

A PROGRAM OF FAMILY ELDERCARE

# Lifetime Connections Without Walls

Virtual community for older adults



**WINTER 2025**

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, as every session we offer is accessible if you only have a phone (landline or cell).*

**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.
- Please do not arrive late and interrupt the session to ask to be caught up on what you've missed.
- If the session facilitator has muted everyone while speaking, please do not unmute yourself to ask a question. Please wait until the facilitator unmutes all.
- When you're 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 creates an echo. 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 or any other protected classification.*

# Program Schedule

## WINTER 2025 Program Schedule January 1 - March 31

The following pages list the sessions for our WINTER 2025 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



## Drawing Authors **NEW**

Select Tuesdays - 2/18, 2/25, 3/4, 3/11, 3/18, 3/25  
1:00 pm - 2:00 pm (CT)

**DEADLINE TO REGISTER FOR THIS FREE WORKSHOP IS JANUARY 28**

Art Spark Texas invites you to read, imagine and draw with us. Our “Drawing Authors” workshop will teach you how to drawing portraits of select female authors throughout history. Each week we will read an excerpt from their writings, and come up with fun and inventive ways to include their themes in our pictures. You will learn simple portrait drawing techniques that help you bring these authors to life on paper. Come make art, and read, 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.** *LCWW pays Art Spark Texas for this workshop and so it's costly if you register but don't attend. 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 2025: January 1 - March 31\*\***  
**Sessions are listed in Central Time (CT)**

# Conversation

## Coffee Talk

**Every Wednesday** - except 1/1 (LCWW closed New Year's Day)

**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 1/20 and 2/17 (LCWW closed for MLK & Presidents 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*



## Across the Miles

**Wednesday, 1/29**

**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 25

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**

**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 Ricky Vidals*

## 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. Expect a large crowd, as this is a popular session, and be prepared to follow the guidelines to ensure an enjoyable experience.

*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 - 1/8, 1/15, 1/22, 1/29, 2/5, 2/12**

**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*

## **Story Café**

**Select Thursdays - 1/9, 1/23, 2/6, 2/20, 3/6, 3/20**

**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*

## **The Art of Doll Collecting** **NEW**

**Friday, 1/24**

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

Join us for an intimate look at the doll collection of Cathy Runnels. Cathy's collection has been featured in the Ruby Lane Antique blog and in a 2022 New York Historical Society Museum exhibit on Black Dolls. In this session, we will explore popular vintage and modern dolls, as well as the artists who designed them. Cathy is currently working on a book about her collection.

*Presented by Cathy Runnels*

***\*There will be no Movie Chat for the winter schedule. Gail has to take the winter off.***

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## Special Interest

### Honoring Dr. Martin Luther King **NEW**

Friday, 1/17

11:30 am - 12:30 pm (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*

### Texas Legal Services Center **NEW**

Tuesday, 1/28

12:30 pm - 1:30 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*



### BridgingApps

Wednesday, 2/19

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

Join us to learn about BridgingApps, a program that provides resources, education, and information on apps on your mobile devices. In addition to sharing about this program, Amy will also share info about a variety of related topics. Join us for this helpful and informative session.

*Presented by Amy Fuchs, Easter Seals Greater Houston*

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# Health & Wellness

## Eye2Eye Peer Support Program **NEW**

Friday, 3/14

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

Join us for an informational session about the Eye2Eye Peer Support Program for Vision Loss, a free, phone-based service out of Rutgers University designed to help individuals and families across the country adjust to vision loss. Participants are matched with trained peer support partners who offer emotional support, mentorship, resources, and monthly group sessions. Learn more about how Eye2Eye builds on the strength of shared experiences to promote connection, resilience, and personal growth.

*Presented by Janet Becker, Natalie Watkins and Alicia Lukachko*



## Health and Wellness Series

Select Tuesdays - 1/14 and 2/25

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

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

### 1/14 **Winter Wellbeing: Mid-Season Perspectives and Timely Tools for Emotional and Physical Wellbeing**

As we find ourselves in the thick of the winter season, the emotional and physical ripple effects of shorter days and colder temperatures are felt by most. Join this session for a community check-in as we share our winter experiences, appreciations, and observations before shifting our attention to the coming season, and what we'd like to "grow towards" as we look forward into a new year.

### 2/25 **Take Heart: To Gain Courage or Confidence, To Begin to Feel Better or More Hopeful**

What can it mean to muster courage, confidence, or a positive outlook when life feels challenging? How can we lean into our character strengths as we travel the bumpy road of life? Join this session for a discussion on resilience, fortitude, and summoning inner strength.

*Presented by Sarah Nielsen, SG Wellness*

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**Sessions are listed in Central Time (CT)**

# Special Interest

## Harmless Harmonies (Sing-Along)

Wednesday, 2/12

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

Join us for an hour of great music from the 1940s, featuring favorites from Bing Crosby, Frank Sinatra, Ella Fitzgerald, and more. We'll sprinkle in some love songs to get ready for Valentine's Day as well. Sing-along or enjoy just listening - YOUR choice! Facilitated by Debra Erck, music educator and choir director.

*Facilitated by Debra Erck*

## Book Club

Select Mondays - 1/27, 3/3, 3/31

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

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

January 27: *The Last Thing He Told Me* by Laura Dave

March 3: *The Good Good Pig* by Sy Montgomery

March 31: *The Violin Conspiracy* by Brendon Slocumb

*Facilitated by Ann Bartelstein*

## Historical True Crime

Thursday, 2/27

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*

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# Brain & Body Health

## Trivia & Brain Teasers

Select Mondays - 1/13, 2/10, 3/17

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*

## Laugh Out Loud

Select Fridays - 1/10, 2/7, 3/7

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*



## Exercise with Giovanna

Select Wednesdays - 1/15, 1/29, 2/12, 3/12, 3/26

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

Join us and move your body with Giovanna, a yoga instructor and certified personal trainer. Giovanna will take you through 30 minutes of gentle yoga and strengthening exercises. Giovanna will rotate the various exercises, which **can be adapted for those who prefer to remain seated**. In addition to a background in fitness, Giovanna is also a public health gerontologist.

*Facilitated by Giovanna Manson-Hing*

**\* First-time exercise participants MUST complete a waiver form. Please see the registration paperwork for the waiver form or call (888) 500-6472.**

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# Museum Tours



## **A Better Life for Their Children: Rosenwald Schools in the American South**

**NEW**

**Wednesday, 2/26**

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

After the American Civil War and through the early 20<sup>th</sup> century, Reconstruction efforts in the south left many African American youth attending woefully underfunded, segregated schools. A partnership between the President of Sears, Roebuck and Company, Julius Rosenwald, and African American philanthropist, educator, and orator Booker T. Washington, led to the creation of nearly 5,000 schools in African American communities in 11 states. This initiative educated noted graduates like former Congressman John Lewis, poet Maya Angelou, and many more.

*Presented by Benjamin J. Cohan, Bullock Texas State History Museum*



## **Tamara de Lempicka**

**NEW**

**Thursday, 3/27**

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

Tamara de Lempicka was an icon of Art Deco in the Paris of the 1920s and 30s. She created wildly popular paintings which defined an era matched by a wildly extravagant and bohemian lifestyle. But today, who has heard of her? From the de Young Museum, this show explores the stories, myths and art of a fascinating woman and includes more than 100 artworks from her post-Cubist work in 1920s Paris to her most famous nudes and portraits to the melancholic still lifes and interiors of her final days in the United States and Mexico.

*Presented by Margaret Grohne, The Fine Arts Museums of San Francisco*

**Museum images will be sent to registered participants.**

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# Educational



## Alzheimer's Association Educational Series

Select Tuesdays - 1/28, 2/25, 3/25

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

This past fall, we learned about the middle stages of Alzheimer's disease. This winter, we are going to learn about the final stages. Join us for this continuing series *Living with Alzheimer's*, a helpful guide for caregivers.

### 1/28 Living with Alzheimer's: The Late Stage Part 1

In part one, we'll cover the symptoms of common misconceptions of the late stage, describe changes in communication, physical changes, and explain the changing role of caregivers.

### 2/25 Living with Alzheimer's: The Late Stage Part 2

In part two, we'll cover, modifications to the care team, promises, suggested legal documents, and end of life issues.

### 3/25 Living with Alzheimer's: The Late Stage Part 3

In part three, we'll review Alzheimer's and dementia. Topics include the difference between Alzheimer's and dementia, how Alzheimer's affects the brain, and risk factors for the disease.

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

## Medicare Minutes

Select Tuesdays - 1/21, 2/11, 3/18

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 prevent, detect, and report Medicare fraud and scams.

*Presented by LCWW Program Staff*

**"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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# Support

## Living Well with Vision Loss

**Select Fridays - 1/17, 2/21, 3/21**

**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. 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 - 1/2, 1/16, 2/6, 2/20, 3/6, 3/20**

**11:00 am - 12:00 pm (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. Lisa White is a Licensed Clinical Social Worker with Family Eldercare's In-Home Counseling program and Robert Arambel is a masters level social work student.

*Facilitated by Lisa White, Family Eldercare and Robert Arambel*

**"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

Friday, 2/14

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

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

*Facilitated by LCWW Program Staff*

## Spring 2025 Sneak Peek

Friday, 3/21

11:30 am - 12:00 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 each quarter. Contact us: (888) 500-6472, [lcww@familyeldercare.org](mailto:lcww@familyeldercare.org), or access our registration form on our Web page: <https://www.familyeldercare.org/impact/health-and-wellness/healthy-connections-2/>.

*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*



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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](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.