



Well Connected

A COVIA COMMUNITY SERVICE

A Community for Seniors



WINTER 2020

January 1 – April 30



(877) 797-7299

coviaconnections@covia.org
covia.org

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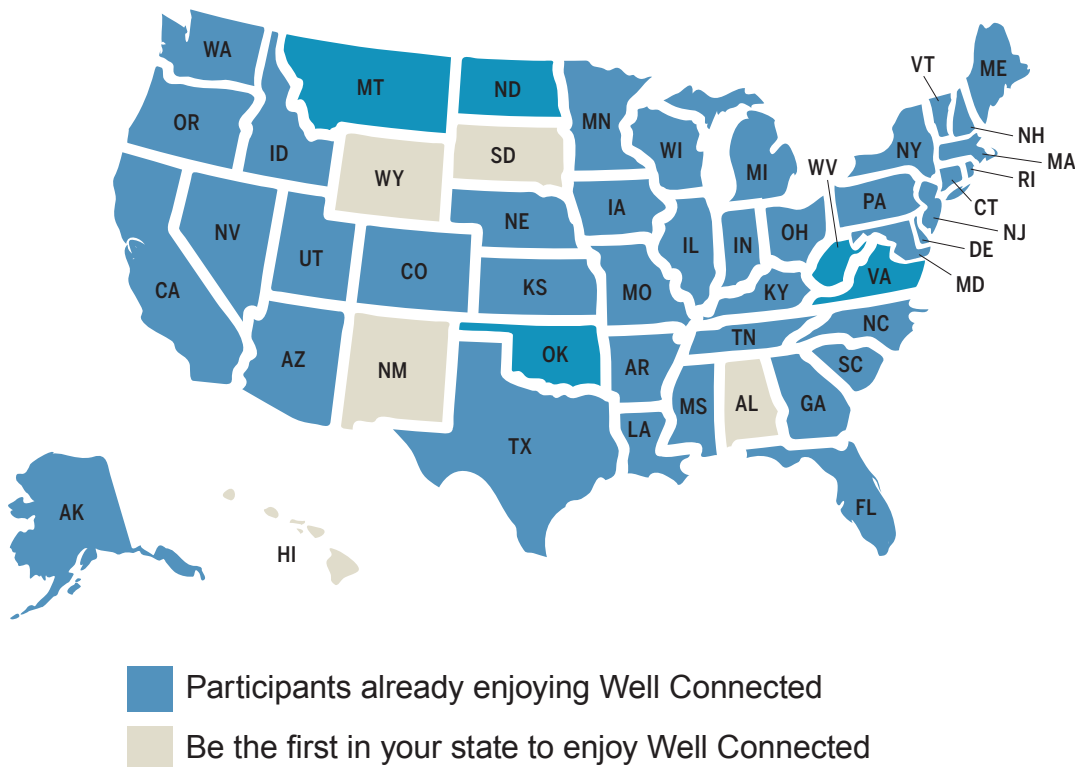
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Welcome to the Well Connected Community

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 1,800 elders across 44 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 with group descriptions and dates, a Participant Calendar, with times listed in your time zone, 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.
-

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.
- 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.

Winter program guide and schedule

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

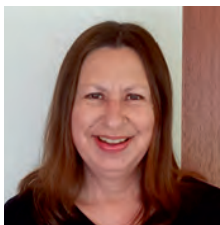


New: An all-new Well Connected activity

Connection Team



Annette Balter
Program Manager
Well Connected



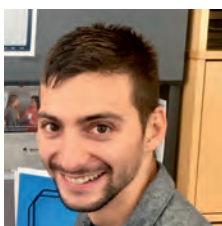
Karen Miller
Program Manager
Social Call



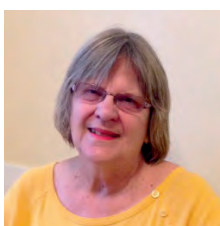
Amber Carroll
Director
Well Connected



Casey O'Neill
Associate Director
Social Call



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



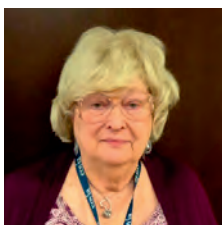
Patt Schroeder
Program Specialist
Well Connected & Social Call



Amber Dean
Program Manager
Social Call



Katie Wade
Director
Social Call



Emma Marquez
Administrative Assistant
Well Connected & Social Call



Lizette Suarez
Program Manager
Well Connected Español

Session Spotlight

Times are a Changin'

We are changing our schedule to trimesters in 2020! The dates for our sessions this year are:

Winter	January 1 – April 30
Spring/Summer	May 1 – August 30
Fall	September 1 – December 31

This will reduce the high cost of producing and mailing this Catalog, and reduce the time spent on reviewing and editing for publication deadlines. We've made a variety of changes in scheduling over the last 15 years, and we believe this one will be a winner!

We've removed the group times from this Catalog. The calendar looks different to accommodate a longer session, and a variety of group schedules based on our facilitators' preferences. The times on the calendar are now *specific to your time zone*, so no more time zone conversions! We hope this will make it easier to find the group you want to join.

Be Prepared!

Winter is upon us, and it seems that every part of the country is prone to some sort of natural disaster or emergency. Here is some information from the CDC.

Create a Plan

The first step in preparing for an emergency is creating a plan. Work with your friends, family, and neighbors to develop a plan that will fit your needs.

- Choose a contact person who will check on you during a disaster, and decide how you will communicate with each other (e.g. by telephone, knocking on doors). Consider speaking with neighbors about developing a check-in system.
- Create a list of contact information for family members and friends. Leave a copy by your phone(s) and include one in your Emergency Supply Kit.
- Plan how you will leave and where you will go during an evacuation. If you live in a retirement or assisted living community, learn what emergency procedures are in place. Keep a copy of exit routes and meeting places in an easy-to-reach place.
- Create a care plan and keep a copy in your Emergency Supply Kit.

Session Spotlight

- If you have medical, transportation, or other access needs during an emergency, consider signing up for SMART911, Code Red, or your local county registry (contact your county emergency services), depending on which service your area uses to help first responders identify people who may need help right away.

Create an Emergency Supply Kit

After an emergency, you may not have access to clean water or electricity. Be prepared with your own supply of food, water, and other items to last for at least 72 hours.

- Visit www.Ready.gov for a list of basic items for your Disaster Supply Kit.
- Medical-Related Items:
 - A 3-day supply of medicine, at a minimum. If medications need to be kept cold, have a cooler and ice packs
 - ID band (full name, contact number for family member/caregiver, and allergies)
 - Hearing aids and extra batteries
 - Glasses and/or contacts and contact solution
 - Medical supplies like syringes or extra batteries
 - Information about medical devices such as wheelchairs, walkers, and oxygen including model numbers and vendor
- Documents (Keep physical copies in a waterproof bag and take photos of each document for backup):
 - Your care plan
 - Contact information for family members, doctors, pharmacies and/or caregivers
 - List of all medications, including the exact name of the medicine and the dosage, and contact information for pharmacy and doctor who prescribed medicine
 - List of allergies to food or medicines
 - Copies of medical insurance cards
 - Copies of a photo ID
 - Durable power of attorney and/or medical power of attorney documents, as appropriate

Attend our three groups on preparing for an emergency in the Health & Wellness section, on 3/3, 3/19 and 4/7.



Wednesday, 1/29

The *Creative Aging Symposium* celebrates how creativity builds resiliency, shapes our sense of self, and guides us to more purposeful living. Through the wisdom of those who have spent decades on this topic, along with tips for daily practices of self-expression, we will uncover our own potential for imagination and resiliency. Older adults continue to transform the world and we hope to ignite that belief in each of you.

Participants do not need to identify as creative or artistic - this symposium contains an important message for all. Together, we will learn the immense value in exploring aging through a creative lens. We will share stories and tools to inspire personal change.

Speakers

Louise Aronson, MD MFA, is a geriatrician, writer, educator, and professor of medicine at University of California, San Francisco. The author of NYT bestseller *Elderhood*, she is a regular contributor to the *New York Times* and *New England Journal of Medicine*.

Debra Rapoport, MA, eco-friendly style icon from New York City, began her creative expression as a three year old playing 'dress up'! She has an extensive background in layered textiles, with an emphasis on recycling and repurposing, and has been featured in numerous exhibits.

Nancy Cranbourne, owner and director of *One Big Yes Productions* and the 40 Women Over 40 dance company, is a dancer, choreographer, award-winning actress and playwright. She inspires dancers to experience total acceptance as they develop a communal identity through movement.



Albertina Zarazúa Padilla is a storyteller, co-founder and curator for MiHistoria, and storytelling workshops facilitator. Born to a farmworker family in Monterey, California, she was a classroom teacher for over 20 years, and has served as an education union representative, mentor, and nonprofit board member. She lifts Latina voices to be heard through the power of their stories.

Edyth Boone is a self-taught artist and activist, muralist, counselor, and art educator. She uses art as a tool for community transformation – bringing diverse individuals and communities together and fostering change through empathy. Edyth's message is clear – art, and its healing power, is for everyone.

Pre-registration required by 1/27

**For more information: CreativeAgingSymposium.org
or (877) 797-7299**

The *Creative Aging Symposium* is hosted by Well Connected, Well Connected Español, Community Services of Covia, in collaboration with the Creative Aging San Francisco collective and older adults throughout our programs.



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The Dreamers



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Advocacy



A Call for a Mental Health System

Sundays, 1/5 – 1/26



Learn about common mental health conditions, educate yourself and your community about resources, take collective action to advocate for a system of mental services that supports and protects persons with mental illness. Become educated about the issues and become engaged in finding solutions.

Facilitated by Lisa Nasseff, Author, Speaker and Activist



Activists R Us!

Wednesdays, 1/1 – 4/29

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, 1/13 – 3/30

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 of Covia's Well Connected



Not the Louvre

1/27

Enjoy three days in Paris, experiencing a few lesser known attractions, starting on a quaint street in Le Marais neighborhood, we'll savor a cream puff as we venture to see impressive stained glass at Sainte-Chapelle, listen to an author at Shakespeare & Co book store, visit remarkable exhibits at Musée de l'Armée and Musée National Picasso, and immerse ourselves in a digital art experience at Atelier des Lumières.

Presented by Katie Wade, Director of Covia's Social Call

Helsinki and Stockholm

2/3

Explore these captivating Scandinavian cities and enjoy a relaxing midsummer overnight cruise between the two.

Presented by Terry and Steve Englehart

Burning Man: Camping in the Black Rock Desert

2/10

Come to Black Rock City, the experimental city dedicated to community, art, self-expression and self-reliance, that exists for one week every August. Witness the creative structures, people, food and culture that are created when thousands of people come together without many of the rules of regular society.

Presented by Meg Young

From Austria to Germany

2/17

Journey through Austria and Germany, from the birthplace of Mozart to the majestic beauty of the Hallstatt salt mines. See famous works of art from Klimt, bike ride through beautiful wineries in Vienna, visit the gothic beauty of the famed Neuschwanstein Castle, and experience the thrill of driving on the German Autobahn!

Presented by Jen Arent, Covia Senior Resource Director, Sonoma County



Cruise from Yokohama to Singapore

2/24

Come sail with us! Take a Diamond Princess 12-day journey from Yokohama to Singapore. We will go ashore and explore at each port along the way.

Presented by Marda Stothers

Santa Fe & Abiquiu

3/2

Experience the vibrant Southwest art scene with visits to the Santa Fe Opera, the O'Keefe Museum, O'Keefe's home and studio in Abiquiu, and Canyon Road galleries. Learn about ancient civilization at the Puye Cliff Dwellings and step into history at the Palace of the Governors and the Loretto Chapel. And of course our visit will include some New Mexican food: red and green chiles, carne adovada, and sopaipillas!

Presented by Amy Brokering, Covia Senior Resource Director, San Francisco County

Saving Elephant Orphans in Kenya

3/9

Journey to Africa to visit the Sheldrick Wildlife Trust orphan elephant nursery and integration center, rescuing elephants orphaned from poaching and human wildlife conflict. Travel from Nairobi to the Eastern wildlife parks to experience the elephants from bottle feeding to adolescence, when they leave the centers to join a wild elephant herd. Meet former orphan elephants as they show off their own wild-born babies to the humans that raised them.

Presented by Meg Young

Beach Calligraphy in Santa Cruz

3/16

Take a quick tour of this California coastal town and join me for a fun experience of sand script on the beach.

Presented by Terry Englehart



3,988 Mile Bicycle Ride Home

3/23

On reaching official retirement, it was too easy to just fly home from Washington DC to San Francisco, California. Deciding to “go slow and steady” with a challenge in mind, Jack decided to bicycle the 4,000 miles across country from Yorktown, VA to San Francisco, CA. Join us for the first installment of his three month adventure from revolutionary and civil war battlegrounds to climbing the Rocky Mountains and more!

Presented by Jack Dougherty

Sardinia

3/30

Sardinia, the second largest island in the Mediterranean Sea, is Italy’s hidden secret. Known for its beautiful sandy beaches and clear green water, Sardinia also has a mountainous interior and landscapes dotted with thousands of nuraghi, mysterious Bronze Age stone ruins. We will explore mountain villages, a stalactite cave, the village of Orgosolo with murals covering its walls, and the unique Sardinian cuisine.

Presented by Sue Willson

Spell-Binding New Orleans!

4/6

Take a street car to visit mansions and a cemetery in the Garden District, catch live music in the French Quarter, eat beignets at Café du Monde, stroll along Decatur Street and visit the French Market, go to a Saints game at the “Dome,” and have a signature dish and drink during our Armchair Travel to the Crescent City.

Presented by Casey O’Neill, Associate Director of Covia’s Social Call

Hungary and the Czech Republic

4/13

Let’s take a virtual trip to Hungary and the Czech Republic. We will discover their ancient and recent histories, values and customs, and their charm.

Presented by Catherine Coleman

Arts



All Request Music Hour with DJ Libby

Tuesdays, 1/7 – 4/21 (no group on 1/28, 2/25, 3/24)

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



Concerts from the Couch

Sundays, 1/19, 2/16, 3/15, 4/19



Join us for a special monthly concert series, with an hour of music followed by a discussion. Concerts in this series are: (January) The Works of Rodgers and Hammerstein, (February) The Great American Song Book, (March) Carnival of the Animals, and (April) Men of Broadway. For more, visit Libby's webpage at www.myvolunteerbag.com.

Facilitated by Libby Linden-Chirlian, Musician



Electric Sound Collective

Monday, 4/27

Join us for a live musical experience with Electric Sound Collective, a student ensemble making improvised and composed music through electronic means—such as amplified instruments, computers, mobile phones, household items, and small objects. Live music followed by a discussion.

Presented by Giacomo Fiore, PhD, Musician and Lecturer, and the Electric Sound Collective



Haiku 4 Creative Expression + Contemplation

Tuesdays, 3/3 – 4/7



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 writing or artistic skill!

Facilitated by Sophia Wambach



Music's Memory Lane

Tuesdays, 1/7 – 3/24

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, 1/2 – 3/5, 4/2 – 4/16

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

Fridays, 1/17, 2/21, 3/20, 4/17

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, 1/12 – 3/1

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

Arts



Song Lyrics and Other Hysteerics

Thursdays, 2/6 – 4/30

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, 1/3 – 4/24

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, 1/5 – 4/5

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

Wednesdays, 1/22, 4/22

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, Director of Covia's Well Connected (1/22) and Robyn Heid, Program Coordinator of Family Eldercare's Lifetime Connections Without Walls (4/22)



Ask the Attorney

Fridays, 1/3 – 4/24

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



Bird Talk

Saturdays, 1/4 – 4/25

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



Coffee Break

Wednesdays, 1/1 – 4/29 (no group on 1/29)

Sundays, 1/5 – 4/26

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)

Conversation



Death Café

Fridays, 1/3 – 4/24



We will increase our awareness of death with a view to helping us make the most of our finite lives. Join us for a group directed discussion of death with no agenda, objectives or themes. This is a discussion group rather than a grief support or counselling session.

Facilitated by Laura Groffman



Garden Talk

Fridays, 1/10 – 2/28

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, 1/6 – 3/9

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, 1/4 – 3/28

Today's world inundates us with bad news. Want some hear or share your own 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



Keys to Joy

Saturdays & Sundays, 1/4 – 3/8, 4/4 – 4/19

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

Conversation



Klaatch – Turning Neighbors into Friends

Wednesdays, 1/15 – 3/4



LIMITED SPACE – PRE-REGISTRATION IS REQUIRED

Come join us at Klaatch! At Klaatch older adults come together to socialize and make connections! Klaatch is a coach led peer-to-peer guided conversation that makes it easy to get to know new people. Klaatch is not a support group, and it's not a current events group – it is a unique style group that offers an interactive respectful place for older adults to gather on the telephone without judgement, broaden social circles and create new community.

Facilitated by Dena Sassoon, Master Coach, Klaatch



LGBTQ Chat

Mondays, 1/13, 1/27, 2/10, 2/24, 3/9, 3/23, 4/13, 4/27

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 Laura Groffman



Memory Café

Thursdays, 1/23, 2/27, 3/26, 4/23



Join our Memory café call where we will be focusing on topics that are apt to cause one to reminisce about times gone by. Connecting to the past can be comforting for many individuals. The best part is that these discussions are beneficial for brain health and is a form of exercising for the brain! Topics being discussed could include favorite older movies, favorite older songs, discussion about favorite holiday memories and much more!

Facilitated by Rebecca Hafner, Easterseals New Hampshire

Conversation



Newcomers Welcome

Mondays, 1/6, 2/3, 3/2, 4/6

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 Donna Mossholder



Pet Tales

Saturdays, 1/4 – 3/7, 4/4 – 4/25

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



Sports Talk

Wednesdays, 1/8 – 4/29

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, 1/10, 4/17

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

Conversation



Walk in Nature

Fridays, 1/3 – 4/24

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, 1/4 – 3/28

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 and Betty Broadley



"I joined Well Connected as a volunteer facilitator because of my commitment to life-long learning, health and wellness. It has been a rewarding experience to share in the lives of participants through stories and memories as we all learn together."

Felicia
Facilitator

Fun & Games



Bingo

Saturdays, 1/4 – 3/28



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



Charades

Mondays, 1/6 – 4/27



A spin on the classic guessing game! Join a team, choose a person, place, thing, movie or book title, and give verbal clues, without giving the game away!

Facilitated by Lisa Wynne



Dial MMM

Mondays, 1/6 – 4/27



You will have a good laugh in this group! We will consider people, some famous, some not so, who we'll decide if we would like to Marry, Murder or Make-out with! Then we will give our reasons for our choice. All in good, clean fun!

Facilitated by Laura Groffman



Do You Know What You Don't Know?

Sundays, 1/5 – 4/26

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

Fun & Games



Mystery Melody

Saturdays, 1/4 – 3/7

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, if you’d like to know the theme of the week.

Facilitated by Jan Knowles



Noggin Joggin’

Thursdays, 1/2 – 3/5, 4/2 – 4/30

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, 1/7 – 3/10, 4/7 – 4/21

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, 1/5 – 4/26

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



Trivial Pursuit: Baby Boomers Edition

Tuesdays, 1/7 – 1/21



In the pursuit of trivial knowledge, we’ll embark on a virtual game of Trivial Pursuit and compete to know the most about television, stage and screen, news, publishing, and general life and times of the 1950’s and 1960’s.

Facilitated by Amber Carroll, Director of Covia’s Well Connected

Fun & Games



Ungame Group

Thursdays, 1/2 – 4/30

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, 1/5 – 4/26

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



“We love keeping in touch with our friends at Well Connected through regular Armchair Travel presentations. It’s fun to look at photos together, to relive our trips, and to hear about others’ experiences.”

Steve & Terry
Facilitators

Good Reads



Book Club

3rd Sundays, 1/19, 2/16, 3/15, 4/19

We will discuss *The Ultimate Gift* by Jim Stovall (January); *America's Reluctant Prince-Life of JFK* by Steven M. Gillon (February); *Thunder Dog* by Michael Hingson (March), and *We Are Never Meeting In Real Life* by Samantha Irby (April); 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, 1/4, 1/18, 2/1, 2/15, 3/7, 3/21, 4/4, 4/18

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, 1/1 – 4/29

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, 1/5 – 4/26

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

Facilitated by Anne Allen

Good Reads



Poetry Reading

Thursdays, 2/20, 3/19, 4/16

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, 1/2 – 3/5, 4/2 – 4/30

Saturdays, 1/11, 2/8, 2/29, 3/14, 4/11

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, 4/10

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



Prescription for Prevention

1/21

Learn how to keep yourself safe from prescription misuse and abuse. Topics include: how to read your medication labels, simple ways to protect your medications and how to destroy your medications at home.

Presented by Della Lisi Kerr, Prevention Specialist, Alcohol & Drug Education & Prevention Team (ADEPT), Orange County Health Care Agency

Aging in America – A Cautionary Tale

1/28

Clear and easy instructions to help you start and complete your advance care plan, covering choices for the rest of your life: personal care, assets, health, where you live; the documents you need to protect yourself; and how to begin discussions with family, friends and healthcare providers.

Presented by Mary Simon, JD, LL.M. (Tax), Member of the ABA Elder Abuse and Health Law Task Force Committees



“Well Connected keeps me going. My Sunday morning poetry group starts the week off right, and I love the fact that we are helping other people. I learned from Roger [Anunsen] on Well Connected that your brain keeps on growing. After I had my stroke, I told my brain, ‘grow dendrites grow!’”

Annette & Anne

Staff & Participant/Facilitator



Alzheimer's and Other Dementia Education Series

(2/4 and 2/11 in collaboration with the Alzheimer's Association)

Effective Communication Strategies

2/4

Learn to decode verbal and behavioral messages delivered by someone with dementia and identify strategies to help you connect and communicate at each stage of the disease.

Understanding & Responding to Dementia-Related Behavior

2/11

Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs, and how to intervene effectively.

Latest Research Findings

2/18

A summary of the latest knowledge from national experts in dementia research and care from the annual SoCal Alzheimer's Disease Research Conference, including advances in clinical diagnoses, the gains from gifted brains, and risks and prevention across the lifespan with hope for solutions.

Presented by Loren Valentine, Health Educator, St Jude Medical Center, CA

Getting Older and Good Sleep: Do They Go Hand in Hand?

2/25

Many believe that older adults sleep less than younger adults, yet most surveys show that older adults sleep about 7 hours a night. Sleep disturbances are very common in older adults, but they are not a result of aging, and are almost always related to medical/psychiatric problems, medications or sleep disorders, such as insomnia, circadian rhythm disturbances, breathing problems, restless legs syndrome, and others. The good news is that there are effective treatments for these sleep problems.

Presented by Sonia Ancoli-Israel, PhD, Professor Emeritus, Professor of Research, University of California San Diego



Get Ready for Any Emergency

3/3

Learn how to plan and prepare for an emergency or natural disaster. Whether your area faces wild fires, floods, snow storms, or if there is a power outage, you can make a plan for yourself so you'll know the important steps you can take to protect yourself. We will focus specifically on what older adults need to plan for, especially those with limited mobility or social networks.

Presented by L. Vance Taylor, Chief, Office of Access and Functional Needs, California Governor's Office of Emergency Services

Oasis and the Ingredients of Longevity

3/10

For 38 years Oasis has helped thousands of older adults across the country satisfy their curiosity, take charge of their health, and discover the joy of giving back to their communities, through classes that promote healthy aging and lifelong learning, purposeful volunteering and civic engagement opportunities. Learn more about this nationwide program.

Presented by Juliet Simone, Health Director, Oasis

Cultural Humility: LGBTQ and Older Adults

3/17

Join us to enhance your understanding of the unique barriers faced by LGBTQ elders, with the aim of further developing or strengthening practices to meet LGBTQ elders in a culturally-responsive manner.

Presented by Schmian Evans, MDiv, MA, Training and Outreach Manager, Openhouse

What is an End of Life Doula and Why We Need One

3/24

In a similar way that a Birth Doula helps mothers through pregnancy and labor, an End of Life Doula is a trained professional with expertise and skills in supporting those facing dying and death, as well as their care partners. Discover how an EOL Doula provides crucial physical, emotional and spiritual care to the dying person and their loved ones throughout the final months, weeks, days and hours of life.

Presented by Lori Goldwyn, EOL Doula



Creativity and Purpose: Arts to Reduce Social Isolation & Reframe Aging

3/31

We will open with a conversation about “creativity,” and how it manifests in our everyday lives. We will focus on the power of the arts in cultivating a sense of purpose and belonging among diverse older adults, resulting in reduced social isolation and improved health and wellbeing. We will learn about the latest breakthrough research that aims to examine the effects of literary, visual, and music interventions on health and well-being, and how creativity is the ultimate tool to reframe the social narrative around aging.

Presented by Nancy Goodhart, Chief Operations Officer and Laura Mason, Executive Director - Northern California, EngAGE

Ageism Hurts Us All

4/7

Age-based negative stereotypes, discrimination or prejudice are commonplace in our society. How do we not only address these societal assumptions and images, but also our own internal beliefs? We need to disrupt ageism by identifying it, reframing it and embracing our aging self. If we learn how to do this it will improve our health and well-being. Do you want to make yourself and your community part of the international movement to Reframe Aging? Then join us in this conversation.

Presented by Donna Benton, PhD, Associate Professor, University of Southern California

MIND Diet to Prevent Alzheimer's

4/14

The MIND diet is a brain-protective way of eating. It is a hybrid between Mediterranean and DASH diets and has been shown to support brain health with aging. Research notes that closely following the MIND diet was associated with a 53% less risk of Alzheimer's disease, even moderate adherence came with a 35% lower risk.”

Presented by Renée Soderquist, RDN, CDE, St. Joseph Health Center

Health & Wellness



Continuing the Conversation

Mondays, 4/6 – 4/20



We will continue to explore the end of life discussion, considering personal choices, ideas of quality of life at the end; palliative care and hospice care and the differences between the two, and leaving a legacy, a conversation about what you would like to be remembered for.

Facilitated by Patt Schroeder, Covia Program Specialist



Emergency Preparedness for Older Adults

Tuesday, 4/7



The fire season in California might be over, but the power might go out anytime. If you live in the Northwest, you're probably familiar with that happening. What are the important steps to consider in addition to having a "go bag" that especially impact older adults, or people with mobility and transportation concerns.

Presented by Fritz Gros-Daillon, MS, CSA, CAPS, UDCP, SHSS, Director of Education and Advocacy, Age Safe America, Author and Consultant



Emergency Preparedness for Older and Disabled Adults

Thursday, 3/19



Planning ahead, starting with small steps, makes your emergency preparation easier and less stressful. We will discuss emergency preparation tips for older adults or persons with disabilities, vision and hearing loss, or mobility access. We will complete or update the Vial of Life form that records important contacts and medical information for first responders.

Presented by Sherri Hayes Sawyer, Vision and Hearing Manager, Community Living Campaign

Holidays



Chinese New Year

Sunday, 2/9

Gung hay fat choy! Welcome to the year of the rat! We will learn about Chinese New Year, hear about my personal family traditions, and hear the drums and firecrackers of a New Year's celebration!

Presented by Diana Cheng Lau



Easter

Sunday, 4/12

What's all the shouting about anyway? Bunnies and colored eggs and baskets full of candy? Is that all there is? A resounding NO – not at all! What about Butterflies and Dogwood and a little lamb. What do they have to do with Easter? Let's talk about it.

Facilitated by Sally Hayward



Martin Luther King Jr Day

Monday, 1/20

Join in on this program designed to honor speeches and words of inspiration said by Dr. Martin Luther King, Jr over the course of his shortened lifetime. We will read his "I Have a Dream" speech and engage in a conversation about the legacy he left as one of the most important Civil Rights leaders of modern times.

Facilitated by Kathy Connelly



Passover

Friday, 4/10

Join us for Pesach and lots of matzah! Learn about the history of this Jewish holiday, the items on the Seder plate, enjoy special food, songs, and wine!

Facilitated by Rabbi Meredith, Covia Chaplain, St Paul's Towers



Presidents Day

Monday, 2/17

Celebrates President Washington's Birthday, but what about all the other presidents? Join us and hear some interesting thoughts and facts about some of the other Presidents of this great United States of America.

Facilitated by Sally Hayward

Languages



Conversations with Speakers of English as a Second Language

Fridays, 1/3 – 3/6, 4/3 – 4/24

Join us for this English conversation group for English language learners who would like to improve their fluency.

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



Learning German

Fridays, 1/3 – 3/6, 4/3 – 4/24

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



Learning Spanish

Mondays, 1/6 – 3/9

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



Perfecting Our French

Tuesdays, 1/7 – 4/7

Thursdays, 1/2 – 3/5, 4/2 – 4/30

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 Jerry Sexton (Tuesday practice) and Instructor, Jan Knowles (Thursday)



Andy Warhol: From A to B and Back

2/5

Andy Warhol is considered by many to be the leader of pop art movement of the 1960's. In addition to being a visual artist, film maker, and magazine publisher, he was one of the first "lifestyle" celebrities. We will examine the artist's life from humble beginnings in Pittsburgh to the heights of Manhattan. This Arts Insights program, is generously funded by the Hulda B and Maurice L Rothschild Foundation.

Presented by Dave Williams, Art Institute of Chicago



This Skin of Ours

2/12

The exhibition, organized by Miller ICA at Carnegie Mellon University, guest-curated by Liz Park, Curator of Exhibitions at University at Buffalo Art Galleries, is a topical investigation of skin as a sensing and protective organ, an artistic surface, and a metaphor for the boundary between the self and the other, pain and healing.

Presented by Margaret Cox, Miller Institute for Contemporary Art



Persia: Crossroads of Art and Culture

2/19

Explore the unique and fascinating art of the ancient Middle East. Persia, a land at the crossroads of trade, religion, and culture, with its unique and varied artistic styles, has influenced other cultures from Rome to China, and been impacted by them in return.

Presented by the Asian Art Museum



Fine Arts
Museums of
San Francisco
de Young
Legion of Honor

Soul of a Nation: Art in the Age of Black Power, 1963–1983

2/26

We look at two pivotal decades when conversations about race and identity defined national politics and social ideals. Inspired by the Civil Rights movement, African American artists in the exhibition promoted cultural pride, collective solidarity, and empowerment, through powerful, political work. The de Young's presentation uniquely includes pieces closely connected to the Bay Area.

Presented by the Fine Arts Museum of San Francisco



Skyscrapers and Beyond: Modern Chicago Architecture

3/4

We will examine the dazzling and innovative architecture between 1870 and 1960, which saw the birth of the skyscraper, The Columbian World's Exhibition, The City Beautiful Movement as well as the masterpieces of Louis Sullivan, Daniel Burnham, Frank Lloyd Wright, and Mies van der Rohe. Important women creatives--like Mary Cassatt and Marion Mahony Griffin--also had important roles to play. Chicago's rich urban history serves as a backdrop for the story of how the Windy City became a virtual museum of architecture as well as a destination for tourists, students, and architecture buffs from around the world.

Presented by Mark Pohlada, PhD, Associate Prof., Dept. of History of Art and Architecture, DePaul University



Levi Strauss: A History of American Style

3/11

Join us for an original exhibition showcasing the life of Levi Strauss, the invention of the blue jean, and their iconic place in the history of American style. The distinctly American story of Levi Strauss, a Jewish immigrant, businessman, and philanthropist, whose lifelong commitment to family and civic life were fundamental to the history of San Francisco. We look at the pivotal role Levi Strauss & Co. played, through finely crafted clothing and advertising, in capturing the expanding mythology of the American West, presented through garments, media, and archival materials that celebrate the San Francisco institution that became a global phenomenon.

Presented by Suzanne Reich, Contemporary Jewish Museum

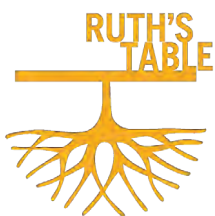


The Inside World

3/18

We will examine exquisitely crafted Australian Aboriginal Memorial poles that represent the human spirit's journey from the material world to a higher spiritual plane.

Presented by Douglas McCray, Charles H. Wright Museum of African-American History



Echoes of the New Vision

3/25

Paying homage to Bauhaus at 100, this exhibition explores the far-reaching impact of Bauhaus ideas in the contemporary field of photography. By bringing together all of its forms - prints, projections, and installations - SF Bay Area artists draw on the school's aesthetic and spirit of unlimited experimentation, pushing the limits of the medium through the innovative use of technology, novel photographic techniques and interdisciplinary strategies.

Presented by Hanna Regev, Curator, Ruth's Table



Felix Feneon: The Anarchist and the Avant-Garde - From Signac to Matisse and Beyond

4/1

Paul Signac painted *Opus 217. Against the Enamel of a Background Rhythmic with Beats and Angles, Tones, and Tints, Portrait of M. Felix Feneon* in 1890. Join us for a look at this iconic Neo-Impressionist masterpiece and an introduction to the critic and writer Feneon who became a supporter and friend to many well-known painters of the early modern period including Bonnard, Vuillard, Matisse and others.

Presented by Jennifer Katanic, Museum of Modern Art



Come Spy with Me

4/8

At a time when men and women's behavior was subject to a strict code of conduct – and women's rights were just a dream of the future – some bold ladies broke all the rules and risked everything...as spies. Follow in the footsteps of these brave women as they trade petticoats for trousers, fearlessly facing the enemy in the hopes of bringing their side to victory.

Presented by Jennifer Lee, South Carolina State Museum



Through the Eyes of the Impressionists

4/15

The 19th century art movement that originated in Paris in the 1870s and 1880s created paintings that are lovely to look at, and always popular with museum visitors, but did you know that careful observation of the paintings can give us clues to the medical conditions of the artists? From Monet's cataracts to Renoir's rheumatoid arthritis we can see the adaptations painters made in their work and the splendid results. We will look at the world the artists painted and discuss how what they saw and recorded was not only the scene in front of them but also an illustration of their medical condition.

Presented by Nanette Hanks, Minneapolis Institute of Art



“Connecting with this community of fun, interesting people has had a great positive affect on my life. It acts as an antidote for the isolation, boredom and loneliness that being homebound can cause. Every day I have my choice of an ever-changing, diverse menu of programs about everything under the sun - art, travel, health, music, chat groups - all from my own phone. I love it!”

Donna

Participant & Volunteer

Reflections & Religions



The Art of Resurrection

Friday, 4/10



Spring is a great time to take a look at the profound work of scholar Joseph Campbell, whose book “The Hero With a Thousand Faces” and PBS mini-series, “The Power of Myth” helped ignite intellectual and spiritual excitement worldwide. This hour-long program will focus on some of Campbell’s basic ideas, with a Spring-inspired emphasis on the concept of resurrection.

Facilitated by Mike Jaszewski



Bible Reading

Mondays, 1/6 – 3/9, 4/6 – 4/27

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



Bible Study: The Book of James

Thursdays, 2/6 – 2/27

Is it possible to have faith without expressing that faith through deeds? What causes fights and quarrels among you? These are just two questions James posed to the reader. He asked many more. Please join us as we explore his answers.

Facilitated by Lori Guthrie



Gratitude

1/1 – 4/30 (no groups on 1/29)

Morning Gratitude Every Day

Afternoon Gratitude Every Day

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

Reflections & Religions



Guided Meditation

Wednesdays, 1/8, 2/12, 3/11



Relax and let your day's events fade away. Join us for stress relief, serenity and healing energy. Let your body slow down to a quieter rhythm. We realize our true nature by relaxing into what is always already here. The guidance is, when we recognize thoughts, simply relax and let life be as it is. Unhooking from thoughts and receiving whatever is right here with interest, friendliness and calming vibrations. We all deserve self-care of body, mind and spirit.

Facilitated by Patti L-Hawley



Meditation

1/1 – 4/30

Every Day

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



Memorial Service

Friday, 4/17

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, Covia Vice President Communications and Spiritual Care



Socrates Café

Mondays, 1/20, 2/17, 3/16, 4/20

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



Living with Chronic Pain

Thursdays, 1/2 – 3/26

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, 1/2 – 3/26, 4/23 – 4/30

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



Low-Vision Support: The Eyes Have It

Wednesdays, 1/1 – 3/4, 4/1 – 4/29

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, 1/7 – 4/28

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



Welcome to the World of TED

1/31

TED is a non-profit dedicated to spreading ideas, usually in the form of a short, powerful talk. Learn more about TED, experience a couple of TED Talks, followed by a discussion and Q&A.

Presented by Diana Cheng Lau, Volunteer

All The Lonely People

2/7

Why has loneliness suddenly reached epidemic levels around the world? What's behind the claim that loneliness is as bad for us as smoking? What is pushing so many of us past wanting our alone time, into isolation and loneliness that is dangerous? Join us for a discussion with the film maker of the first documentary diving into a feeling that is turning deadly.

Presented by Joseph Applebaum and Stu Maddux, Filmmakers

Passwords and Internet Security

2/14

Are you concerned about using a credit card on-line? Do you feel like you have trouble keeping your passwords straight or remembering them? This class will give you the knowledge you need to understand how to protect yourself on the internet. We will give you strategies for securing your information and remembering your passwords. Don't be an identity fraud victim! Come learn how to stay as safe as possible on the internet!

Presented by Linda Siegel and Nicole Engler, Co-Founders, Technology 4 Life

Without Walls Programming for All

2/21

In addition to all of the great activities on Covia's Well Connected, learn about three other "Without Walls" programs: DOROT's University Without Walls, Family Eldercare's Lifetime Connections Without Walls, and Mather Lifeway's Telephone Topics. We'll explore the differences and similarities between the programs and you'll learn how to get better connected with others living throughout the country – all from the comfort of home.

Presented by Amber Carroll (Covia), Lorraine Voytec (DOROT), Robyn Heid (Family Eldercare), and Lisa Evans (Mather)



Superheroic Fight Against Cancer

2/28

Everyone facing cancer could use a little encouragement, so here comes Proton-Man and his new partner Protonica to guide children through their cancer treatment. Proton-Man creators Steve Englehart, Mike Jaszewski, and Bill Hansen talk about their work and the work being done to empower, entertain, and encourage sick kids.

Presented by Mike Jaszewski, Illustrator; Steve Englehart, Writer; and Bill Hansen, Director of Strategic Initiatives, Varian Medical Systems

Be My Eyes

3/6

Be My Eyes is a free mobile app that connects people who are blind or have low vision with sighted volunteers and companies who can help them solve tasks big and small. If you're struggling to see print, discern colors, or understand what your technology is trying to tell you – with the tap of a button, talk to a real person through live video chat who is ready to assist with anything from checking expiration dates, identifying items, reading instructions or navigating new surroundings. Companies like Google, and Microsoft are also available for free on-demand video tech support.

Presented by Will Butler, Be My Eyes Vice President

No Place Like My Home

3/13

Is your home ready for you to age in safety and comfort? Is your shower accessible? Is the ramp a good solution? We will discuss home modifications, big and small, and practical products to consider that promote independent aging.

Presented by Fritz Gros-Daillon, MS, CSA, CAPS, UDCP, SHSS, Director of Education and Advocacy, Age Safe America, Author and Consultant

A Guide to Thrifting

3/20

Learn and share how to thrift like a pro, whether you prefer consignment stores, flea markets, garage sales or shopping online.

Presented by Cynthia Glass, Volunteer

Tech Testing

Tuesdays, 1/14, 1/28, 2/11, 2/25, 3/10, 3/24, 4/14, 4/28

Preregistration Required

Join a Well Connected staff member to get a sneak peak of our new audio-video conferencing system and test out the new features! Phone and video participants welcome.

Facilitated by Well Connected staff



“I’m grateful for Terry, (Englehart) who started Senior Center Without Walls, and the new Well Connected group that is carrying it on, because I know it’s helpful, and keeps you well. I go to Gratitude every day, it has to be something dire for me not to go, and in that group I always say, I’m grateful for what I have and what I don’t have. Henry and I are grateful for all of you.”

Marie & Kathleen

Participants & Facilitators

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	klbrown@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	cfuchshuber@covia.org
City of Fremont	(408) 295-5905	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

It can easily be said that anyone who knew Gloria, through connecting with her over the years on Well Connected, had no idea of the extent of her interests and commitment to reaching out to so many people in our community “behind the scenes.” Since 2009 Gloria frequently participated in Well Connected groups – giving us the joy of hearing her lovely voice every day. In addition, she facilitated a number of groups including Perfecting Our French, along with Jerry Sexton and Jan Knowles.

Before joining Well Connected, Gloria was a 4th grade teacher, and according to a retired teacher friend, she was greatly admired and respected by her students and colleagues. Her interests were vast and motivated her to travel extensively throughout the world, learn other languages, keep up with current affairs, enjoy music of all kinds, and even with declining vision, continue to read, learn, and advocate.

Gloria passed away last fall, and during her memorial we learned the true generosity of her friendship. In addition to the positive

Gloria Kasdan



culture she elicited on the Well Connected groups she attended, she individually reached out to many people for special one-to-one conversations. People spoke about how much they would miss her as a special friend. One wonders how Gloria kept such a busy schedule with declining health, which she never talked or complained about.

We are lucky to have this wonderful photo of Gloria that captures so well the smile she always seemed to have on her face while talking with her. She left us with a smile in our heart, and on our faces, and a great memory of Gloria driving around her neighborhood on her snazzy red scooter! Thank you, Gloria, for being such an important and positive part of our lives. We will miss you!

Gratitude for Generous Support



Donations

Well Connected provides conversation, 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

2-1-1 or 211.org

Free, national, confidential information and support.

Be My Eyes

www.bemyeyes.com

A free app that connects blind and low-vision people with sighted volunteers and company representatives for visual assistance through a live video call.

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.

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.

The Friendship Line

(800) 971-0016

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

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.

Notes

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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