

A PROGRAM OF FAMILY ELDERCARE

Lifetime Connections Without Walls

Virtual community for older adults



SPRING 2024

April 1 - June 30



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 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**

Program Guidelines

Confidentiality

- Lifetime Connections Without Walls will not share your personal information with anyone without your consent.
- Do not share any private information about yourself or fellow participants.
- Only registered participants have access to our telephone conference line.
- The opinions expressed by facilitators and participants are their own and do not necessarily reflect the views of Lifetime Connections Without Walls or Family Eldercare.
- Sessions may be recorded with notification for quality assurance purposes.

Phone and Video Etiquette

- Ensure that you are in a quiet environment before joining a session.
- Be prepared to identify yourself with your first name when you join a session and before you speak for the benefit of the group.
- When you are not speaking, please mute your line to avoid background noise by pressing the mute button on your phone. When you do this, you can still hear the facilitator.
- Be aware that putting sessions on speaker phone sometimes creates an echo. If it does, please consider using a wired headset or headphones.

Group Etiquette

- Allow the facilitator to guide and direct the flow of the group.
- Everyone's opinion is valuable and must be respected.
- Allow all participants the opportunity to contribute and be heard.
- Do not monopolize the conversation.
- Proselytizing, arguing, or directing hurtful or disrespectful remarks at any participant is forbidden.
- Life presents us with challenging issues, and we might not always agree. Please be thoughtful when discussing sensitive topics.

Violation of the above guidelines may be grounds for dismissal from the program.

Lifetime Connections Without Walls serves older adults of all backgrounds regardless of race, ethnicity, sex, religion, nationality, sexual orientation, gender identity, marital status, income level, or any other protected classification.

Program Schedule

SPRING 2024 Program Schedule April 1 - June 30

The following pages list the sessions for our SPRING 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: Animal Friends

NEW

Select Tuesdays - 5/21, 5/28, 6/4, 6/11, 6/18, 6/25
1:00 pm - 2:00 pm (CT)

DEADLINE TO REGISTER FOR THIS FREE WORKSHOP IS APRIL 30

Join Art Spark Texas this spring for six drawing lessons on creating these animal friends. This fun workshop series requires no previous experience and is sure to grow your art skills with lessons on mark-making, textures, and design, while introducing you to new mediums. Six colorful abstract and surreal animals will soon decorate your home or be ready to be given as gifts.

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 SPRING 2024: April 1 - June 30****
Sessions are listed in Central Time (CT)

Conversation

Coffee Talk

Every Wednesday - except 6/19 (LCWW closed for Juneteenth)

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 5/27, 6/17, and 6/24

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, 5/29

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

Join us for this special session with the Without Walls network, which includes programs similar to ours in the U.S. and Canada. Join us and hear from your fellow Without Walls participants.

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

Facilitated by the Without Walls Network Staff

****These sessions are for SPRING 2024: April 1 - June 30****
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Fun & Games

Name That Tune

Every Tuesday

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 Bob Elwell

**"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 - 4/3, 4/10, 4/17, 4/24, 5/1, 5/8

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 - except 5/3

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 - 4/4, 4/18, 5/2, 5/16, 5/30, 6/13, 6/27

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

****These sessions are for SPRING 2024: April 1 - June 30****

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Health & Wellness

Nutrition Series

NEW

Select Thursdays - 4/25, 5/23, 6/20

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

Join us for this new nutrition series with Shannon McKeown, a licensed dietitian nutritionist with a master's degree in nutrition.

4/25 Inflammation in the Body & Why It's Important

Learn the ins and outs of inflammation. What is it? How does it affect the body? What foods are anti-inflammatory? What foods increase inflammation? Learn how to make the cells in your body happy.

5/23 Gut Health & Fermented Foods

Have you ever heard that your gut is your second brain? It's *that* important! Let's discuss and learn what makes the gut one of the most important systems in your body. Learn what kinds of fermented foods help make the gut happy.

6/20 Good Fats & Bad Fats

Join this session to learn what you need to know about oils, whole foods that contain fats, what fats in foods promote disease, and which ones are protective. Also learn tricks to implement oil-free eating with some of your meals.

Presented by Shannon McKeown



Health and Wellness Series

Select Tuesdays - 4/16, 5/14, 6/11

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

Join us for this health and wellness series with Sarah Nielsen, a board certified health & wellbeing coach with a master's degree in health education.

4/16 Flexibility and Mobility for Injury Prevention

Limited muscle flexibility can lead to whole body discomfort, and limit your ability to exercise and complete regular daily tasks. This session will teach how to care for your body when it comes to staying mobile and flexible.

5/14 Brain Health

Our brains serve as the "command center" for everything we do. Learn how to keep your brain healthy as you age, using pillars of health and wellness knowledge, and create a brain health plan for yourself.

6/11 Sleep Health

Sleep is our body's opportunity to press the "reset" button each night, impacting our concentration, communication, and ability to function at our best. Learn the health benefits of sleep and tips to enhance the quality and quantity of sleep.

Presented by Sarah Nielsen, SG Wellness

Brain Health

Laugh Out Loud **NEW**

Select Fridays - 4/26, 5/31, 6/28

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

Did you know that laughter benefits the brain? It increases oxygen intake, reduces stress, relaxes the mind, and boosts immunity. Join us for some jokes with Danielle and have a good laugh. This session was inspired by the jokesters in the LCWW community. You know who you are!

Facilitated by Danielle Whitaker

Trivia & Brain Teasers

Select Mondays - 4/22, 5/20, 6/10

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.

Facilitated by Danielle Whitaker



Alzheimer's Association Educational Series

Select Tuesdays - 4/23, 5/28, 6/25

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

4/23 Introduction to Alzheimer's

Learn the risk factors for Alzheimer's, some of the warning signs, and the importance of early diagnosis. This presentation is shorter than most in this series, to allow plenty of time to address your questions.

5/28 10 Warning Signs of Alzheimer's or Dementia

Learn common warning signs of Alzheimer's, and what is and isn't normal age-related memory loss. We'll also cover age-related thinking or behavior changes.

6/25 Understanding & Responding to Dementia-Related Behavior

We'll review the challenging behavioral aspects of Alzheimer's disease and strategies you can use to help address them.

Presented by Richard Bondi, Alzheimer's Association Educational Trainer

****These sessions are for SPRING 2024: April 1 - June 30****

Sessions are listed in Central Time (CT)

Special Interest

Book Club

Select Mondays - 5/13 and 6/24

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!

May 13: *The Guemsey Literary and Potato Peel Society* by Annie Barrows & Mary Ann Shaffer

June 24: *Eleanor Oliphant is Completely Fine* by Gail Honeyman

Facilitated by Ann Bartelstein



Historical True Crime

Thursday, 6/27

11:00 am - 12:00 pm (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

Medicare Minutes

4/30, 5/21, 6/11

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

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

Lifetime Connections Without Walls participant

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Special Interest



Older Americans Month

NEW

Tuesday, 5/7

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

May is Older Americans Month. What is Older Americans Month and why is it important? How long has it been going on? What does it represent or celebrate? Join us for this spotlight on Older Americans Month to answer all these questions and more.

Presented by Richard Bondi, Family Eldercare



What is Pride Month?

NEW

Tuesday, 6/4

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

What is Pride Month and what does that mean to me? Why do gays and lesbians celebrate Pride Month? How did that even start? One way to approach this is to learn more about the gay, lesbian, and other diverse communities that celebrate Pride Month, which takes place during the month of June. We hope you will join us!

Presented by Richard Bondi, Rainbow Connections ATX

Celebrating Juneteenth

NEW

Tuesday, 6/18

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

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

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Museum Tours



Irving Penn

NEW

Thursday, 6/6

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

Irving Penn celebrates the 100th anniversary of the birth of one of the greatest photographers of the 20th century. Irving Penn is best known for his revolutionary fashion photography for *Vogue* magazine. The 196 photographs in the exhibition also include his insightful portraits of cultural figures, celebrities, chimney sweeps, remarkable still life, unconventional nudes, and striking ethnographic studies. We will explore the wide range of subject matter from Irving Penn's nearly 70-year career.

Presented by Amy Chu Finkel, The Fine Arts Museums of San Francisco



Carros y Cultura: Lowriding Legacies in Texas

NEW

Wednesday, 6/26

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

Join the Bullock Texas State History Museum and learn about the profound influence of lowriding in Tejano culture. Tracing its origins to the post-WWII era and the Chicano Movement, this showcase reveals how lowriding has evolved into a powerful expression of identity and community. Beyond mere automobiles, lowriding embodies intricate craftsmanship, cultural preservation, and a deep sense of belonging. Join us on a journey through the streets of Texas as we explore the artistry, tradition, and solidarity that define the lowrider experience.

Presented by Rose Kemp, Bullock Texas State History Museum

Museum images will be sent to registered participants.

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Spirituality & Support

Praying to Hear God's Voice

RETURNING SESSION

Every Monday - except 5/13 and 5/20

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

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

Participants from all religious faith are welcome.

Facilitated by Deacon Dan Lupo

Living Well with Vision Loss

NEW DAY & TIME

Select Fridays - 4/19, 5/17, 6/21

10:00 am - 11:00 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.

Presented by Neva Fairchild

Grief and Loss Support Group

Select Thursdays - 4/4, 4/11, 4/18, 4/25, 5/2

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. 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

****These sessions are for SPRING 2024: April 1 - June 30****

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LCWW Program Sessions

Get To Know LCWW

Thursday, 5/9

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

Summer 2024 Sneak Peek

Thursday, 6/20

10:30 am - 11:00 am (CT)

Join us to hear what's on our summer 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, 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 SPRING 2024: April 1 - June 30****
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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

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

(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 Locator 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.



Lifetime Connections Without Walls

A Program of Family Eldercare

1700 Rutherford Lane

Austin, Texas 78754

(888) 500-6472

www.familyeldercare.org