

March 25: *Educated* by Tara Westover

*Facilitated by Ann Bartelstein*

### Medicare Minutes

1/30, 2/28, 3/27

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.

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# Museum Tours



## Fashioning San Francisco: A Century of Style

NEW

Wednesday, 3/20

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

Explore the history of San Francisco through fashion. Featuring one of the most iconic collections of 20th- and 21st-century women's clothing in the United States, this exhibition includes 100 collection highlights, along with local loans of high fashion and haute couture. The first major presentation of the FAMSF costume collection in over 35 years, it showcases designs from French couturiers, Japanese avant-garde designers, and other pillars of the fashion industry, including Christian Dior, Alexander McQueen, Christopher John Rogers, Comme des Garçons, and Rodarte. The designs on display, many never shown before, reflect San Francisco's long-standing tradition of self-expression through fashion.

*Presented by The Fine Arts Museums of San Francisco*



## First Light and Radiant Practices

NEW

Thursday, 3/28

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

Discover the significance of light and its power in Jewish ritual through historic and contemporary objects and art. In this tour, we'll explore *First Light: Rituals of Glass and Neon Art* to learn how nine artists use light and art making as a form of spiritual practice and identity expression, while discovering fascinating scientific processes that go into creating light through neon. We'll also journey through a variety of Jewish ritual objects that highlight the foundational role of light in Jewish life and ritual, both historically and today, in *Radiant Practices: Illuminating Jewish Traditions*. *Presented by Ron Glait, The Contemporary Jewish Museum of San Francisco*

Museum images will be sent to registered participants.

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# Support

## Living Well with Vision Loss

**Select Tuesdays - 1/16, 2/20, 3/19**

**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*

## Grief and Loss Support Group

**Select Thursdays - 1/25, 2/1, 2/8, 2/22, 2/29, 3/21, 3/28**

**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 the group, but there's 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 agency in Austin, will facilitate this group.

*Facilitated by The Christi Center*

**"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*

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# LCWW Program Sessions

## Get To Know LCWW

Thursday, 2/15

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

Led by Lifetime Connections Without Walls (LCWW) program staff, this session will be an opportunity to get to know each other a bit better. LCWW has participants from coast to coast, so join us to connect with your fellow participants from across the country.

*Facilitated by LCWW Program Staff*

## Spring 2024 Sneak Peek

Thursday, 3/14

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

Join us to hear what's on our spring schedule. Reminder: You must register every quarter (winter, spring, summer, fall) because our sessions vary by quarter. Some sessions stay the same but we do get new sessions, so please register. Contact us at (888) 500-6472 or [lcww@familyeldercare.org](mailto:lcww@familyeldercare.org), or access our registration form on our website: [www.familyeldercare.org](http://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 WINTER 2024: January 1 - March 31\*\***  
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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](mailto:connections@frontporch.net)

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



## **Well Connected Español**

(877) 400-5867

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

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

*\*offers Spanish language programming*



## **University Without Walls**

(877) 819-9147

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

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

### **Rainbow Connections ATX**

(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

1700 Rutherford Lane

Austin, Texas 78754

(888) 500-6472

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