



Well Connected
A COVIA COMMUNITY SERVICE

A Community for Seniors

FALL 2019

October 7 – December 31



(877) 797-7299

coviaconnections@covia.org
covia.org

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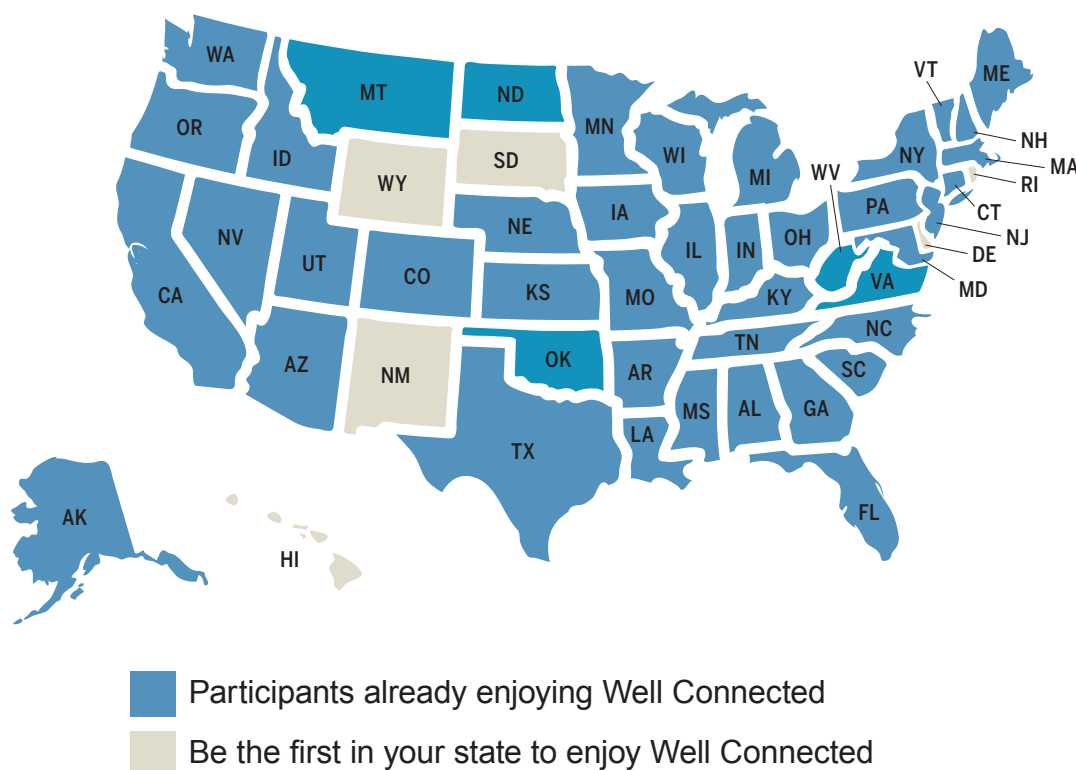
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Welcome to the Well Connected Community

Well Connected is a phone and online program offering activities, education, friendly conversation, and an assortment of classes and support groups to older adults accessible from the comfort of home. Our community consists of participants, staff, facilitators, presenters, and other volunteers who care about each other, and who value being connected to engaging content, and to each other. Well Connected members can play a game, learn a language, 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. All groups are accessible by phone or on online. Well Connected is a Community Service of Covia and is free of charge to all participants and available to adults over the age of 60.

Well Connected engages more than 1,600 elders across 43 states



How It Works

How to join the Well Connected community:

1

Look at the program listings on the following pages and find the activities that interest you.

- There is no limit to the number of activities you may participate in.
 - You can enroll and participate at any time throughout the session.
-

2

- Once enrolled, you will receive a current Catalog, a Participant Calendar, and an Activity Checklist - everything you need to start participating in activities at your convenience.
- All activities may be joined by telephone.
- Some activities are additionally available online, using a computer or any device you use to connect to the Internet.
- If you would like to join any of the audio/video activities, or if you would like to receive handouts, please fill out the Activity Checklist and return it to the office, by phone, email, or snail mail, at least two weeks prior to the activity you would like to join.
- If you would like to be called into any activity, please call the office at: (877) 797-7299 or email your requests to coviaconnections@covia.org.
- All activities are listed in Pacific Time.

9:00 Pacific Time = 10:00 Mountain Time
= 11:00 Central Time
= 12:00 Eastern Time

3

Call us at (877) 797-7299 to enroll or get more information.

Well Connected 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 opinions expressed by facilitators and participants are their own and do not necessarily reflect the views of Well Connected or Covia.
- Groups may be recorded with notification.
- Well Connected and Covia 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 listed in Pacific Time in the catalog.
- 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.
 - If joining by phone: press the MUTE button on your phone or *1.
 - If joining online: click on the microphone icon at the bottom of your screen.
- You might want to consider using a headset for the best audio/online quality.

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.
- 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.

Fall program guide and schedule

Remember, all activities are listed in Pacific Time.

9:00 Pacific Time = 10:00 Mountain Time
11:00 Central Time
12:00 Eastern Time

LEGEND



Phone: An activity accessible by telephone



Audio/Video: An activity accessible by telephone or online using a computer or any device you use to connect to the Internet



Handout: An activity that includes a handout. Handouts can be received either by email or mail. Please complete the Activity Checklist at least two weeks prior to the activity you'd like to join and return it to us by mail, email, or phone



New: An all-new Well Connected activity

Connection Team



Annette Balter
Program Manager
Well Connected



Casey O'Neill
Program Manager
Social Call



Amber Carroll
Director
Well Connected



Patt Schroeder
Program Specialist
*Well Connected
& Social Call*



Michael Cueva
**Administrative
Coordinator**
*Well Connected
Español
Well Connected
& Social Call*



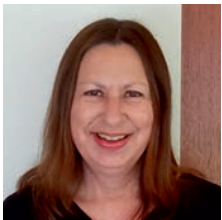
Katie Wade
Director
Social Call



Emma Marquez
**Administrative
Assistant**
*Well Connected
& Social Call*



Lizette Suarez
Program Manager
Well Connected Español



Karen Miller
Program Manager
Social Call

Session Spotlight

Welcome to another session of Well Connected! We'd like to extend a special welcome to those of you who are new to the Well Connected community. We've gained our first participants from New Hampshire since our last session through a wonderful partnership with Easterseals New Hampshire!

If you are new, the group not to miss is Newcomer's Welcome, offered once a month on Mondays, from 1:00pm – 2:00pm Pacific Time (see page 16). If you have questions about how to join our programs, either by phone or online, would like to chat with us about what might be a good program for you, or if you'd like to try your hand at facilitating a group, come to this group to learn all about participating in Well Connected.

We hope you enjoy the new groups we've added this session, including two support groups, dance reviews, Haiku writing, poetry experience, or waking up to some gentle stretching! We also have a few favorites that are returning: Song Lyrics and Other

Patt Schroeder
*Program
Specialist, Well
Connected*



Hysteerics; Growing an Elder Community; Concerts from the Couch, and Personal Storytelling, as well as a few one-time specials on Buddhism and Improv.

We cannot add these great new offerings without you! We are always excited to add a new group or work with a new facilitator. If you have an idea for a group, want to try being a substitute or co-host with one of our experienced facilitators, or know someone who you think would be a good facilitator, just give us a call! Groups can be for a few weeks or months, and there is no travel required! We need your help.

If you are no longer interested in receiving our expensive materials, please let us know!



Activists R Us!

Wednesdays, 10/9 – 12/11

6:00pm – 7:00pm

Democracy needs three things to thrive: voting, the political act, and information. Your voice is heard during elections by casting your vote; otherwise your voice is heard by committing a political act. We will talk about political acts, when and why we've committed a political act, what leads up to our decision, what sources of information influenced our decision, how did we feel before, during, and after the act, did we get results or not? We will listen to each other, encourage each other, and learn from each other. Democracy is a numbers game - majority rules - add your voice to the total.

Facilitated by Samantha Smith



Advocacy Now

Mondays, 10/7 – 12/9 (no group 10/28)

4:00pm – 5:00pm



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. The format includes sharing information with each other about mutual issues of concern and deliberating about what advocacy actions to take. All opinions are welcome and listened to.

Facilitated by Patt Schroeder, Program Specialist, Well Connected



Slovenia and Croatia

10/28

Travel to Eastern Europe and enjoy locales such as charming Ljubljana, the capital of Slovenia; Croatia's amazing Plitvice Park with its 100 waterfalls; the idyllic island of Korčula; and the historic old city of Dubrovnik.

Presented by Terry and Steve Englehart

Glaciers, Fjords, Lakes and Rivers of Norway and Sweden

11/4

An outdoor enthusiast's paradise, journey through the spectacular glaciers and fjords of Norway and the lakes and rivers of Sweden. From aqua blue-colored "glacial flour" rivers to ice caves to kayaking tours to the bridges of Uppsala, the water in these countries is abundant and breathtaking. Along the way we'll stop at a small dairy farm, and share what we learned about a farmer's life in the Scandinavian countryside.

Presented by Karen Coppock, Covia, Director of Home Match SF

Singapore, Bali and New Zealand

11/11

Tour the orchid gardens of Singapore and participate in a Singapore wedding reception. Experience the sights of Bali. Then journey with us to Hobbiton, in the city of Auckland, New Zealand.

Presented by Tom Norris, Well Connected Facilitator

Return to Belfast

11/18

Marda presented earlier in the year about living in the Shankill Road area of Belfast from 2008-2014. She was invited back for two months this summer to assist with building plans for a small community benefit society farm. She also agreed to farm-sit for two weeks while the family went on holiday, caring for 20 pigs, 7 goats, 2 geese, 28 baby turkeys and hand-watering a half-acre vegetable market garden!

Presented by Marda Stothers



A Week in Havana, Cuba

11/25

Join us on a tropical trip to the captivating capital of Cuba, Havana. Enjoy the sun and sea, walk on the malecón, take a ride in a classic car, eat at delicious restaurants and visit a few of the many museums in Havana. See the Spanish, Soviet and Modern architecture that adorns the vibrant streets of this famous city.

Facilitated by Michael Cueva, Covia Administrative Coordinator

Pacific Northwest Road Trip: Seattle & Olympic National Park

12/2

We will explore old-growth rain forests, glacier-capped mountains, historic lakeside lodges, and Pacific coastal beaches. Get ready for great vistas, delicious local food, and the stunning natural beauty of the Pacific Northwest!

Presented by Amy Brokering

Niger Peace Corps Adventure

12/9

Many young Americans, anxious to travel and work internationally, heeded JFK's call to join the Peace Corps. We will travel back to 1966, and revisit the two years Judy spent in Niger, Africa, the South Sahara, and the Sahel. Working with mothers and their hungry babies was a challenge, but enormously rewarding. Features footage from the country and interviews with volunteers today. There is no handout for this presentation.

Presented by Judy Irola

Spanish Highlights

12/16

Join us for a tour of everyone's favorite Spanish cities Barcelona and Madrid, with stops at historic multi-cultural locations: Girona, Zaragoza, and Toledo. We will also take a side trip to France to visit Carcassone, a medieval walled city.

Presented by Ellen Kaufman



All Request Music Hour with DJ Libby

Tuesdays, 10/8 – 12/10 (no groups on 10/22 & 11/26)

4:00pm – 5:30pm

Call in to request the title track from your first record, your favorite song from your first dance, the song you listened to over and over again in your car way back when. Have fun laughing, reminiscing, singing, and tapping your feet. You may even have the urge to get up and dance!

Facilitated by Libby Linden-Chirlian, Musician



Beyond Ballet - Dance Breaks the Rules

Tuesdays, 10/15, 11/19, 12/17

5:00pm – 6:00pm



Experience the world of modern dance through images, video and discussion with a monthly review, featuring: The Diaghilev Revolution (1909-1929) (October); Bare Feet and Flow: Isadora Duncan, Loie Fuller, Ruth St. Denis (November), and Women Lead: Doris Humphrey, Martha Graham, Mary Wigman (December).



Presented by Laurie Sanchez, MA



Concerts From the Couch

Sundays, 10/20, 11/17, 12/15

5:00pm – 7:00pm



Join us for a special monthly concert series, with an hour of music followed by a discussion. Concerts in this series are: October - Classical Music (for people who don't like Classical Music), November - Women of Broadway, and December - Oscar Winners of the 1950's.



Facilitated by Libby Linden-Chirlian, Musician



Everyday Poetic

Sundays, 10/13 – 11/3

9:30am – 10:30am



As da Vinci said "Simplicity is the ultimate sophistication." Sharing published poems about the simple things in life, and writing prompts, we'll invite each other to notice the seemingly mundane, routine, and ordinary parts of our days and transform them into something poetic.

Facilitated by Elise Hernandez, PhD



Haiku 4 Creative Expression + Contemplation

Tuesdays, 10/8 – 11/26

3:00pm – 4:00pm



Haiku is a poetic art form that focuses on self-expression and openness through meditative writing and visual art. Learn how three simple lines can provide any single moment worthy of contemplation. Bring your open mind, imagination, sense of humor, zest for life, quest for fun, and willingness to participate. Everyone can write a haiku, no matter their skill level!

Facilitated by Sophia Wambach



Music's Memory Lane

Tuesdays, 10/8 – 12/10

6:00pm – 6:45pm

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



Open Mic

Thursdays, 10/10 – 12/26 (no group on 11/28)

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



Personal Storytelling

Thursdays, 10/17, 11/21, 12/19

10:00am – 11:00am



Stagebridge storytellers take personal memories, classic stories, folk tales and historical events, and turn them into engaging personal narratives. Hear these stories come alive! For more information about Stagebridge, call (510) 444-4755 or visit stagebridge.org.

Facilitated by Clara Kamunde, Stagebridge, California



Picture My World

Sundays, 10/20 – 12/15

12:30pm – 1:30pm



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

Facilitated by Alane Spight



Song Lyrics and Other Hysteerics

Thursdays, 10/10 – 12/19 (no group on 11/28)

11:00am – 12:00pm



Song lyrics discussed, and those songs will be played. If that weren't enough, time permitting, musical requests can be made.

Facilitated by Buddy Weisman



Three Oaks

Fridays, 10/11 – 12/27

5:00pm – 6:00pm

This is role play hour! Dive into a constantly growing, evolving interaction. We make it up as we go along. The environment is the group's decision, the character you play is decidedly your own. For an hour a week, be anything you want to be, live anywhere you want to live, do anything you want to do, reactivate the gift of make-believe you had as a child. Can you come out to play?

Facilitated by Well Connected Participants



Writing Workshop

Sundays, 10/13 – 12/29

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

Conversation



Across the Miles

Wednesday, 10/23

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 Lisa Evans, Community Resource Arranger, Mather Lifeways



Ask the Attorney

Fridays, 10/18 – 12/20

3:00pm – 4:00pm

Gerald Richards, a retired California attorney with 42 years of legal experience, mostly in the area of probate, wills and trusts, will answer your questions providing general legal advice. You can call in, or send your question ahead of time to coviaconnections@covia.org to hear the answer on the next call.

Facilitated by Gerald Richards, Esq., Contra Costa Senior Legal Services Board Member



Beautiful Questions

Fridays, 10/11 – 12/13

10:00am – 11:00am

Based on Anne Basting's work on TimeSlips (www.TimeSlips.org), to bring meaning and purpose to the lives of elders through creative engagement, we will be inspired by some of her carefully crafted questions that spark rich conversations, such as, "What is the greatest gift you've ever received?" or "When do you feel truly at home?"

Facilitated by Janice Rooker



Bird Talk

Saturdays, 10/12 – 12/28

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

Conversation



Coffee Break

Wednesdays, 10/9 – 12/25

10:00am – 10:30am

Sundays, 10/13 – 12/29

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 Well Connected community.

Facilitated by Andy Andersen (Wednesdays) and Lisa Wynne (Sundays)



Garden Talk

Fridays, 10/11 – 11/15

4:30pm – 5:00pm

Let's spend time wandering through our virtual garden. Our discussions will include exploring your favorite plants, sharing gardening tips, and discussing the role that flowers and plants have in our lives. No green thumb needed to tap into your floral memories!

Facilitated by Felicia Allen



Growing an Elder Community

Mondays, 10/7 – 12/9

10:00am – 12:00pm



In community, we will discover what is beautiful about the latter stages of life, and how getting older, including as a disabled or homebound person, can contribute positively to our culture. This is an opportunity to experience what is noble about being human in the world.

Facilitated by David “Lucky” Goff, PhD



Inspiring Stories

Saturdays, 10/12 – 12/14

6:00pm – 6:45pm

Today's world inundates us with bad news. Want some good news and inspiration for a change? 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

Conversation



Keys to Joy

Saturdays & Sundays, 10/12 – 12/15

5:00pm – 5:45pm

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 other’s fires.

Facilitated by Lynn Millar and Kathleen Torres



LGBTQ Chat

Mondays, 10/14, 10/28, 11/11, 11/25, 12/9, 12/23

1:00pm – 2:00pm

This group is open to all LGBTQ older adults 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 Ariel Mellinger, ASW, Support and Wellness Coordinator, Openhouse SF



Newcomers Welcome

Mondays, 10/7, 11/4, 12/2

1:00pm – 2:00pm

Are you confused about how to start “connecting” with Well Connected, or interested in volunteering as a facilitator? Learn more about how to make that first phone call, or how to start a conversation as a new facilitator. Learn about why a group is listed in black on the calendar, what those icons mean in the catalog, or how to take a turn to talk. Do you have an idea for a group you’d like to facilitate? No question is too silly or too simple!

Facilitated by Patt Schroeder, Covia Program Specialist



Pet Tales

Saturdays, 10/12 – 12/14

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

Conversation



Sports Talk

Wednesdays, 10/9 – 12/25

5:30pm – 6:00pm

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



State of Well Connected

Fridays, 11/1 & 12/20

11:00am – 12:00pm

Join us to talk about your favorite groups this session, and learn about new and exciting changes in the world of Well Connected!

Facilitated by Amber Carroll, Covia's Director of Well Connected and other Covia staff



Walk in Nature

Fridays, 10/11 – 12/27

2:00pm – 2:30pm

Where were you when you saw a spectacular sunset? What wild creatures have you encountered? Do you enjoy camping and hiking? Share your experiences in nature, discuss geography, and evoke memories that will spark the positive associations that nature gives us.

Facilitated by Lisa Wynne



Where Were You When?

Saturdays, 10/12 – 12/28

12:00pm – 12:45pm

Don't you love thinking back to the good 'ole times when life wasn't so busy and confusing? Join us for some reminiscing as we ask: "Where were you when...?"

Facilitated by Janice Rooker

Fun & Games



Bingo

Saturdays, 10/12 – 12/28



9:00am – 10:00am (beginners)

10:00am – 11:00am (advanced)

Bingo? On the telephone? You bet! Join us for the classic game of chance and a few variations. Please call the Well Connected office to request Bingo cards, including cards in Braille: (877) 797-7299.

Facilitated by Janice Rooker



Do You Know What You Don't Know?

Sundays, 10/13 – 12/29



2:00pm – 2:30pm

Join us for 30 minutes of facts and fun. We'll learn about all kinds of things we probably don't know anything about, like: Is a cucumber a fruit or a vegetable? Is dry ice really a kind of ice? If you come across bat guano, should you eat it, avoid it, or catch it?

Facilitated by Sharon Schwartz



Improve with Improv!

Wednesday, 12/11



4:00pm – 5:00pm

How do we use improvisation as a way of life? Improvisation has been shown to help people develop their communication skills and creativity. In this session we will have fun playing improv games together that can help us in everyday life.

Presented by Helen Abel and Jill Battalen, Life Performance Coaching



Mystery Melody

Saturdays, 10/12 – 12/14

11:30am – 12:00pm

Follow the weekly theme, then have fun, singing, “la, la, la”, or give us a hint. Then we guess the melody! Mystery solved! Call the office at (877) 797-7299, for the theme of the week.

Facilitated by Jan Knowles

Fun & Games



Noggin Joggin'

Thursdays, 10/10 – 12/12

2:00pm – 2:30pm

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



Tall Tales

Tuesdays, 10/8 – 12/10

2:00pm – 2:45pm

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

Facilitated by Kathleen Torres



Trivia

Sundays, 10/13 – 12/29

3:30pm – 4:30pm

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

Fun & Games



Ungame Group

Thursdays, 10/10 – 12/26

5:30pm – 6:30pm

In 1969, Rhea Zakich lost her voice for months; she spent most of her time listening to others. She emerged from this transformative experience with important insight about communication. In an effort to impart these lessons, she created The Ungame. Players share opinions in a non-threatening atmosphere, where there are only winners. As players submit their own questions to the game, it evolves into a one-of-a-kind creation. Join us!

Facilitated by Samantha Smith



Word Play

Sundays, 10/13 – 12/29

2:30pm – 3:30pm

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



“...when work’s done, when I’m resting, I often turn to Well Connected. It puts me in touch with people that share a good number of my interests, and brighten my day.”

Alan
Participant



Book Club

3rd Sundays, 10/20, 11/17, 12/15

1:30pm – 2:30pm

We will discuss *An Irish Country Doctor* by Patrick Taylor (October), *Dead Heat* by Dick Francis (November) and *An Irish Country Christmas* by Patrick Taylor (December); you'll have a whole month to read each book. Enjoy a rich conversation about memorable moments in the story, flashes of insight, favorite or least favorite characters, and more!

Facilitated by Marie Hamilton



Book Share

1st & 3rd Saturdays, 10/19, 11/2, 11/16, 12/7, 12/21

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



Poetically Speaking

Wednesdays, 10/9 - 12/25

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



Poetry

Sundays, 10/13 – 12/29

10:30am – 11:30am

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

Facilitated by Anne Allen



Poetry Reading

Thursday, 12/19

2:30pm – 3:30pm

Join Sally Love Saunders as she reads and discusses her original poetry. You will find her poetry to be enjoyable and easy to relate to.

Facilitated by Sally Love Saunders



Story Time

Thursdays, 10/10 – 12/12

Saturdays, 10/12, 11/9, 11/23, 11/30, 12/14, 12/28

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



Writers Read

Friday, 12/13

1:00pm – 2:00pm

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

Facilitated by Patt Schroeder, Covia Program Specialist



2020 Medicare Plan Changes

10/29

Do you have questions about Medicare? HICAP has the answers. We will explain and answer questions about Medicare benefits, prescription medication coverage, Medicare Advantage plans (HMOs), Medicare Supplemental insurance, and will discuss how Medicare coordinates with retiree benefits or veterans' benefits. After this session, you will be able to make informed decisions on how best to address your needs for health insurance coverage with Medicare.

Presented by Leah McIntosh, Volunteer Outreach Coordinator, Contra Costa County HICAP

The Conversation Starter Kit

11/5

The Conversation Starter Kit is a useful tool to help you have the conversation regarding end-of-life care with a family member, friend, or other loved one about your – or their – wishes. We will revisit some of the important decisions and choices for the end of life. Conversation Starter Kit provided.

Presented by Janet Thompson, Covia, Senior Living Counselor, St Paul's Towers

Elder Care Managers and the Fiduciaries

11/12

The Conversation Starter Kit is a useful tool to help you have the What are the services that are provided by geriatric care managers and fiduciaries? How do they differ? Do I need both? When? How can care managers make a difference? How can fiduciaries make a difference? What's the difference between an executor and a fiduciary? Join us for answers to these questions and more.

Presented by Michelle McBee, CA Licensed Professional Fiduciary and Eilleen Nevitt, LCSW, Geriatric Care Manager



Know Your Rights in the Hospital

11/19

Who will help you during a hospital stay? What decisions do you need to make coming out of surgery? What do you need to know about your rights to a safe discharge? What is an “observation unit,” and how do you avoid being placed there? Find out the answers to these questions, and more about your rights in a hospital. CARA is California’s largest, grassroots senior advocacy organization, working to improve the quality of life for seniors and their families.

Presented by Jodi Reid, Executive Director, California Alliance for Retired Americans (CARA)

Hearing Loss, Hearing Aids and Communication

11/26

Hearing loss isn’t just an individual problem; it is also a family and community problem. Memory loss, balance problems, depression, tinnitus, isolation, anxiety and separation from loved ones are common side effects of untreated hearing loss. We will discuss hearing loss, types of hearing aids, and effective communication techniques with people who are hard of hearing.

Presented by Mimi T. Salamat, Ph.D., CCC-A, FAAA, Clinical Audiologist & Tinnitus Specialist

Medication Management Dos and Don’ts

12/3

Almost one-third of people aged 57-85 take more than five medications. The more medications you take, the higher the risk for adverse drug events. Approximately 800,000 preventable adverse drug events occur each year, some leading to hospitalization or even death. Learn about common medication mistakes, what to discuss with your doctor, safety tips at home or when traveling, and more.

Presented by Erika Brown, MSW, Social Worker, City of Los Angeles Department of Aging



The Science of Positive Emotions: Why We Need Them and How to Cultivate Them

12/10

Positive emotions are critical for our health and well-being. Dr. Gordon discusses the science of positive emotions, focusing on the benefits of awe and gratitude for health, well-being and relationships. She also provides practical, evidence-based tips for easily cultivating more awe and gratitude in daily life.

Presented by Amie Gordon, PhD, Researcher, Emotion, Health & Psychophysiology Lab, UCSF

Telephone Access Programs

12/17

In the last 40 years, California's Telephone Access Program has provided free specialized telephone equipment (landline and cell phone accessories) to over 700,000 California residents to help them stay connected and independent. Learn about telephone access programs across the nation, and see if you might benefit from one of over 20+ telephone devices.

Presented by Triet Hoang, Field Operations Specialist, CTAP



Wake-Up Call

Tuesdays, 10/22 – 12/17

10:00m – 10:30am



A 30 minute class, primarily done sitting, that “wakes up” every muscle of the body with gentle movements to increase flexibility, posture, balance, muscular strength, and endurance. Strength training will be accomplished with the use of dumbbells or bands (if available) or with everyday household items, such as soup cans. Movements will be put to music from the 40's to the 70's.

Facilitated by Diane Waltz, MPT, Covia Director of Wellness, Spring Lake Village

Holidays



Christmas Day

Wednesday, 12/25

3:00pm – 3:30pm

Let's reminisce about Christmas Past. What was your favorite gift as a child? Share special traditions from your family celebrations.

Facilitated by Lisa Wynne



Thanksgiving Special All Request Music Hour with DJ Libby

Thursday, 11/28

9:30am – 11:00am

Call in to request the title track from your first record, your favorite song from your first dance, the song you listened to over and over again in your car way back when. Have fun laughing, reminiscing, singing, and tapping your feet. You may even have the urge to get up and dance!

Facilitated by Libby Linden-Chirlian, Musician



Veterans Day

Monday, 11/11

11:00am – 12:00pm

Why do we celebrate Veterans Day on the 11th hour of the 11th day of the 11th month? Join us to find out the answer and to discuss why.

Facilitated by Sally Hayward



“My daughter Amber introduced me to the wonderful world of Well Connected. I especially enjoy the questions and rich discussions from participants who contribute so much to each and every group.”

Darlene

Participant and Volunteer

Languages



Bilingual Chat

Wednesdays, 10/16, 11/20, 12/18



4:00pm – 4:45pm

Join us for an English-Spanish bilingual chat. Share stories and experiences across the Well Connected and Well Connected Español communities. Participants will practice their Spanish and English while building cross-cultural connections. This group is open to anyone with at least an intermediate knowledge of Spanish and English.

Facilitated by Michael Cueva, Covia Administrative Coordinator



ESL (English as a Second Language)

Fridays, 10/11 – 12/13

4:00pm – 4:45pm

Join us for this English conversation group for non-native speakers who would like to improve their fluency.

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



Learning Spanish

Mondays, 10/21 – 12/16



3:00pm – 3:30pm

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 Raul Escareno, Covia Housing Administrator, Oak Center Towers

Languages



Perfecting Our French

Tuesdays, 10/8 – 12/31

5:00pm – 6:00pm

Thursdays, 10/10 – 12/12

4:30pm – 5:30pm

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

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



Practicing German

Fridays, 10/11 – 12/13

3:00pm – 3:45pm

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

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



“I especially appreciate Well Connected because it keeps me going which is not a small thing in my life!!! I feel better when I keep busy. Facilitating and participating in Well Connected certainly provide me with the opportunity to keep busy in a meaningful way.”

Jerry

Participant and Volunteer



Japanese Aesthetics: Exploring Japan's Artistic Sensibilities

10/30

Kimono, netsuke, swords, lacquerware, screens, and scrolls. Come explore the variety, complexity and beauty of Japanese art. For the Japanese the functionality of an object was not enough; it also had to be aesthetically pleasing and display the skill of the artisan, the taste of the patron, and the values of the culture.

Presented by the Asian Art Museum

Miller
ICA

An Atlas of Commoning: Spaces of Collective Production

11/6

We will discuss and explore an international exhibition which aims to redefine the open space of “we” as a concept. The project focuses on urban commons—here commons are understood as practices dealing with the collective production and management of (material and immaterial) resources and spaces in general, rather than with the resources themselves, hence “commoning,” the verb, takes center stage. Commoning is a process of dealing with differences and conflicts between the individual, the community and society.

Presented by Margaret Cox, Miller Institute for Contemporary Art



Nature by Design: Selections from the Permanent Collection

11/13

Throughout history, designers have observed nature, investigated its materials, and imitated and abstracted its patterns and shapes. Textiles, jewelry, furniture, cutlery, and more show how designers have interpreted nature's rich beauty and astonishing complexity.

Presented by Ruth Starr, Cooper Hewitt Smithsonian Design Museum



BULLOCK
TEXAS
STATE HISTORY
MUSEUM

Cowboys in Space

11/20

Take a journey through the history of Westerns in Science Fiction. From Jules Verne's 1868 book, Trip to the Moon, Gene Autry's 1935 Phantom Empire, Star Trek, Star Wars, and on to a galaxy full of contemporary science fiction, discover how the cowboy went from herding cattle on the Texas plains to flying spaceships around distant planets and fantastic worlds.

Presented by Janene Pearson, Bullock Texas State History Museum



More than Meets the Eye: Symbolism in Art

11/27

Once designed to be understood by an otherwise illiterate public – or sometimes for an elite group with esoteric knowledge – art has been used to convey greater meaning than just the simple image in the frame. Join us as we explore some of the world's most famous masterpieces, and seek out the hidden meaning within.

Presented by Jennifer Lee, South Carolina State Museum



Private Lives Public Spaces

12/4

Long before camera phones, the 1923 introduction of small gauge film stock heralded the unofficial birth of home moviemaking. Join us for a conversation about how home movies changed the way family stories were told and remembered, and how personal narratives within the public space of the museum is challenging how we understand the role of moving images.

Presented by Jennifer Katanic, Museum of Modern Art



No Spectators: The Art of Burning Man

12/11

See some of the spectacular artwork and large-scale installations, from amateurs to world-famous artists, erected in the Black Rock desert of Nevada. This week-long experiment in community and art began 33 years ago now attracts over 70,000. Its guiding principles are radical inclusion, radical self-reliance, radical self-expression, communal effort, civic responsibility, gifting, de-commodification, participation, immediacy, and leave no trace.

Presented by the Doris Kretshmer, Oakland Museum of California



James Tissot: Fashion and Faith

12/18

The Fine Arts Museums of SF and the Musée d'Orsay, Paris, are co-organizing James Tissot, 1836–1902, the first major reassessment of the artist's career in over 20 years. New scholarship demonstrates that even Tissot's most ebullient society paintings reveal rich, complex commentary on nineteenth-century society, religion, fashion, and politics, rendering him worthy of reexamination today.

Presented by Anne Burns Johnson, Fine Arts Museums of San Francisco

Reflections & Religion



Bible Reading
Mondays, 10/7 – 12/9
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



Buddhism: Beyond the Basics
Wednesday, 10/23
4:00pm – 5:00pm



We will explore Buddhism, learning more about the doctrine common to all schools of Buddhism, and the practices that differ from region to region.
Presented by Sandi Peters, MA



Gratitude
10/7 – 12/31

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, Marie Hamilton, Lynn Millar, Nicolette Noyes, Patt Schroeder, Kathleen Torres, and Tom White



Meditation
10/7 – 12/31
Every Day **5:00pm – 5:30pm**
Sundays **10:30am – 11:00am**

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 and Kaevalya Banks

Reflections & Religion



Memorial Service: Blue Christmas

Friday, 12/20

1:00pm – 2:00pm

Along with commemorating those in our Well Connected community who have died, this will be a chance for all of us to process the grief that might be close to the surface during a season of holiday celebrations.

Facilitated by Laura Darling, Vice President of Communication and Spiritual Care



Peter and Paul: The Church Begins

Thursdays, 10/10 – 10/31

9:30am – 10:15am



In this session, we will explore the beginning of the church under Peter's leadership. We will also look at Paul's contribution to expanding the church to the Gentiles.

Facilitated by Lori Guthrie



Socrates Café

Mondays, 10/21, 11/18, 12/16

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.

Supportive Groups



Healthy Living with a Chronic Condition

Tuesdays, 10/8, 10/22, 11/5, 11/19, 12/3, 12/17

1:00pm – 2:00pm



Ranging from back pain to heart problems – chronic conditions can take a toll on our daily lives. Encourage and support each other by sharing how your chronic condition affects you. Learn new skills from others who share similar challenges on how to manage your chronic conditions and break the cycle of symptoms. Master achieving your goals by creating a specific, detail-oriented action plan for yourself that will focus on a happier and healthier you.

Facilitated by Loren Valentine, Health Educator, St. Jude Medical Center, CA



Living with Chronic Pain

Thursdays, 10/10 – 12/12

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



Living with Vision Loss

Thursdays, 10/10 – 12/12

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 Anne Allen and Andy Andersen

Supportive Groups



Low-Vision Support: The Eyes Have It

Wednesdays, 10/9 – 12/11

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



Support/Discussion for the Blind

Tuesdays, 10/8 – 12/31

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



Taking Care of Ourselves

Wednesdays, 10/16 – 11/20

3:00pm – 4:00pm



A peer support group for caregivers to share how we take care of ourselves. We will discover healthier ways we prevent burn-out. Mindfully and courageously we'll identify stressful situations while caring for others, and how to avoid or overcome these stresses. And we'll share good times too.

Facilitated by Brother Drake



Social Connections with Alexa

11/1

An AARP Foundation study is looking at using smart speakers, such as Alexa, to help older adults feel connected and less lonely. Join us to hear about the project, successes and results so far.

Presented by Ryan Elza, Social Entrepreneur in Residence, Social Connectedness, AARP Foundation

Navigating the Tech Landscape While Visually Impaired

11/8

In today's increasingly technology-based lifestyle, how do those of us with visual impairments keep pace? We will review some of the technologies that can keep low-vision older adults in touch, including simple to use telephone technology and digital recorders to more complicated cell phones, talking TV sets, talking computers, bar code readers, talking medication labels, talking navigation devices, and more!

Presented by Doug Rose, Facilitator, Low-Vision Support Groups in McKinleyville and Well Connected

Overcoming Social Isolation: The Power of VR

11/15

Hear how Rendever is using virtual reality and the power of shared experiences to overcome social isolation, and its serious effects on health in senior living communities.

Presented by Grace Andruszkiewicz, Director of Marketing and Partnerships, Rendever



The State of Purpose

11/22

What is the rest of your life for? Writer, entrepreneur and explorer of aging, Daniel Pryfogle shares the latest research and reporting on purposeful aging in the new longevity landscape. Daniel is the founder of Senior Correspondent, which amplifies the voices of older adults for the good of society. This session will build upon Daniel's previous Well Connected presentations by exploring the role of place in evoking purpose.

Presented by Daniel Pryfogle, Founder, Signal Hill and Senior Correspondent

Universal Design and Community Participation

11/29

We will discuss the eight Goals of Universal Design, which aim to go beyond accessibility, to creating products, services, and spaces for all individuals to enjoy, improving human performance, health and wellness, and social participation.

Presented by Brittany Perez, Director of Outreach and Engagement, Center for Inclusive Design and Environmental Access, University at Buffalo School of Architecture & Planning

Streaming and Smart TVs

12/6

What is streaming? How smart is your television? Explore new options for watching your favorite TV shows, movies and more!

Presented by Alex Glazebrook, Director of Operations, Older Adults Technology Services (OATS) Senior Planet

Without Walls Network

Well Connected is part of a larger international Without Walls Network of programs providing older adults with endless opportunities to participate in activities and classes over the phone. Older adults across the United States are welcome to join the wonderful programs listed below. For more information, please contact each program 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

Welcome and Inclusion



We are open to all seniors. In keeping with Covia's values of welcome, inclusion, social justice and grace, Well Connected is committed to serving people regardless of race, ethnicity, sex, religion, national origin, political affiliation, sexual orientation, physical or cognitive abilities, gender identity, ancestry, military discharge status, marital status, size, source of income, housing status or any other protected classification.

Covia Community Services

Covia cultivates and builds healthy communities with a continuum of residential and innovative aging services that actively promote intellectual, physical, social, and spiritual well-being. covia.org/services

Social Call: Friendly visitor program with a mission to foster connections between volunteers and older adults. covia.org/services/social-call
Throughout the US (877) 797-7299 coviaconnections@covia.org

Market Day: Markets selling fresh produce at cost to seniors each week at various locations throughout California. covia.org/services/market-day
Multiple CA Counties (510) 282-1137 cchavez@covia.org

Senior Resource Information and Referral Programs: One stop shop for seniors, their families, or caregivers to access information, referrals, and assistance.

San Francisco County	(415) 563-8043	abrokering@covia.org
Alameda County	(510) 444-0243	cbolton@covia.org
Sonoma County	(707) 539-0333	jarent@covia.org
Contra Costa County	(925) 956-7396	abalter@covia.org
Marin County	(925) 956-7380	swomack@covia.org
Santa Clara County	(925) 956-7380	swomack@covia.org
Monterey County	(925) 956-7380	swomack@covia.org

Home Match: Matches home owners and home seekers, in exchange for rent and/or services. covia.org/services/home-match

Marin County	(415) 456-9068	lacosta@covia.org
Contra Costa County	(925) 956-7385	adiaz@covia.org
City of Fremont	(510) 574-2173	tahern@covia.org
San Francisco County	(415) 351-1000	kcoppock@covia.org

Rotary HOME Team: Partnership with local Rotary Clubs to do minor home repairs. covia.org/services/rotary-home-team

Contra Costa County	(888) 204-5573	info@rotaryhometeam.com
City of Sunnyvale	(888) 204-5573	info@rotaryhometeam.com
Marin County	(888) 204-5573	info@rotaryhometeam.com

Champion

Lynn has been “connected” to Well-Connected since 2008. After meeting Terry Englehart, founder of what was then called Senior Center Without Walls, Lynn knew that she wanted to be a part of such an amazing program. Her heart resonated with the idea of connecting folks with something as simple as a phone! Now, as a long-time facilitator and participant she makes sure that Well Connected newcomers feel welcome.

Not too long after Lynn learned about SCWW Terry asked her if she would be a substitute facilitator for the noon Gratitude group for 12 weeks. Lynn took a big breath and jumped in. She went through this experience with ease and over the years she has facilitated a variety of groups including: In the News, Closing Circle, Meditation, and Keys to Joy. Additionally, Lynn proposed the Tall Tales group as a perfect venue for her good friend, Kathleen Torres, who has been facilitating it for years.

Lynn (on phone) sharing a Gratitude group with attendees at the Minnesota Age and Disabilities Odyssey Conference.



Lynn says that WC keeps her alive every day. She and her husband Steven both have health challenges, but every day they face those challenges with a sense of humor, love and support from their family, (including their cats, JonJon, Snoopy, and Platterpus), AND most importantly, with the knowledge that their Well Connected community is always there, no matter what is going on in their lives. For Lynn, when she hears someone say, “I cannot believe that I found Well Connected,” she knows exactly what that person means – she cannot imagine what her life would be without Well Connected and is eternally grateful.

Gratitude for Generous Support



Donations

Well Connected 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 volunteering themselves. Your generous donation can help make this program an even greater success.

To make a donation online, please visit: covia.org/giving

**To make a donation by mail, make checks payable to:
Covia Foundation (Please note “Well Connected” on the check)**

**Mail to: Covia Foundation
2185 N. California Blvd., Suite 215
Walnut Creek, CA 94596**

**To discuss estate planning options, please contact:
Katharine Miller, Executive Director, Covia Foundation
(925) 956-7414 or kmiller@covia.org**

Volunteering

Looking for fun and meaningful volunteer work? Look no further! We have several ways you can volunteer to foster social connections at Well Connected, Well Connected Español, and Social Call.

Facilitate a group

Leading a group is not as hard as you think! Facilitate a group for a few weeks, or months! Well Connected and Well Connected Español are looking for facilitators in English and Spanish. Scheduling is flexible, training and support are provided, and no travel is required!

Be a Friendly Visitor

Call an older adult weekly for a friendly telephone visit and personal connection.

For more information about volunteering, contact:
(877) 797-7299 or coviaconnections@covia.org

Supportive Services

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.acl.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.

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Well Connected

A COVIA COMMUNITY SERVICE

881 Turk Street, San Francisco, CA 94102

covia.org/services/well-connected

(877) 797-7299