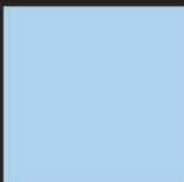
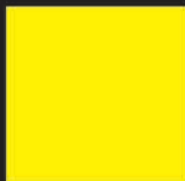




Senior Center Without Walls

An ESC Senior Resources Program

an award-winning community for seniors



SPRING

2 0 1 8

Apr. 9 – July 8

1 (877) 797-7299

scww@jtm-esc.org
seniorcenterwithoutwalls.org

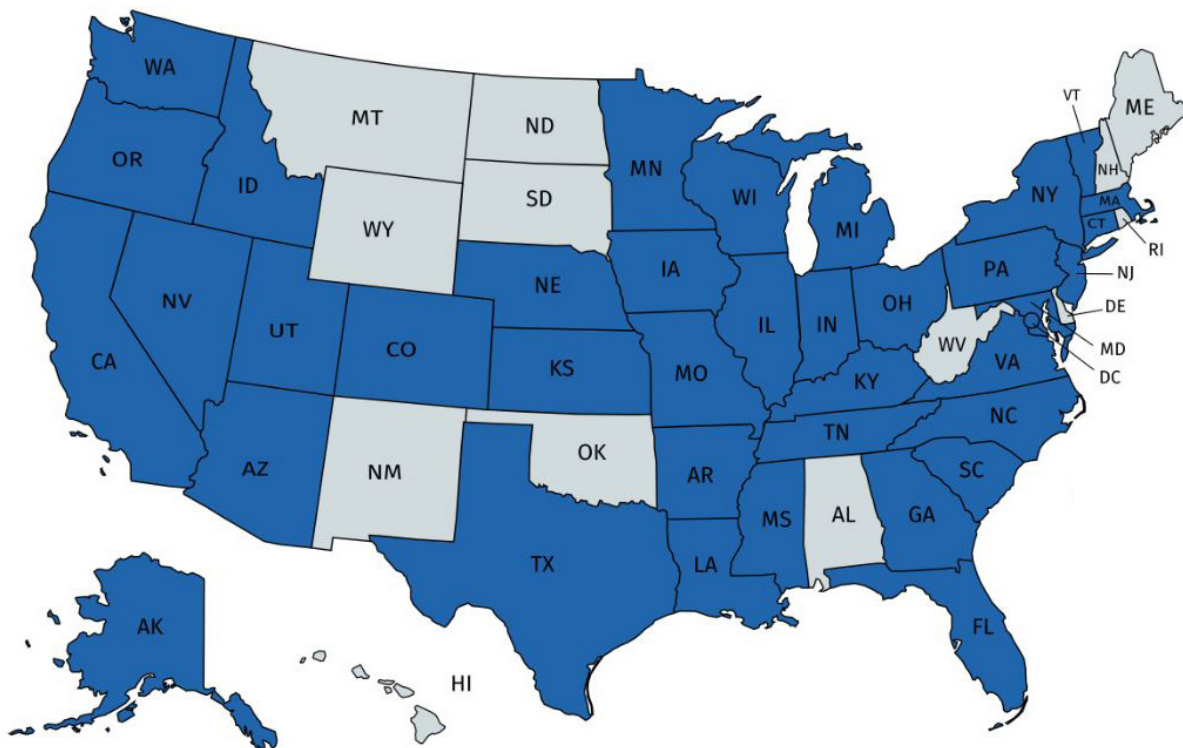
Welcome to Senior Center Without Walls!

Senior Center Without Walls (SCWW) is a non-denominational program of Episcopal Senior Communities. It is a phone and online-based program offering activities, education, friendly conversation, and an assortment of classes and support groups to older adults accessible from the comfort of home. Play a game, write a poem, go on a virtual tour, meditate, share a gratitude, get support, and most importantly, connect and engage with others every day across the country.

SCWW is a community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value being connected.

All groups are accessible by phone and many are accessible online!

Senior Center Without Walls connects over 1,200 older adults across 38 states!



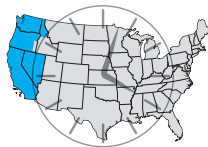
■ Participants already enjoying SCWW

■ Be the first in your state to enjoy SCWW!

Welcome to Senior Center Without Walls!

How it works

1. Call **(877) 797-7299** if:
 - You are new to SCWW
 - You need a calendar with information about how to access activities
 - You want handouts for selected activities
2. All activities can be joined using a telephone 
3. Some activities are available online using a computer or any device you use to connect to the internet 
4. Join activities of interest and enjoy!



All activities are listed in Pacific Time

9:00 Pacific Time	10:00 Mountain Time	11:00 Central Time	12:00 Eastern Time
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SCWW is accessible to low-vision and blind participants. Materials are available in large print, Braille, and audio.

Program Guidelines

Confidentiality

- Never share any private information over the phone or online.
- Only registered participants have access to activity code numbers.
- The views and opinions expressed by facilitators and participants are their own and do not necessarily reflect the views of Senior Center Without Walls or Episcopal Senior Communities.
- Groups may be recorded with notification.
- Senior Center Without Walls and Episcopal Senior Communities will not share your personal information with anyone without your consent.

Phone/Online Etiquette

- Ensure that you are in a quiet environment before joining a group.
- Please try to join activities at the time they begin. Remember, all activities are in Pacific Time.
- Be prepared to identify yourself with your first name when you join the group and before you speak for the benefit of everyone.
- When you are not speaking, please mute your line to avoid background noise.
For audio-only calls: Press the **MUTE** button or press *1
For audio/video calls: Press the **MUTE** button or press *6

Group Etiquette

- Allow the Facilitator to guide and direct the flow of his or her activity.
- Everyone's opinion is valuable and must be respected in all groups.
- Allow every member the opportunity to participate and be heard.
- Do not monopolize the conversation.
- Proselytizing, arguing, or directing hurtful or disrespectful remarks at any member is forbidden.

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

We understand that life presents us with challenging issues, and we might not always agree. Please be thoughtful when discussing sensitive topics.

Throughout California, Episcopal Senior Communities cultivates and builds healthy communities with a continuum of residential and innovative aging services that actively promote intellectual, physical, social, and spiritual well-being.

Senior Produce Markets

Markets selling fresh produce at cost to seniors each week at various locations throughout California.

Teresa Abney	(925) 956-7398 tabney@jtm-esc.org	Multiple CA counties
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Senior Resources Information and Referral Programs

One stop shop for seniors, their families, or caregivers to access information, referrals, and assistance.

Amy Brokering	(415) 563-8043 abrokering@jtm-esc.org	San Francisco
Carolyn Bolton	(510) 444-0243 cbolton@jtm-esc.org	Alameda
Jen Arent	(707) 539-0333 jarent@jtm-esc.org	Sonoma
Annette Balter	(925) 956-7396 abalter@jtm-esc.org	Contra Costa
Carol Ann Moore	(415) 899-8296 cmoore@jtm-esc.org	Marin
Britt Bassoni	(408) 295-5905 dbassoni@jtm-esc.org	Santa Clara
Eddie Garcia	(831) 657-4202 egarcia@jtm-esc.org	Monterey

ElderWISE

Volunteer friendly visitor program with a mission to help seniors overcome isolation and loneliness.

Vanessa Sacks	(323) 928-2240 vsacks@jtm-esc.org	Los Angeles
Brian Stannard	(415) 290-8885 bstannard@jtm-esc.org	San Francisco, Alameda
Franchesca Trudeau	(415) 492-0111 ftrudeau@jtm-esc.org	Marin, Sonoma

Telephone Reassurance

Regularly scheduled phone calls to seniors to check-in, gauge safety and well-being.

Christine Ness	(415) 456-9068 cness@jtm-esc.org	Marin
Annette Balter	(925) 956-7396 abalter@jtm-esc.org	Contra Costa
Britt Bassoni	(408) 295-5905 dbassoni@jtm-esc.org	Santa Clara

Home Sharing

Matches home owners with home seekers, in exchange for rent, and/or services.

Christine Ness	(415) 456-9068 cness@jtm-esc.org	Marin
Max Moy-Borgen	(925) 951-9890 mmoy-borgen@jtm-esc.org	Contra Costa - Concord
Sheila Womack	(415) 351-1000 swomack@jtm-esc.org	San Francisco

Rotary HOME Team

Program that deploys Rotarians to do minor repairs for seniors in their communities.

Annette Balter	(925) 956-7396 abalter@jtm-esc.org	Contra Costa
Carol Ann Moore	(415) 899-8296 cmoore@jtm-esc.org	Marin - Novato
Christine Ness	(415) 456-9068 cness@jtm-esc.org	Marin - San Rafael
Carolyn Bolton	(510) 444-0243 cbolton@jtm-esc.org	Alameda
Britt Bassoni	(408) 295-5905 dbassoni@jtm-esc.org	Santa Clara

Donate

Senior Center Without Walls provides companionship, information, and intellectual stimulation to hundreds of older adults every year. Participants develop enduring friendships and many find purpose in sharing their passions by facilitating groups themselves. Your generous donation can help make this program an even greater success.

\$1,000	Supports technology for ten virtual travel tours. (See Armchair Travel on pages 33-34)
\$500	Provides audio and Braille materials to participants.
\$250	Produces one Writing Anthology. (See Writing on page 17)
\$100	Supports 13 virtual Bingo games for a month. (See Bingo on page 10)
\$50	Provides handouts for one Museums at Home. (See Home tours on pages 31-32)
\$25	Connects five new participants to SCWW.
\$10	Supports two sessions of gratitude sharing. (See Gratitude on page 13)

To make a donation with your credit card, please visit:

www.SeniorCenterWithoutWalls.org/get-involved/donate

Make checks payable to: **Episcopal Senior Communities Foundation**
(Please note "SCWW" on the check)

Mail to: **Episcopal Senior Communities Foundation**
2185 N. California Blvd., Suite 575
Walnut Creek, CA 94596

To discuss estate planning options, please contact:

Katharine Miller, Executive Director, ESC Foundation
(925) 956-7414 or kmiller@jtm-esc.org

We need YOU! Yes, YOU!

SCWW is a rich community of older adults sharing their skills, passions, and hobbies with others. Do you enjoy calling in to SCWW groups? Maybe you've thought, "I wish there was a group about my hobby." Well, today's the day! We are looking for volunteers for the following roles:

- Group facilitation
 - Arts/Crafts
 - World religions
 - History
 - Science
 - Travel
 - Exercise
 - Nutrition
- Individual phone calls to participants
- Writing birthday greeting cards to participants

If you
would like to
volunteer, please
contact:

scww@jtm-esc.org
(877) 797-7299

Gratitude for Generous Support

SCWW is funded through the generous financial support of:

E P I S C O P A L
— ◆ ◆ ◆ —
SENIOR COMMUNITIES

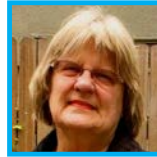
Metta Fund
supporting a healthier san francisco

Senior Center Without Walls is a program of Episcopal Senior Communities, a 501(c)(3) nonprofit organization. We are grateful to our individual donors, funders, and the ESC Foundation.

SCWW Staff



Amber Carroll
Director



Patt Schroeder
Program Specialist



Katie Wade
Program Manager



Jeff Cheung
Administrative Coordinator

Without Walls Network

There are a number of Without Walls programs throughout the world providing older adults with endless opportunities to participate in activities and classes over the phone. To participate in any of the below programs, please contact directly.



DOROT University Without Walls

(877) 819-9147
dorotusa.org



Lifetime Connections Without Walls

(888) 500-6472
familyeldercare.org



Mather Lifeways

(888) 600-2560
matherlifeways.com



Episcopal Senior Communities and Senior Center Without Walls are committed to serving seniors regardless of race, ethnicity, sex, religion, national origin, sexual orientation, gender identity, ancestry, military discharge status, marital status, source of income, housing status, or other protected classifications.

Languages

Perfecting Our French

Tuesdays (Practice), 4/10 - 7/3

5:00pm - 6:00pm

Thursdays, 4/12 - 6/14

4:30pm - 5:30pm

This French language group will share events of the week and brush up on language skills. *For advanced level French speakers only.*

Facilitated by Gloria Kasdan and Jerry Sexton (Tuesday) and Jan Knowles (Thursday)

Learning German for Beginners

Fridays, 4/13 - 6/15

3:00pm - 3:30pm

The research is in – learning another language leads to better brain health. Plus it's fun! Join us for this beginner's level German class to learn some basics of the German language.

Facilitated by Rosemarie Bahmani, native German speaker, ESL Teacher & Language Development Specialist

Learning German Continued



Fridays, 4/13 - 6/15

3:45pm - 4:45pm

This class is for participants with some knowledge of the German language or who would like to continue their practice after the beginners class.

Facilitated by Rosemarie Bahmani, native German speaker, ESL Teacher & Language Development Specialist

Learning Spanish



Mondays, 4/9 - 6/11

2:00pm - 2:30pm

Join us to practice your Spanish through conversations, games, and interesting topics. Topics will be geared towards participants whose knowledge of Spanish is beginning to intermediate level but all are welcome.

Facilitated by Norman Ruiz, ESC EVS Manager, San Francisco Towers

Fun & Games

Improv

Mondays, 4/9 - 5/14

9:30am - 10:00am

Let's put our wits together and come up with outrageous characters, imaginative scenes, and spontaneous stories. No improvisational experience necessary. Just be ready for a good time!

Facilitated by Terry Englehart, SCWW Founder

Word Play

Mondays, 4/9 - 7/2

6:00pm - 7:00pm

Join us for an hour of challenging and stimulating word games. Test yourself with word definitions, adding, deleting, or unscrambling letters in a word. No winners or losers in these games of fun!

Facilitated by Sharon Schwartz

Trivia

Mondays, 4/9 - 7/2

7:00pm - 8:00pm

Knack for facts? Attempt a guess? Take some clues to get the answer? Join in for a fun hour of trivia that will keep your mind in gear.

Facilitated by Sharon Schwartz

Tall Tales

Tuesdays, 4/10 - 7/3

2:00pm - 2:45pm

Do you like to tell or listen to a good story? Join SCWW's "Liar Club" and see if you can figure out which stories are true and which are fanciful fabrications.

Facilitated by Kathleen Torres

**"Life is more fun if you play games."
~Robert Browning**

Bingo

Saturdays, 4/14 - 6/16

9:00am - 10:00am

10:00am - 11:00am

Bingo? On the telephone? You bet! Join us for the classic game of chance.

10:00am for seasoned Bingo players only. Please call the SCWW office to request

Bingo cards: (877) 797-7299.

Facilitated by Janice Rooker

HANDOUTS

Mystery Melody

Saturdays, 4/14 - 6/16

11:30am - 12:00pm

First we'll give clue #1: Our weekly theme. Then, clue #2: Have fun humming, singing, "la, la, la", or give us a hint. Lastly, we guess the melody! Mystery solved!

Facilitated by Jan Knowles



Janice: Facilitator of Bingo, Where Were You When? and Inspiring Stories

Katrinka: Bingo participant and frequent winner

Conversation

LGBTQ Chat

2nd and 4th Mondays, 4/9, 4/23, 5/14, 5/28, 6/11, 6/25

1:00pm - 2:00pm

This group is open to all LGBTQ seniors and is an opportunity to connect with others socially in a supportive environment where participants can share individual and collective experiences. We will create an inclusive place to share our stories with each other and build a sense of community.

Facilitated by Sylvia Vargas, Openhouse Friendly Visitor Manager

Perplexing Questions



Mondays, 4/9 - 7/2

5:30pm - 6:00pm

Listen as Sharon reads the answers to life's little questions, such as "Why do wet dogs stink?" or "Why are Oreos called Oreos?" or "Why do we have earlobes?" All this and more!

Facilitated by Sharon Schwartz

Coffee Break

Wednesdays, 4/11 - 7/4

10:00am - 10:30am

Sundays, 4/15 - 7/8

11:00am - 11:30am

Grab a cup of coffee or hot tea and enjoy a mid-morning opportunity to chat and catch up with the SCWW community.

Facilitated by Andy Andersen (Wednesdays) and Vi C. (Sundays)

**"A conversation does not have to be scintillating
in order to be memorable."**

~Dick Cavett

Conversation

Inspiring Stories

Saturdays, 4/14 - 7/7

6:00pm - 6:30pm

Today's world inundates us with bad news. For a change of pace, listen in to get a weekly dose of inspiring, uplifting stories. If you need more positivity in your life (and who doesn't?), you'll enjoy the tender nature of this group.

Facilitated by Janice Rooker

Where Were You When?

Saturdays, 4/14 - 7/7

12:00pm - 12:45pm

Where were you when you were 50 years old? Or 10? Do you remember where were you on Christmas Eve in 1960 or the summer just before you started high school? Join us to discuss these memories of our lives back when.

Facilitated by Janice Rooker



Sharon: Facilitator of Perplexing Questions, Trivia, and Word Play

Reflections & Meditations

Gratitude

4/9 - 7/8

Morning Gratitude	Every Day	9:00am - 9:30am
Afternoon Gratitude	Mondays - Fridays	12:00pm - 12:30pm
	Saturdays	4:00pm - 4:30pm
	Sundays	12:00pm - 12:30pm

Call our daily Gratitude Groups to share what you feel grateful for in a safe and welcoming space. Listen to others share as well for an inspiring way to begin each day!

Facilitated by Kaevalya Banks, Kathleen Torres, Tom White, Lynn Rayburn, Vi C., Nicolette Noyes, Lisa Houghton, Marie Hamilton, and Patt Schroeder

Meditation

4/9 - 7/8

Mondays	5:00pm - 5:30pm	Fridays	11:00am - 11:30am
Tuesdays	10:30am - 11:00am		5:00pm - 5:30pm
	5:00 pm - 5:30pm	Saturdays	5:00pm - 5:30pm
Wednesdays	5:00pm - 5:30pm	Sundays	10:30am - 11:00am
Thursdays	11:00am - 11:30am		5:00pm - 5:30pm
	5:00pm - 5:30pm		

The direct experience of our own inner reality is called meditation. Meditation techniques are mental disciplines that allow us to calm, focus, and examine the mind. These groups share 15-20 minutes of silent meditation where all lines will be muted. No experience is necessary.

Facilitated by Christine Esenther, Tom White, Kaevalya Banks, and Kathleen Torres

Guided Imagery Meditation



Sundays, 4/15 - 7/8

6:00pm - 6:30pm

Join us as we take a walk through the forest, focus on the flickering flame of a candle, stroll along the beach, and much more. Each week, we will first check in with the physical sensations in our body and then begin a relaxing journey through guided imagery.

Facilitated by Sally Hayward

Bible Reading



Mondays, 4/9 - 6/11

5:00pm - 5:30pm

For the first half of our time together, we'll listen to a reading from a Bible passage, followed by sharing prayer requests and praying together.

Facilitated by Andy Andersen

Socrates Café

Mondays, 4/16, 5/21, 6/18

1:00pm - 2:00pm

Around the world, people of diverse backgrounds gather to think and discuss philosophical questions with one another at the Socrates Café. "What is beauty?", "Is it ever okay to lie?", or "Who deserves happiness?" may be some of the questions to ponder.

Facilitated by Linda Greenberg, Ph.D.

Keys to Joy

Saturdays & Sundays, 4/14 - 7/8

5:00pm - 6:00pm

Each day we will take a topic from the fields of psychology, spirituality, or philosophy geared to increase our happiness. We come not as "experts" but as fellow seekers wishing to warm ourselves at each others' fires.

Facilitated by Lynn Rayburn

"This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness."

~Dalai Lama

Good Reads

Poetically Speaking

Wednesdays, 4/11 - 7/4

2:00pm - 2:30pm

Poetry has been proven to inspire, challenge, console, inform, and help heal both the body and soul. Please join us to hear selections of celebrated and contemporary poems.

Facilitated by Greg Pond, Poet

Book Reading: The Two-Faced Triplex

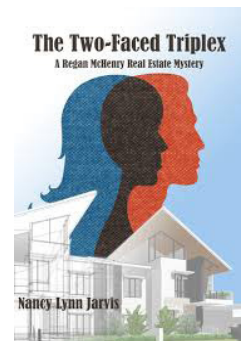
Mondays, 4/9 - 7/2

2:30pm - 3:15pm

Join us for weekly readings from the author herself! In Nancy Lynn Jarvis' latest book in the Regan McHenry Real Estate Mystery Series, *The Two-Faced Triplex*, Regan signs on to play consoler-and-chief after the body of Martha Varner, one of her favorite clients, is found. Martha's distraught daughter begs Regan to stop escrow from closing on a purchase her mother was about to make. As Regan pursues her theory of who the murderer is, she can't imagine how complicated playing amateur sleuth will make her life and how dangerous her investigation will prove to be for her husband, Tom.

Facilitated by Nancy Lynn Jarvis, Author

NEW!



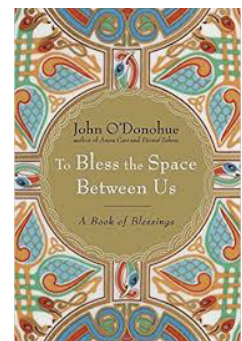
Book Reading: To Bless the Space Between Us

Wednesdays, 4/11 - 5/2

3:00pm - 3:30pm

John O'Donohue, Irish teacher and poet, has been widely praised for his gift of drawing on Celtic spiritual traditions to create words of inspiration and wisdom for today. We'll read excerpts from his book, *To Bless the Space Between Us*, which offers comfort and encouragement as O'Donohue explains "blessing" as a way of life, as a lens through which the whole world is transformed.

Facilitated by Judith Pruess-Mellow, Ph.D., M. Div.



Read Aloud

Thursdays, 4/12 - 7/5

3:00pm - 4:00pm

Pull up your chair and come to a place where your imagination is engaged and visuals are just what your mind creates. Selections will be read from stories written by a variety of authors. Throughout our time, we will experience mystery, humor, inspiration, and love, with a variety of fictional stories.

Facilitated by Dorothy Gager

Book Share

1st & 3rd Saturdays, 4/21, 5/5, 5/19, 6/2, 6/16, 7/7

3:00pm - 4:00pm

Book lovers unite! Call in to discuss and recommend some of your favorite books and authors with other book lovers.

Facilitated by Andy Andersen

Story Time

2nd & 5th Saturdays, 4/14, 5/12, 6/9, 6/30

3:00pm - 4:00pm

What are your favorite short stories? Have you written anything yourself? Please join us for an hour of sharing. You are welcome to read up to 15-20 minutes... or you may prefer to just listen to the magic provided by others.

Facilitated by Nicolette Noyes

Poetry

Sundays, 4/15 - 7/8

10:00am - 11:00am

Share with others poetry that you have written or that you admire and join in a lively discussion about the poems.

Facilitated by Anne Allen

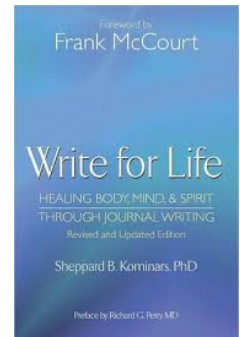
Writing

Write for Life

Tuesdays, 4/10 - 6/12

12:30pm - 1:30pm

Few of us have been taught to be self-caring and accepting of ourselves. As we continue our journal writing group, we are given permission to express our emotions without censorship. Participants are not expected to share journal entries; rather we will discuss what we discover about ourselves as we write. This session, we will journey into dream exploration, which requires participants to prepare with journaling exercises. Facilitated by Dr. Sheppard Kominars, who will use his book *Write for Life*, to guide the group. For newcomers who missed the introductory sessions, you may purchase *Write for Life* to explore previously covered material (purchase at www.GoodSheppardBooks.com).



Facilitated by Dr. Sheppard Kominars, who will use his book *Write for Life*, to guide the group

Writers Read

Friday, 6/22

1:00pm - 2:00pm

Writers Read showcases SCWW writers reading personal selections from the past session. Poetry, short stories, and more! Join to listen and enjoy the many talents within the SCWW community, or share your original work. To share your story, contact the SCWW office at (877) 797-7299.

Facilitated by Patt Schroeder, SCWW Program Specialist



Writing Workshop

Sundays, 4/15 - 7/8

3:00pm - 4:00pm

Join this peer group for supportive discussions, suggestions, and feedback about what you are writing. Get those creative juices flowing! Participants are invited to offer ideas for writing exercises.

Facilitated by Jerry Sexton

Mother's Day

Sunday, 5/13

12:30pm - 1:00pm

Mother's Day is a special time to reflect on and pay tribute to the women in our lives, our mothers, grandmothers, great grandmothers, aunts, sisters, cousins, daughters, or friends. Please join us in recognizing these deserving women and share your story.

Facilitated by Sally Hayward

Memorial Day: Introduction to Journal Writing

Monday, 5/28

5:00pm - 6:00pm

We will celebrate this Memorial Day a bit differently. Sheppard will share an introduction to journal writing for journaling newcomers, including a robust Q&A. One of his writing prompts will be helpful in your exploration of Memorial Day, "Did something happen to you today that reminds you of the past?"

Facilitated by Dr. Sheppard Kominars, who will use his book Write For Life, to guide the group

Father's Day

Sunday, 6/17

4:00pm - 4:30pm

Join us to share recollections and stories about your father or other important male influences in your life.

Facilitated by Gloria Kasdan

Independence Day

Wednesday, 7/4

10:30am - 11:00am

Join us to share your 4th of July memories, traditions, and of course, your favorite foods!

Facilitated by Andy Andersen

Personal Storytelling

Tuesdays, 4/17, 5/15, 6/19

3:00pm - 4:00pm

Under the guidance of Storytelling Director Kirk Waller, Stagebridge Storytellers explore the art of personal storytelling, adapting folk and fairy tales, and creating vibrant stories from real events in history. Stagebridge tellers have taken personal memories, classic stories, and historical events, and turned them into engaging personal narratives. In this call-in Storytelling Concert, you will hear these stories come alive! Each story is followed by a Q&A and brief discussion. For more information about Stagebridge contact directly at (510) 444-4821 or stagebridge.org.

Facilitated by Stagebridge, California



Music's Memory Lane

Tuesdays, 4/10 - 7/3

6:00pm - 6:30pm

Each week we'll discuss a hit song, vintage television variety show, or a memorable musician in music history. From Big Band music to the Beatles, we'll dive into our recollections of concerts, lyricists, and pop culture.

Facilitated by Steve Maraccini

Introduction to Music History

Thursdays, 4/12 - 6/28

4:00pm - 5:00pm

Calling all music aficionados! This class will combine lecture and discussion as we explore six major time periods in music history. We'll listen to audio clips as we learn of instrumental advancements, composers, and typical styles of each era: Medieval, Renaissance, Baroque, Classical, Romantic, and Popular.

Facilitated by Libby Linden-Chirlian, Musician



HANDOUTS



All activities are listed in Pacific Time

Song Lyrics and Other Hysterics



Fridays, 4/13 - 6/15

2:30pm - 4:00pm

Discuss the lyrics of your favorite tune, especially relevant in the month of June. But don't be aghast when it turns to August. All are welcome to join us for conversation about celebrated song lyrics.

Facilitated by Buddy Weisman

Picture My World



Sundays, 4/15 - 6/17

12:30pm - 1:30pm

Join us as we continue to reminisce through poetry and exploration of our creativity. Using simple materials, each person will explore their inner view of the world through creative and verbal participation. Our goal is to view our lives as a whole and to appreciate what each of us has experienced and accomplished in our lifetime. No experience required; adaptations included for those with vision loss.

Facilitated by Alane Spight

HANDOUTS

"Imagination is the beginning of creation.
 You imagine what you desire, you will
 what you imagine, and at last,
 you create what you will."
 ~George Bernard Shaw



Activities are accessible by phone *or* online.

Supportive Groups

Supportive Groups are meant to offer support in a safe, nurturing environment.

Breast Cancer Support

Tuesdays, 4/10 - 7/3

9:30am - 10:30am

This group is open to any life touched by breast cancer: survivors, those with a current diagnosis, as well as family and friends. It is an opportunity to connect with others in a supportive environment to share experiences and build community.

Facilitated by Margarita Molina-Hinkley, Breast Cancer Survivor and ESC Resident Services Coordinator

Support/Discussion for the Blind

Tuesdays, 4/10 - 6/12

1:00pm - 1:45pm

This peer-led group offers a safe environment in which completely blind participants can share the challenges they face and the successes they experience. We will create a place to share our joys, fears, tears, and laughter.

Facilitated by Andy Andersen, M.S., and Bonnie Rennie

Diabetes Support

Wednesdays, 4/11 - 6/13

10:30am - 11:00am

Have you been diagnosed with, or have questions about symptoms, treatment, and prevention of Diabetes? Join us for a peer-led support group to discuss your experience living with diabetes.

Facilitated by Andy Andersen, M.S.

Low-Vision Support: The Eyes Have It

Wednesdays, 4/11 - 7/4

1:00pm - 1:45pm

Meet others living with low-vision and share your solutions, while learning techniques from others for continuing to live a full life. Learn about available resources that can help you remain independent.

Facilitated by Doug Rose, Lighthouse for the Blind & the CA Department of Rehabilitation

Supportive Groups

They are not intended to replace individual medical or psychotherapy sessions.

Grief Support

Wednesdays, 4/11 - 6/13

6:00pm - 7:00pm

Saturdays, 4/14 - 6/16

10:00am - 11:00am

Discover the power of a caring environment where you can share and support each other during a time of loss. Learn about helpful tools, tips, and resources for working through grief.

Facilitated by Eric King, ASW

Living with Vision Loss

Thursdays, 4/12 - 6/14

4:00pm - 5:00pm

This peer support group for those with any level of vision loss provides an opportunity to share experiences and suggestions. If you do not experience visual impairment, but would like to know more, you are also welcome to join.

Facilitated by Andy Andersen, M.S. and Anne Allen

Living with Chronic Pain

Thursdays, 4/12 - 7/5 (no groups on 5/10 & 5/17)

2:00pm - 2:30pm

Those of us living with chronic pain know that it can affect every area of our lives - disrupting our activities, our appetite, our personal relationships, and our overall emotional health. Share your experiences, your challenges, and successes with others dealing with chronic pain in a supportive, caring environment.

Facilitated by Tom Norris, Retired Air Force Lieutenant Colonel, and ACPA Facilitator



Doug: Facilitator of Low Vision Support: "The Eyes Have It"

Supportive Resources

The Friendship Line

(800) 971-0016

National 24-hour support for lonely, isolated, depressed, frail and/or suicidal seniors.

2-1-1 or 211.org

Free, national, confidential information and support.

Eldercare Locator

www.eldercare.gov or (800) 677-1116

A public service of the U.S. Administration on Aging connecting you to services for older adults and their families.

Hadley Institute for the Blind and Visually Impaired

www.hadley.edu or (800) 323-4238

Hadley Institute promotes independent living through lifelong, distance education programs (online courses) for individuals who are blind or visually impaired, their families, and blindness service providers.

VisionAware

www.visionaware.org

VisionAware is an easy to use, informational website for adults with vision loss, their families, friends, and the providers who serve them. VisionAware offers practical information about living with vision loss, support groups, eye conditions, and services available throughout the country.

CONNECT2AFFECT

www.connect2affect.org

Connect2Affect is an online resource featuring tools and information to help evaluate isolation risk, reach out to others who may be feeling lonely and disengaged, and find practical ways to reconnect to community. It is for individuals, families, and the community at large.



All activities are listed in Pacific Time

Advocacy Now

Mondays, 4/9 - 6/11

11:00am - 12:00pm

Meet with your peers to discuss strategies that can be used to effectively communicate your opinion to elected officials about issues that directly affect the financial, emotional, and physical health of adults over 60 and/or adults with disabilities. This session we will focus on healthcare and nutrition services.

Facilitated by Patt Schroeder, ESC's SCWW Program Specialist



National Issues Forum: Coming to America

Mondays, 4/9 - 4/23

3:15pm - 4:15pm

The immigration issue affects virtually every American, directly or indirectly, often in deeply personal ways. We will spend the first meeting learning what deliberation is and the next two meetings deliberating solutions to immigration in America. The issue raises a number of difficult questions, and there are no easy answers or perfect solutions. The concerns that underlie this issue are not confined to party affiliation, nor are they captured by labels like “conservative” or “liberal.” The research involved in developing this forum guide included interviews and conversations with Americans from all walks of life, as well as surveys of nonpartisan public-opinion research, subject-matter scans, and reviews of initial drafts by people with direct experience with the subject. To find out more about NIF’s work, go to www.nifi.org.

Facilitated by Katie Wade, ESC's SCWW Program Manager & NIF Moderator



HANDOUTS

“Never be afraid to raise your voice for honesty and truth and compassion against injustice and lying and greed. If people all over the world... would do this, it would change the earth.”

~William Faulkner

Special Interest

Sports Talk

Mondays, 4/9 - 7/2

4:30pm - 5:00pm

Come join this open forum to discuss all things sports! Themes will include: current games, past performances, favorite athletes, trivia questions, and any other appropriate sports topics the group wants to discuss.

Facilitated by Ray Hansen

Travel Sharing

Wednesdays, 4/11 - 5/16

9:30am - 10:00am

Kathy has frequently traveled to fascinating countries which gave her the opportunity to interact and learn about the lives of people in various places. Together we can share experiences of adventures near and far.

Facilitated by Kathy Connelly



Across the Miles

Wednesday, 4/25

12:30pm - 1:30pm

Join us across the miles as the Without Walls Network comes together to share stories and talk about life in our different locations throughout the United States and Canada.

Facilitated by Amber Carroll, SCWW Director



Living Through Dying

Wednesdays, 4/11 - 7/4

5:00pm - 6:00pm

Some of us are in a lot of pain and others are mostly pain free but know we have a relatively short time left. All are aware that sooner than later, the winged chariot of death will be arriving at our doorstep. All are welcome here to discuss their end of life journey.

Facilitated by Lynn Rayburn



Special Interest

Noggin Joggin'

Thursdays, 4/12 - 6/14

2:30pm - 3:00pm

Let's get those dendrites going and spice up our brains! We will have exercises that may not always be easy but will be a fun way of joggin' our noggins. We're sure to have a great time along the way. Please join us!

Facilitated by Nicolette Noyes

Open Mic

Thursdays, 4/12 - 7/5

6:30pm - 7:00pm

All are welcome to call in and perform, big talent not required. Singing, spoken word, stand-up comedy, play your favorite instrument, read a poem or more. Enthusiastic spectators are also welcome to join. Joke telling is reserved for the last ten minutes.

Facilitated by Kathleen Torres

State of SCWW

Fridays, 4/13 & 5/11

10:00am - 11:00am

4/13 - SCWW participants have the opportunity to participate in a research study through the International Computer Science Institute at UC Berkeley to learn about how to improve everyday life for older adults. Find out how you can be involved!

Facilitated by SCWW and Alisa Frik, Post-Doctoral Fellow at the International Computer Science Institute at UC Berkeley

5/11 - Join us to discuss the organizational branding strategy that will give Episcopal Senior Communities and Senior Center Without Walls a fresh new name, look, and feel.

Facilitated by SCWW and Mary McMullin, ESC's VP of Organizational Advancement



Memorial Service

Friday, 6/29

1:00pm - 2:00pm

Join us to remember the members of the SCWW community who touched the lives of all of us.

Facilitated by Rev. Laura Darling, ESC's Senior Director of Communications



Special Interest

Three Oaks

Fridays, 4/13 - 7/6

5:00pm - 6:00pm

After a conversation in another SCWW group, a group of participants developed Three Oaks, an imaginary town with all the small town amenities – an inn, bookstore, boutique, fortune telling booth, and more. Create a fictional character and join this small town life, be whoever or whatever you want to be, in an environment of your own making. Indulge yourself in a fantasy life!

Facilitated by a group of SCWW volunteers and participants

Pet Tales

Saturdays, 4/14 - 6/16

11:00am - 11:30am

Share stories about your animal companions, past or present, with others who also appreciate furry, feathered, and gilled friends.

Facilitated by Anne Sanabria and her dogs, Ringo, Butchie, Freddie, and Stevie

Bird Talk

Saturdays, 4/14 - 7/7

2:00pm - 2:30pm

Join fellow bird lovers for this informal group to share our admiration and memories of our diverse family of feathered friends.

Facilitated by Kaevalya Banks

See and Tell

Sundays, 4/15 - 6/10

4:00pm - 4:30pm

Each week, we will take turns describing details of what we hear, see, smell, and feel from a memory or scene. For example, you have five minutes to describe what you saw when people-watching at the doctor's office or nature outside your window or that time you went to the mountains. Try to bring as much detail as possible so we can join you there. It can even be fiction!

Facilitated by Sandy Bailey





MOST HEALTH & WELLNESS HAVE HANDOUTS. IF YOU WOULD LIKE TO RECEIVE HANDOUTS BY MAIL OR EMAIL, PLEASE CALL THE SCWW OFFICE: 1 (877) 797-7299

What Makes a Hero?

4/24

Heroes can be found anywhere – comics, movies, the grocery store, in families, or in the firetruck driving by. For our discussion, we'll each think of a fictional or real hero that has been meaningful in our life. Together, we'll identify what makes each of these characters fit in the 'hero' category and use those traits as an avenue to explore our own special qualities. You may be surprised at what we come up with!

Presented by Dr. Sally Gelardin, whose hero is Tinker Bell

Theater for Wellness

5/1

With learnings and experiential techniques from improv, musical theater, and mindfulness practices, we'll explore how to use our creativity towards being more present in this moment.

Presented by Gina Pandiani, MA, AP-BC, singer, actor, director, and Community Life Services Director at Aldersly Retirement Community

Additional Health & Wellness presentations can be found on pages 29-30.

“Grow old along with me! The best is yet to be.”

~Robert Browning



Activities are accessible by phone *or* online.



MOST HEALTH & WELLNESS HAVE HANDOUTS. IF YOU WOULD LIKE TO RECEIVE

In honor of Elder Abuse Awareness Day on June 15th, we will explore aspects of elder abuse reporting, with a unique focus on what happens after a report is made.

Prevention and Education

5/8

We'll discuss what happens after a report of abuse is made, which will drive home the immense need for education and prevention. So why don't we start there? Join us to learn what is happening in the world of elder abuse prevention, including the latest research and current trends. Most importantly? How you, as a neighbor and friend, are one of the most important safety factors for your peers.

Presented by Julie Schoen, JD., currently serves as Deputy Director of the National Center on Elder Abuse, and brings extensive legal expertise to her career in shoring up the rights of older adults.

Adult Protective Services

5/15

Have you ever heard someone hesitate to report abuse because they were fearful of being removed from their home? This is a common concern and misconception about the role of APS. Most states use a social casework approach that honors an older adult's right to self-determination, amongst other guiding principles. Join us to learn how these principles inform APS' role in supporting an older adult through an abuse or neglect case.

Presented by Lori Delagrammatikas, MSW, an adult protection expert with decades of work ensuring a stronger safety net for older adults. Lori currently serves as the President of the National Adult Protective Services Association and the California Department of Social Services Adult Protective Services Liaison.

Law Enforcement

5/22

Perhaps law enforcement investigation is the most visible part of the response to elder abuse or neglect but there is much happening behind-the-scenes. In addition to learning how law enforcement handles a report of elder abuse, we'll discuss recent trends, including the most common types of abuse cases, barriers to gathering evidence, and how mandatory reporting has affected this work.

Presented by Detective Chris Merkle of LPD in Longmont, CO. Detective Merkle has investigated crimes against at-risk elders and instructs on the local and national level about strategies for investigations involving elder abuse. Detective Merkle has a passion for defending those who cannot effectively advocate for themselves.



HANDOUTS BY MAIL OR EMAIL, PLEASE CALL THE SCWW OFFICE: 1 (877) 797-7299

Emotional Impact

5/29

How can you access your resilience after surviving abuse or neglect? What is it like for a survivor to go through an investigation after a case has been opened? Together we'll explore common emotional responses to these situations and learn where to find helpful supports during these challenging times. We will also discuss what friends and family can do to support a loved one through this journey.

Presented by Brandy Queen, LPC, who has dedicated her career to the safety and emotional wellness of older adults as a mental health therapist, an Adult Protective Services caseworker, and currently as the Seniors Counseling and Resource Education Coordinator at Longmont Senior Center in Longmont, CO.

Court Proceedings

6/5

Though each state has different laws governing elder abuse and neglect, there are many similarities in the way elder abuse cases are processed through the court system. Using real-life case studies, we'll learn why some cases are not pursued in court, what happens after a case is filed, and why there are special recommended guidelines for courts handling elder abuse trials.

Presented by Tim Johnson, Deputy District Attorney and lead attorney in the Community Protection Division of Boulder County, Colorado, who has spent decades addressing crimes against vulnerable populations through local and state collaborative projects, trial work, and extensive training for law enforcement officers throughout the state of CO.

Policy-Making

6/12

Though elder abuse is a difficult issue with a complex response system, this series highlights an elder justice system made of professionals and citizens who are passionate about aging safely in our society. Let us reflect on the hopeful history of elder abuse legislation as a reminder that we can affect change. We'll learn of major milestones in national and state legislation, current trends in policy-making, and what you can do to affect change.

Presented by influential author and advocate, Lisa Nerenberg, Executive Director of the California Elder Justice Coalition and Instructor at City College of San Francisco, who has spearheaded efforts to develop innovative programs, lectured from international stages, trained thousands of professionals, testified before Congressional committees, and much more.



MUSEUM AT HOME TOURS HAVE HANDOUTS. IF YOU WOULD LIKE TO RECEIVE

The Art of Rude Goldberg and Contraption 4/25

Join us to discover two related exhibits. The Art of Rube Goldberg explores the cartoonist's celebrated career (1883–1970). Marking the first comprehensive retrospective exhibition of Goldberg's work since 1970, the exhibition brings together never-before-exhibited original drawings and preparatory sketches alongside rare photographs, films, letters, and memorabilia. Next, we'll explore Contraption: Rediscovering California Jewish Artists, a group show that presents the work of sixteen California artists of Jewish descent - both historical and living - whose work refers to the machine either literally or metaphorically. ***Presented by the Contemporary Jewish Museum of San Francisco***

Love, Sex, and Scandal in Art 5/2

Have you ever looked at a painting or sculpture and wondered, "What's really going on, what's the real story?" Every object has a story to tell, some more obvious than others. Using the themes of love, sex, and scandal, together we will look closely at objects from the collection of the Minneapolis Institute of Arts and learn the story behind each one. "Is it a painting of a beautiful woman gazing in the mirror, or the revenge of an unpaid artist casting his subject as Narcissus?" Join us to find out the REAL story.

Presented by Nanette Hanks, Assistant Dean for Curriculum, University of MN

A Woman's Light: Making History in South Carolina 5/9

South Carolina women have often stepped beyond their conventional bounds, into culture-shaping roles tantamount to the speed of light – a constant, steady force of nature. Let us explore the lives of several influential women whose light brightened the state, the world, and heralded the success of future generations.

Presented by Jennifer Lee, South Carolina State Museum

Divine Bodies 5/16

Bringing historical paintings and sculptures from Hindu and Buddhist traditions together with contemporary photo-based work, Divine Bodies invites you to ponder the power of transformation, the possibility of transcendence and the relationship of the body to the cosmos. The exhibition is organized into thematic sections that encourage us to look at objects not only as artworks but also as devotional images and ask, "How can we see the human in the divine and the divine in the human?"

Presented by John Andrews, Asian Art Museum of San Francisco



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John Singer Sargent: Bon Vivant

5/23

John Singer Sargent painted portraits of the most prominent members of Gilded Age Society during the late nineteenth century. He enjoyed life to the fullest, not without scandal. Join us for a fun discussion of his life; and take a peek at a few of his best known works, soon to be on exhibit at The Art Institute of Chicago.

Presented by John Andrews, Art Institute of Chicago

J.B. Blunk: Nature, Art, and Everyday Life

5/30

Experience northern California's best kept secret in design and craft: J.B. Blunk (1926–2002), a mid-century artist whose connection to nature governed his daily life. Blunk's muse and often his source of materials was the beautiful natural environment of Inverness, California. Blunk's home property was his ultimate work of art, filled with his handcrafted furniture, ceramics, sculptures, and other functional objects used by his family.

Presented by the Oakland Museum of California

The Maya and the Roots of Our Addiction to Chocolate 6/6

Did you know the ancient Maya were passionate about chocolate? Through the narratives on the Maya ceramics and their hieroglyphic writings we discover that the Maya treasured chocolate and recent discoveries provide scientific verification.

Presented by Mina Shea, FAMSF Docent

Year of Women

6/13

With four special exhibitions featuring women or specific women artists, 2018 is a year for women at the Crocker Art Museum. We will look at two of these today. First, E Charlton Fortune: The Colorful Spirit, featuring Fortune's signature works of strong color and rugged, gestural execution. Second, Becoming a Woman in the Age of Enlightenment, which examines the many paths and stages of women's lives in art of 18th century France.

Presented by Jill Pease, Crocker Art Museum





MOST ARMCHAIR TRAVEL HAVE HANDOUTS. IF YOU WOULD LIKE TO RECEIVE

Dubai & Africa

4/25

Let's join Meg and her friends on an adventure to three safari camps in Botswana and Zimbabwe at the end of dry season (to maximize viewing animals at water holes!). We'll also hear of her four days with a renowned South African lion conservationist, followed by a short stay in Dubai.

Presented by Meg-Monique Roe, ESC's Senior Director of Strategic Integration

Tehachapi, California

5/2

This small mountain community resides in the Tehachapi Mountains of California, just shy of 4,000 feet high. Railfans are drawn to the late 19th-century engineering marvel, Tehachapi Loop, which enabled the nascent railroad to climb the mountain. The town's rich history is celebrated by an indigenous tribal exhibit & Cesar Chavez museums. Grab a pint from the local microbrewery and join us for a chat as we watch free-range elk roam by!

Presented by Ian McDonald

El Pescadero, Mexico

5/9

Just an hour north of bustling Cabo San Lucas, sits the quiet beachside town of El Pescadero where there's not much to do other than walk the expansive beach, watch migrating whales, enjoy refreshing cervezas, visit nearby Todos Santos, enjoy the fresh seafood, and watch spectacular sunsets.

Presented by Amber Carroll, SCWW Director

Across the Outback, Part 2

5/16

Join Stuart as he continues a 3000-mile backpacker bus ride across the deserts of central Australia. In this second presentation he visits an opal-mining town, where most people live underground, and a town called Alice, home to School of the Air and the Flying Doctor. Learn about aboriginal art, and the past and present status of indigenous Australians, including the Prime Minister's national apology for mistreatment.

Presented by Stuart Pawsey, Australian ex-patriot



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Under the Sea in Indonesia

5/23

Grab your scuba gear! We'll join Doug on a scuba diving expedition to see the fantastic and varied undersea creatures of Indonesia. We'll explore Bali to Komodo, Lembeh Strait to Raja Ampat.

Presented by Doug Rigg

Chile

5/30

As we accompany Sue on her Chilean journey, we'll try a variety of wines and good seafood, travel between Patagonia and Santiago, and experience a diverse scenery of towering mountains, crystal clear lakes, snow-capped volcanoes, colorful city murals, compelling architecture, and more.

Presented by Sue Willson, Photographer

Down Below and Down Under

6/6

We have a two-for-one this week! Roger will recount planned and impromptu experiences, culture, and natural and urban settings during two trips. First, a week spent with a tour group in Oaxaca, Mexico which is below his winter home near Puerto Vallarta, MX. Then we will join his tour group for "Down Under" in Roger's first visit to the Kiwis of New Zealand, followed by an excursion to Australia's Tasmania and Melbourne.

Presented by Roger Cormier

Valencia, Spain

6/13

Travel to Valencia, Spain and its UNESCO cultural heritage designated Las Fallas celebration - - the city's traditional four-day commemoration of Saint Joseph, which culminates on March 19th. Colorful neighborhood-crafted monuments, brass bands, fireworks, paella, crowds, and fires that light the night sky! Join us on an excursion around this unique city at a very special time of the year for its residents and for hundreds of thousands of visitors.

Presented by Britt Bassoni, ESC's Senior Resource Director, Santa Clara County



MOST SPECIAL EVENTS HAVE HANDOUTS. IF YOU WOULD LIKE TO RECEIVE

Art With Elders

4/27



Creative aging is becoming more prominent in our society and with good reason. We've long understood the impact of art-making on our aging journey, from self-exploration to creating space for social connection. Through real-life examples of the power of creativity, we'll learn about the innovative work of Art With Elders, which brings art to older adults in the Bay Area, CA.

Presented by Mark Campbell, Executive Director of Art With Elders

Second National Conversation on Aging & Vision Loss

5/4



Hosted by AFB, expert panelists will discuss the 21st Century Agenda on Aging and Vision Loss. We'll learn of progress towards four major goals: funding for services, ensuring availability and quality of professional services, collaboration across delivery systems, and funding for devices. Don't miss your opportunity to weigh into the conversation. If you can't attend, here is a link to gather your comments: afb.org/agingsurvey.

Presented by American Foundation for the Blind

Introduction to Psychology and C.G. Jung, Part 1

5/11



Part 1 of this two-part series explores the development of psychology from its origins in Greek thought to a discipline in its own right. We'll introduce Carl Jung, the founder of Analytical Psychology, whose influence is prominent across disciplines including psychiatry, anthropology, archeology, literature, philosophy, and religious studies.

Presented by Sandi Peters, MA, CPG

Take the Stage

5/18



Join Stagebridge for an engaging and interactive performing arts activity. Be prepared to play, learn, create, and, most of all, have fun! Listeners are welcome too. Stagebridge, based in Oakland, California, is the nation's oldest and most renowned theatre company of older adults.

Presented by Sadie Harmon, Director, Performing Arts Institute of Stagebridge, and Stagebridge students



Special Events | Fridays, 4/27 - 6/15 | 1:00pm – 2:00pm

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Internet Phenomena

5/25

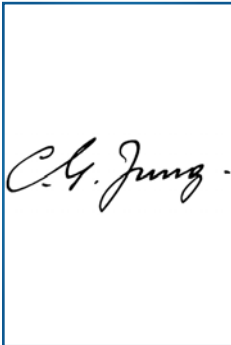


Can you finish this jingle about a coffee brand? “The best part of waking up, is” That type of collective experience is compounded by the lightning fast and global nature of the Internet. We’ll explore the framework of current Internet culture through memes, hashtags, viral videos, the Internet’s obsession with cats, Chuck Norris, and much more!

Presented by Katie Wade, SCWW Program Manager

Introduction to Psychology and C.G. Jung, Part 2

6/1



The second session of this two-part series introduces key concepts in the thought of Swiss psychiatrist, Carl Jung, who coined the term ‘second half of life’ to describe older age. For Jung, aging was not about decline, but rather about finally having the freedom to ask the big questions of life, and to grapple with the good, the bad and the ugly.

Presented by Sandi Peters, MA, CPG

Bird Mating Behavior

6/8

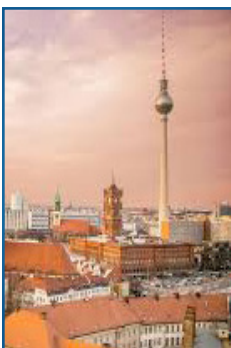


Join us to learn of the most fascinating bird mating rituals, from a flamingo group dance to the finches’ courtship song. We’ll take a deeper look at lekking, an unusual mating behavior, which consists of a group of male birds (often Grouse & Prairie Chickens) gathering on a display area like ground or trees to put on a show for females, trying to win mating rights.

Presented by Mitch Youngman, Master Birder

Berlin: Then and Now

6/15



Join geography expert Margaret Kaluzny on a journey through culture, identity, and political expression in Berlin. Having studied in Berlin in the 1960s, the cultural landscape looked different when she returned in 2009. We’ll explore our own travels through the lens of city identity and politics, answering the questions, “How are culture and politics expressed in a city? Do you think cities have a personality?”

Presented by Dr. Margaret Kaluzny, Professor, College of San Mateo

SCWW Champion

Annette Hoffman



"I get as much from this endeavor as those who receive the cards."

We suspect that very few SCWW participants know who the special person is who has been sending birthday cards every year on their special day. Her name is Annette Hoffman, and for the last decade, she has ensured that SCWW participants are not forgotten on their birthdays. Annette takes pride in hand-picking each and every card based on who she imagines that name in print is. She also, most thoughtfully, buys large print cards for low-vision participants.

Annette's organization and meticulous attention to detail is partly as a result of raising four children and working as the first Payroll Superintendent at Kaiser Hospital in Oakland. She has always found time to volunteer in her community.

In addition to SCWW birthday greetings, Annette also serves as the Sunshine Chairperson of a local Mended Hearts group.

SCWW has grown considerably since Annette proposed this service. With over 1,200 participants across 38 states, we have gratefully welcomed a new birthday greeter into the SCWW community, Madison Yates. Together, they hope to put a smile on everyone's face on their birthday.

Thank you Annette for offering your time and your gracious, caring ways to enhance the lives of SCWW participants. Over the years, many people have called to thank "us" for being remembered on their birthday. Now it is our turn to say "Thank you" to you!!



All activities are listed in Pacific Time

Front Cover Photos: Dorothy, Carolyn, and George
Back Cover Photos: Anne and Sandy

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SPRING 2018



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