

### **Lifetime Connections Without Walls**

A virtual community for older adults

# **REGISTRATION FORM Summer 2025: July 1 - September 30**

Please complete and return by mail, email, or call us with your registration.

\*If you're renewing, you may just fill out your name, current income, and any updates you may have.

MAIL: LCWW, c/o Family Eldercare, 1700 Rutherford Ln., Austin, TX 78754

**EMAIL**: <u>lcww@familyeldercare.org</u>

**PHONE**: (888) 500-6472

Name:			DO	DB:			
Address:							
City:	State:	Zip Code:	Co	unty:			
Phone number you want to use for sessions:							
Email (required for video sessions):							
<b>Marital Status:</b> □ Married □ Widow	□ Divorced	☐ Single ☐ Separated	M	ilitary Veteran: □Yes □No			
Ethnicity/Race:  □ Caucasian □ Black □ Hispanic □ Asi	an 🗆 Other: _			<b>Gender:</b> □ Female □ Male □ Decline			
These income questions help us with our grant reporting.							
Monthly Income Amount: \$							
Source of Income: (example: Social Security, SSI, pension)							
Do you live:  □ Alone □ With spouse/partner □ With family □ Residential care facility (assisted living, nursing home, etc.)							
Do you have any of the following impairments?         Mobility: □ Cane □ Walker □ Wheelchair       Hearing: □ Low hearing □ Deaf       Vision: □ Low vision □ Blind							
Emergency Contact: Name: Relationship: Contact info (phone/email):							
Please tell us about your interests and hobbies:							
Do you have a computer or tablet? ☐ Yes ☐ No Do you use the internet? ☐ Yes ☐ No							
These questions help us understand our participants and evaluate our program's mission.  How often do you feel that you lack companionship? □ Hardly ever □ Some of the time □ Often  How often do you feel left out? □ Hardly ever □ Some of the time □ Often  How often do you feel isolated from others? □ Hardly ever □ Some of the time □ Often							
How did you hear about us?							
If you connect to our sessions by phone, your first name and phone number will be visible to participants who connect by video. Are you okay with this? $\square$ Yes $\square$ No $\square$ Not sure							



□ AASC □ Excel

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## SESSION SELECTION Summer 2025: July 1 - September 30

Select the sessions that you want to join. All sessions are available by phone.\*\*For sessions that also incorporate video (noted with the  $\square$  icon), select if you will be joining by video OR phone.

0	Across the Miles	0	Gratitude
0	Alzheimer's Association	0	Grief & Loss Support Group
	Educational Series 🗔	0	Harmless Harmonies
	□ Phone □ Video	0	Health & Wellness Series 💻
0	AARP Employment Program		$\square$ Phone $\square$ Video
0	Armchair Traveling 🖳	0	Historical True Crime
	□ Phone □ Video	0	Laugh Out Loud
0	Art of Doll Collecting ■  □ Phone □ Video	0	Living Well with Vision Loss
	_	0	Medicare Minutes
0	Art Workshop ■  □ Phone □ Video	0	Museum Tour: Texas Tombstone 💻
0	BINGO (currently a waitlist)		□ Phone □ Video
0	Book Club	0	Museum Tour: Wayne Thiebaud ■  □ Phone □ Video
0	Brain Aerobics		Name That Tune
0	BridgingApps 🖳	0	
	□ Phone □ Video	0	Nutrition Series ■  □ Phone □ Video
0	Coffee Talk	0	Open Mic
0	Estate Planning 101		_
0	Exercise with Giovanna 💻	O	Reminiscing Series with ACC Students —  Phone □ Video
	□ Phone □ Video	0	Story Cafe
0	Fall 2025 Sneak Peek	0	Trivia & Brain Teasers
<ul> <li>Get to Know LCWW</li> </ul>		•	
			What's My Line?
	ffice use only: □ RC □ D □ WL	0	You Be the Judge



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#### PHYSICAL ACTIVITY RELEASE OF LIABILITY FORM

\*\*You must complete this form if this is your first time participating in an exercise session.

I understand the "Exercise with Giovanna" session, event or program ("Session") is not sponsored by Family Eldercare and will not be supervised or taught by a Family Eldercare employee or agent. The instructor of the session is an independent contractor and Family Eldercare does not control and is not responsible for the instructor's actions.

The goal of "Exercise with Giovanna" is to help you strengthen and stretch your muscles. The central physical activity of this session is standing or sitting, and moving your arms and legs as instructed. Please perform the exercises to your preference and comfort level. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs.

By signing or verbally confirming to this document,

I, on behalf of myself, agree to indemnify and hold harmless Family Eldercare and the officers, employees and agents of the organization from all claims, damages or causes of action, including but not limited to claims or lawsuits for any alleged injuries, that may arise out of my participation in this Session.

I understand that it is my responsibility to consult with a medical professional before starting this or any other fitness program.

I understand that by signing or verbally confirming to this document, I release Family Eldercare and their officers, employees or agents from any liability related to the Session.

Participant Name (please print):	
Signature:	Date: