



Pflugerville *Seniors Conference*

Virtual on
May 10-14, 2021



Hosted by:



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A-FM20-0645-2S Rev 2/2021

2021 Pflugerville Seniors Conference

Monday, May 10th:

“Medication Management”

Lonna Hayes, PharmD, BCPS, Baylor Scott & White Health

*How to successfully navigate multiple
subscriptions and doctors' orders.*

Tuesday, May 11th:

“Navigating the Aging Process”

Virginia Sampson, Attorney at Law

Legal and financial considerations as you age.

Wednesday, May 12th:

**“9 Steps to Successful Aging: what can
we learn from the blue zones?”**

Dr. Mark Carlson, Founder of BeWell MD

*Nine characteristics that lead to successful aging, and
the simple ways you can integrate them into your life.*

Thursday, May 13th:

“Legacy Planning”

Darby Armont, MBA, CFA, CFP®,

Executive Vice President at Richard P. Slaughter Associates

*How to best protect your assets and pass them along to
your family members or donate them to charity.*

Friday, May 14th:

“How to Locate and Access Community Resources”

Natalie Alcorta, Resources Manager for AGE of Central Texas

A round-table panel of area service providers and aging experts.

Caregiving CAN BE DIFFICULT

To help you provide more confident and less-stressed care for your loved one, get free access to **The Essential Caregiver Toolkit**.

This comprehensive toolkit features instant access to tools and resources covering an array of topics, such as Caregiving 101, Self Care/Burnout Prevention, Diet & Lifestyle, Legal & Financial, Mental Health, COVID & Caregiving, Home Care, Senior Living, Hospital, Medication Management, Memory/Alzheimer's/Dementia, and End of Life Planning.

Inside the kit, you'll find:

- ✓ White papers
- ✓ Checklists
- ✓ Infographics
- ✓ Videos
- ✓ Ask The Experts
- ✓ Plus more!



GET INSTANT ACCESS

srgtexas.com/getcaregivertoolkit

Co-Hosting Organization

AGE of Central Texas is a leading regional nonprofit organization delivering services, education, and assistance supporting the area's rapidly growing population of older adults and their caregivers. The organization's six core services include adult day health centers, caregiver education, early memory loss support, health equipment lending, a resource information center, and peer-based computer classes for older adults. Founded in 1986, AGE's services are designed to cultivate strength, compassion, and community.



Caregiver Information & Resources.....512-600-9286

Thrive Social & Wellness Centers:

Austin.....512-458-6305

Round Rock.....512-255-4865

Free Health Equipment Lending.....512-600-9288

Early Memory Loss Support.....512-600-9275

CaregiverU Free Caregiver Classes.....512-600-9279

Peer-Based Computer Classes for Seniors.....512-524-8519

Visit www.AGEofCentralTX.org or call (512) 451-4611

Sponsors

Thank you to our sponsors for making this event possible:

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Medicare and More

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Senior Resource Guide

Co-Hosting Organization



The Pflugerville Community Church PCC strives to create spiritual community as a congregation focused on Christ. We are a congregation that means to be involved in serving the local community. Here you will see evidence of a strong commitment to providing help & hope to people in need in our community.

There's always something happening on our grounds. We consider it a picture of life - from our Preschool to Student Ministry, Senior Adult Ministry to Outside Events - we are an active community. We hope you'll drop by and see something that sparks your interest!

1214 E. Pfennig Lane | Pflugerville Tx 78660

(512) 251-0719

<https://www.pc-church.org>



Medicare and More

Compare all Insurance Plans:

Supplements, Advantage Plans, Drug Plans

Save \$ and Increase Benefits

For Free review:

Call Medicare Monica at 512-300-5502

Or Email: monicagoodstein@yahoo.com



pflugerville

COMMUNITY CHURCH

Free Health Nuts Exercise Classes **Monday-Friday at 9:58 a.m. via Zoom**

Monday, Wednesday, & Friday at 10:00 a.m.:

Core Strength, Flexibility and Balance

Each of the areas seniors need to improve for overall health and longevity – Our Motto is “Adding Life to Years & Years to Life”

Tuesday & Thursday at 10:00 a.m.:

Chair Yoga & Stretching

These classes are devoted to stretching, flexibility, and breathing

To be added to our weekly email updates and to get the Zoom meeting invites, please contact:

Steve Morrison

SteveMorrison@pc-church.org

512-577-3253

These are FREE Activities and you do NOT have to be 50+ to participate - all are welcome!

Featured Presenters



Natalie Alcorta

**Program Manager, Information & Resource Center
AGE of Central Texas**

Natalie Alcorta is the Caregiver Support Manager at AGE of Central Texas. Natalie helps older adults and their caregivers navigate the realities and opportunities of aging and caregiving through one-on-one consultation and caregiver education. She graduated with honors from Texas State University with a Bachelor's in Social Work.



Darby Armont, MBA, CFA, CFP®

**Executive Vice President
Wealth Management and Business Strategy
Richard P. Slaughter Associates**

As the lead for the financial planning and client service teams for Richard P. Slaughter Associates, Darby specializes in solving complex situations - such as employee stock options, estate planning issues, and coordinating the multiple professionals serving her clients. Her expertise gives her the ability to work through the most stressful of financial situations, leading the client to a solution that is a best fit for them financially and personally.

Darby is a CERTIFIED FINANCIAL PLANNER™ professional, and Chartered Financial Analyst® charterholder. She is a Phi Beta Kappa graduate of The University of Texas, with an English and Plan II Honors MBA from the The University of Texas. She has served on the Board of Directors for AGE of Central Texas, as a volunteer mentor at the Ann Richards School for Young Women Leaders, and is the Past President of the Executive Women's Forum.



Dr. Mark Carlson

Founder of BeWell MD

Mark Carlson, MD is a fellowship-trained, board-certified geriatrician, internist, and oncologist with more than 25 years of healthcare experience. Dr. Carlson received his medical doctorate from Loma Linda University in California and completed his geriatric medicine fellowship at the University of Hawaii in Honolulu. Prior to his move into geriatrics, he spent nearly 20 years of practice in medical oncology, where serious illness had to be managed with the latest in medical technology, compassion, and a trusting patient-doctor relationship.

Dr. Carlson combined these skills with his desire to help seniors in the aging process and created Be Well MD. Be Well MD incorporates the highest quality medical care and provides patients with individualized attention and convenient access through an in-home medical service. Dr. Carlson's personal mission is to help seniors live healthier and happier lives.

Featured Presenters



Lonna Hayes, PharmD, BCPS

Baylor Scott & White Health

Lonna Hayes is the Outpatient Pharmacist for Baylor Scott & White Health in Round Rock. She graduated from the University of Nebraska-Lincoln with a Bachelor of Science in Biological Sciences, and graduated from the Pharm.D. Program at the University of Nebraska Medical Center. She serves on the Texas A&M Preceptor Advisory Committee, is a Nebraska Pharmacist Association Pharmacist Member, and a NPA Continuing Education Reviewer. In addition to holding Pharmacist Licenses in Texas, Nebraska, and Iowa, Lonna is board certified in Board of Pharmacy Specialties Pharmacotherapy, APhA Delivering Medication Therapy Management Services, APhA Pharmacist & Patient-Centered Diabetes Care, APhA Pharmacy-Based Immunization Delivery, APhA Pharmacy-Based Cardiovascular Disease Risk Management Certified, and NACDS Community Pharmacy-Based Point-of-Care Testing.



Virginia Sampson

Attorney at Law

Virginia Sampson has been an attorney for 34 years. She was a litigation attorney for most of her career, and spent a few years as a judge. She recently focused her practice on helping seniors, Veterans, and their families as a result of her experience helping her own aging parents. She currently practices Elder Law in Austin and the Central Texas area. Virginia is accredited with the Veteran's Administration to handle claims. She is admitted to practice law in Texas, Arizona, California, and Pennsylvania.

Virginia became involved in elder law and estate planning as a result of helping her parents and their friends navigate the aging process. She understands the challenges and emotional issues we face as we age. She also lost her husband to ALS and understands what it means to face a devastating, life changing illness. Virginia not only brings to her clients many years of legal expertise, but also a deep compassion for them as they navigate these difficult life events.

Striking a
BALANCE
CAREGIVER CONFERENCE

20th Anniversary Year!

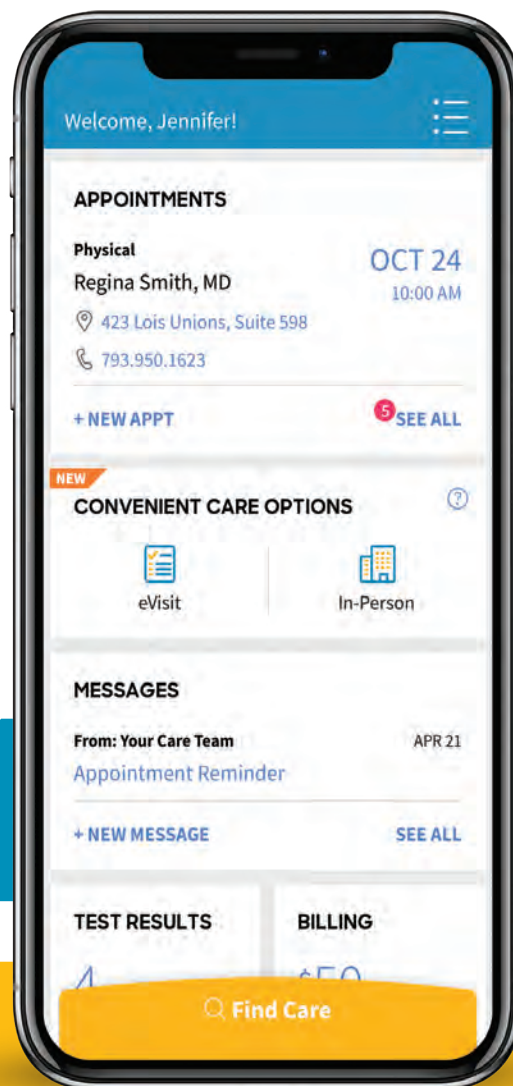
August 17th - 21st

**For more information:
www.AGEofCentralTX.org**

Healthcare in a snapp.



Scan the QR code above
with your phone camera
to download the
MyBSWHealth app



Convenient access to all your healthcare information

- ▶ Communicate with your doctors
- ▶ Schedule online eVisits through your smartphone or computer
- ▶ Schedule and manage your appointments
- ▶ See your lab results
- ▶ View your personal health records
- ▶ Link your family's health records to your account
- ▶ Manage your prescriptions at Baylor Scott & White Pharmacies
- ▶ Review and pay your bills



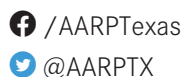
**GET THE
FAMILY
CAREGIVING
SUPPORT
YOU NEED,
WHEN YOU
NEED IT**

Your caregiving journey can be challenging in all kinds of ways.

You never know where it might lead you next.

At AARP Family Caregiving, we're here to help you get answers, connect with other family caregivers and find resources online and close to home. So you can take care of what matters most

To learn more, visit aarp.org/caregiving.



AARP
Family Caregiving™



Resources and Additional Information

NOTE: Due to COVID-19, be sure to contact these resources in advance to inquire about their adjusted services and availability.

Questions to Ask Your Doctor or Pharmacist About Your Medications



Ask your doctor:

- What is the name of the medicine?
- What is the medicine for?
- What are the benefits of the medicine to me?
- What are the risks of this medicine?
- Are there non-drug alternatives, such as diet or lifestyle changes?
- Is there a less expensive medicine that could be used instead?
- When should I expect the medicine to start working, and how will I know if it is working?
- How long will I have to take the medicine?
- What is the dosage form of the medicine? Pill, Liquid, Inhaler, etc.

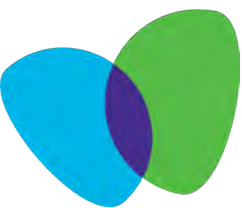
NOTE: If the medicine is in any form other than a pill, ask about any special techniques or devices for administering the medication. For example, liquids that you need to “shake well” before using, or special instructions for the use of inhalers, suppositories, eye drops, or patches.

- Are there any other special instructions to follow?
- How much of the medicine do I take?
- Will this new medicine work safely with the other prescription and non-prescription medicines or dietary supplements I am taking?
- What are the possible side effects of the medicine?
- What do I do if I have a side effect from the medicine?
- When will you check to see if the medicine is working?
- Do I need to have any tests or monitoring while I’m taking this medicine? Do I need to report back to the doctor?

Ask Your Pharmacist:

- How much of the medicine do I take?
- When do I take the medicine? For example, does “four times a day” mean you have to take it in the middle of the night?
- Should the medicine be taken with water or food?
- Should the medicine be taken before, during, or after meals?
- Can I take it at the same time as other medicines? If not, which ones?
- Will this new medicine work safely with the other prescription and non-prescription medicines or dietary supplements I am taking?
- What should I do if I miss or forget a dose?
- What food, drinks, other medicines, or activities should I avoid while taking the medicine?
- How and where should I store this medicine? Does the medicine require refrigeration?
- What are the possible side effects of the medicine?
- What do I do if I have a side effect from the medicine?
- Can I get a refill on the medicine? If so, how often?
- Is there any written information about the medicine I can take home? You can also ask if it is available in large print or a language other than English if you need it.

Interested in learning how to bring a senior care pharmacist onto your health care team? Check out the American Society of Consultant Pharmacists (ASCP) Foundation's Senior Care Pharmacist Directory. You can search for senior care pharmacists listed in your state at **HelpWithMyMeds.org**.



Formularies Information Page

What is a formulary?

- A formulary is a list of medicines (generic and brand name) covered by your prescription insurance.
- Your prescription insurance has a formulary to help provide a diverse range of effective medicines at the lowest possible cost. The formulary is updated yearly and is available online or via mail.
- Medicines not on your formulary (non-formulary) will usually not be paid for by your insurance unless you fill out paperwork for a formulary exception request.

Think of it this way! Your prescription insurance's formulary is a menu at a restaurant where you can buy what is on the menu for the price listed. If you decide to buy something not on the menu, it will be up to you to pay the full cost unless you can work something out with the restaurant.

What is a tier?

- The formulary is usually divided up into sections and these sections are known as tiers. The prescription insurance company decides which medicine goes into each tier based on if it is generic, preferred brand, non-preferred brand, or specialty.
- Usually a **lower** number tier will correspond to lower copays.
- A typical formulary tier will look like this:
 - Tier 1: Medicines are usually generic and have low copays.
 - Tier 2: Tier 2 medicines will cost more than tier 1 and usually includes non-preferred generics and preferred brand-name medicines.
 - Tier 3: Tier 3 medicines will cost more than tiers 1&2 and usually includes generics, preferred brands, and non-preferred brands.
 - Tier 4: Tier 4 medicines will cost more than tiers 1,2,&3 and have the highest copays. Usually it includes generics, preferred brands, non-preferred brands, and specialty medicines.

Think of it this way! Going back to your prescription insurance's formulary as a menu, think of the tiers as the different options on the menu like beverages (Tier 1), appetizers (Tier 2), desserts (Tier 3), and entrees (Tier 4) with each type of option becoming more costly as the tier number increases.

When picking an insurance, work with your provider to make sure your medicines are on formulary and are affordable!

Formularies Activity Page - Word Search



Here is a sample formulary with tiers. Within the word search you will only be able to find the medicine names within tier 2.

Tier 1

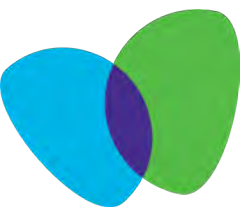
Ibuprofen
Lisinopril
Atorvastatin
Glimepiride
Fluoxetine

Tier 2

Meloxicam
Terazosin
Pravastatin
Glyburide
Gabapentin

Tier 3

Baclofen
Midodrine
Fenofibrate
Sitagliptin
Mirtazapine

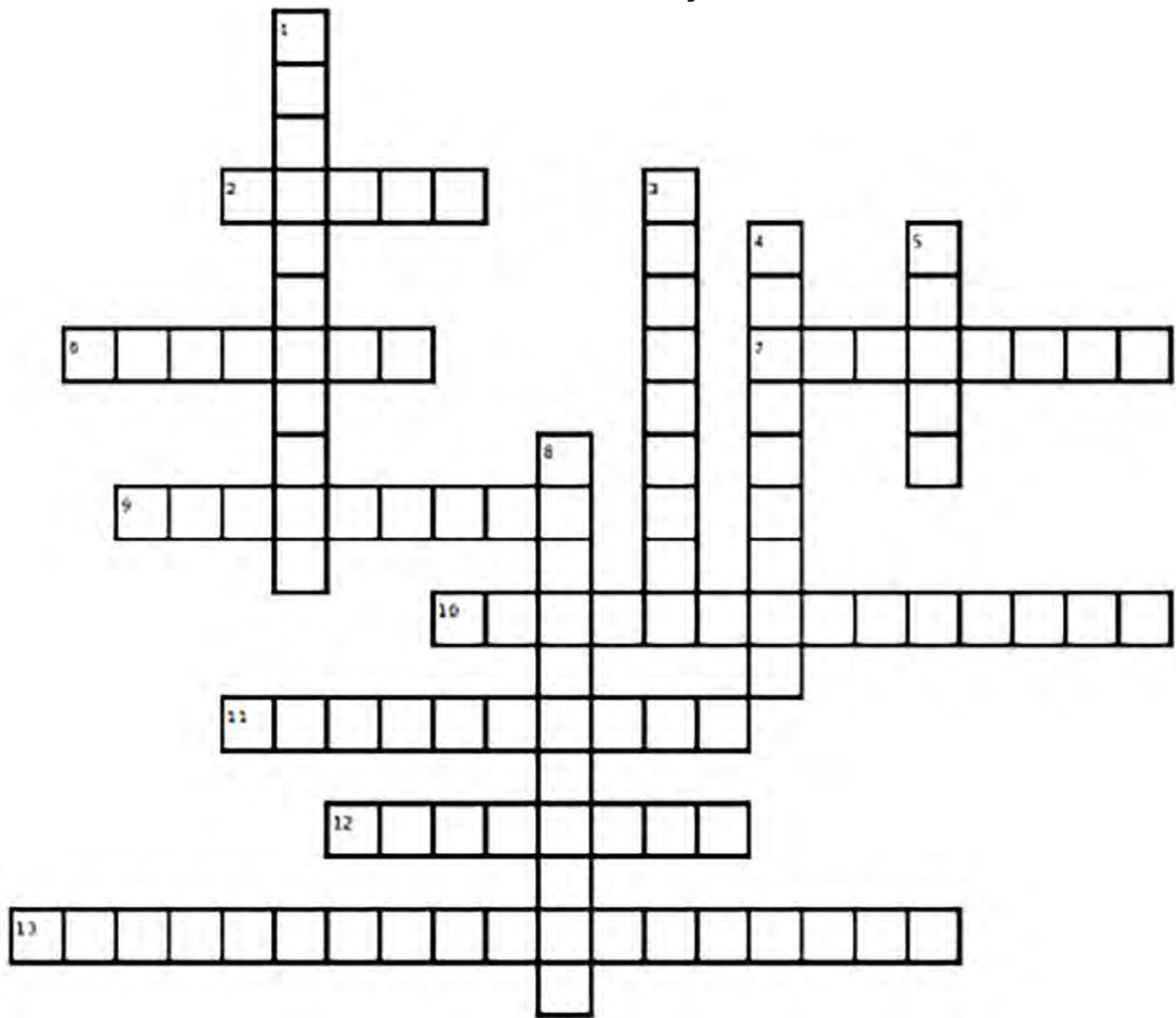


Insurance Terms - Information Page

This glossary explains some of the words and phrases that are common in health insurance.

- **Annual Open Enrollment Period:** A two-month period each fall (October 15-December 7) when you can enroll in Medicare or change your insurance coverage
- **Beneficiary:** Anyone who qualifies for Medicare
- **Copay:** Your share of the costs
- **Deductible:** What you have to pay out of pocket before an insurance plan will help pay
- **Donut Hole:** For Medicare Part D members, this is a gap in prescription drug coverage between the initial max amount your insurance company pays and when catastrophic coverage can help you
- **Formulary:** The list of medicines covered by your prescription insurance
- **Grievance:** A complaint that you file with your health insurer or plan
- **Initial Enrollment Period:** This is when a beneficiary is first eligible to enroll in Medicare –three months before and after the 65th birthday month. If you do not enroll in Medicare during this period, you will face an added penalty if you decide to enroll in Medicare at a later date.
- **Network or in-the-network:** The facilities, providers and suppliers that your health insurer or plan works with to provide health care services at a lower cost
- **Out-of-pocket-limit:** The maximum amount of money you have to pay for covered health care services in a plan year
- **Prior authorization (Preauthorization):** Tools that insurance companies use to limit the use of certain medicines and procedures
- **Premium:** The amount that you pay for your health insurance or plan that occurs monthly, quarterly, or yearly
- **Provider:** A physician, health care professional or health care facility
- **Referral:** A written note from the primary care physician to see a specialist
- **Tiers:** Insurance plans can place different medicines on different formulary tiers, where the tiers represent the varying levels of cost

Insurance Terms Activity Crossword



Across

2. Your share of the costs
6. The facilities, providers and suppliers that your health insurer or plan works with to provide health care services at a lower cost
7. A written note from the primary care physician to see a specialist
9. A complaint that you file with your health insurer or plan
10. A two-month period each fall (October 15–December 7) when you can enroll in Medicare or change your insurance coverage
11. What you have to pay out of pocket before an insurance plan will help pay
12. A physician, health care professional or health care facility
13. Tools that insurance companies use to limit the use of certain medicines and procedures

Down

1. The maximum amount of money you have to pay for covered health care services in a plan year
3. For Medicare Part D members, this is a gap in prescription drug coverage between the initial max amount your insurance company pays and when catastrophic coverage can help you
4. The list of medicines covered by your prescription insurance
5. Insurance plans can place different medicines on different levels of cost
8. Anyone who qualifies for Medicare



Medicare Part A, B, C, and D - Information Page

What is Medicare?

Medicare is a government insurance program for older adults. Most people sign up for Medicare at age 65. Medicare is divided up into four main parts: Part A, B, C, and D. Each of these parts cover certain medical expenses. Original Medicare covers Part A and B and Medicare Advantage is Part C.

Please see the Medicare enrollment sheet for more information about the process.

What are the different Medicare Parts?

Medicare Part A covers hospitalizations and inpatient care including but not limited to:

- Hospital care
- Medical care in nursing homes, skilled nursing facilities, home health services, and hospice
- Physical therapy

Medicare Part B covers community health services including but not limited to:

- Doctor visits including routine physicals
- Lab tests and diagnostic screenings
- Vaccinations/Immunizations
- Medical equipment and devices such as diabetic supplies
- Ambulance transportation

Medicare Part C combines Part A and B and usually Part D. These plans are run by private insurance companies that work with the government to provide medical coverage. Medicare Advantage plans are either health maintenance organizations (HMOs) or preferred provider organizations (PPOs).

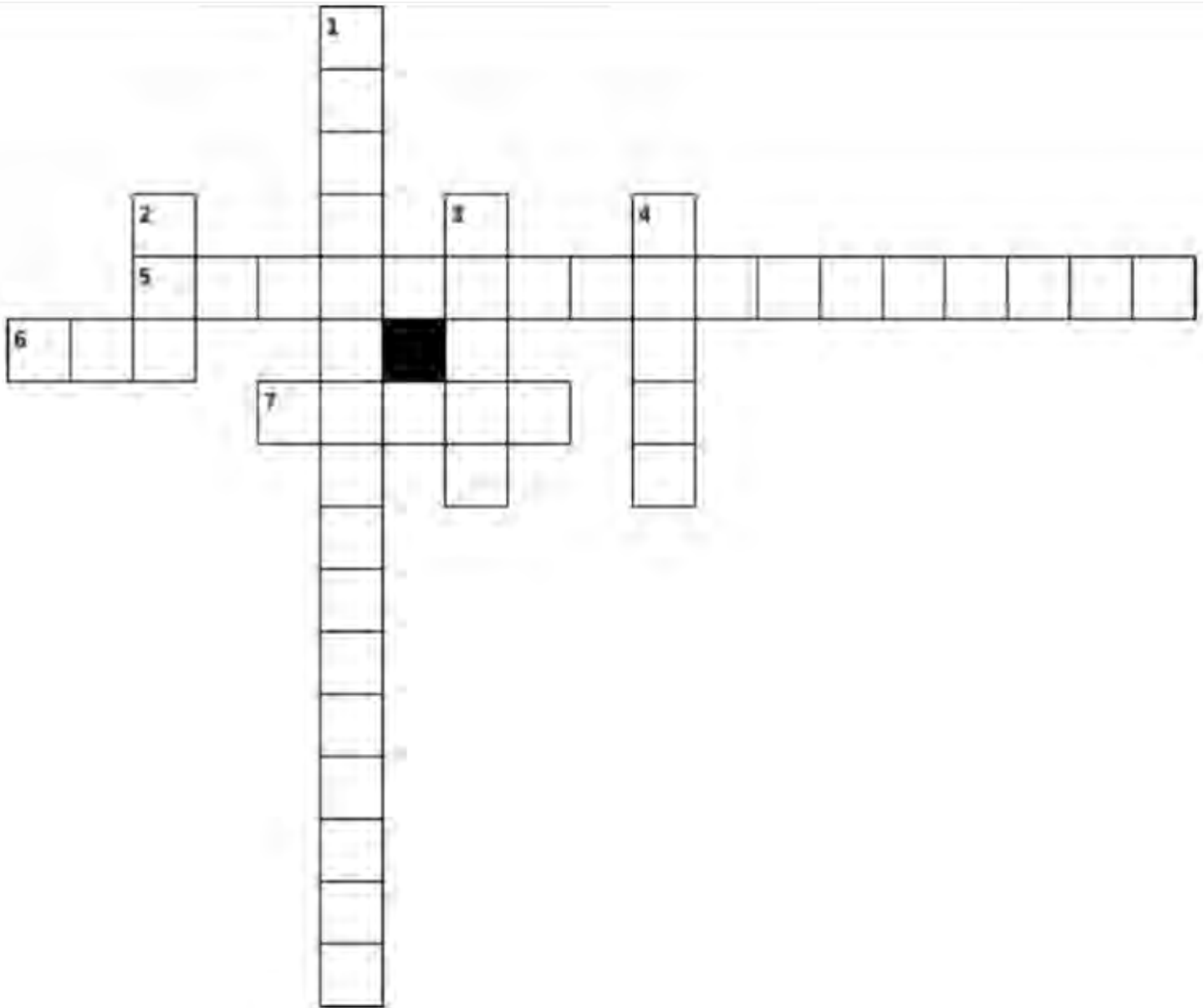
- HMOs: a primary care doctor will handle your care and will refer you to specialists if needed.
- PPOs: there are doctors and specialists you can see within your network. If you see a provider outside of the network, you will likely have to pay more.

For an HMO, think of it as if you had a contractor building your house (primary care provider), they will handle the main construction, but may refer you or work with other professionals like a plumber (specialists) to help complete your house. For a PPO, you are limited to who you can work with, and if you decide to work with someone outside those on the list, it may cost you more.

Medicare Part D covers prescription medicines. Part D plans are available through private insurance companies. Before signing up for a plan, it is important to ensure that your prescription medicines are covered by the plan, since formularies differ between insurance companies.

The best way to research Medicare Part D plans is to go to Medicare.gov where you can input your medicines and compare plans.

Medicare Part A, B, C, and D Activity Page - Crossword



Down

1. Provides coverage for all outpatient doctors and hospital visits
2. Plan in which primary care doctor refers you to specialists (abbreviation)
3. This part of Medicare covers doctor visits
4. This part of Medicare covers prescription medicines

Across

5. Also known as Medicare Part C and combines Part A, B, and D
6. Plan with network of providers and no referral is required
7. This part of Medicare covers hospital stays

AGE of Central Texas

A regional non-profit that helps older adults and family caregivers thrive

Give Us a Call!
(512) 451-4611

Thrive Social & Wellness Centers

Austin: (512) 458-6305 | Round Rock: (512) 255-4865

- Providing vibrant daytime care for older adults with physical or cognitive needs in the longest-operating licensed, non-residential Day Activity and Health Service Centers in Central Texas, with specialized care in secure facilities for individuals with dementia or memory loss.
- Locations in Austin and Round Rock, open Monday through Friday from 7:00 am to 5:30 pm.
- Full-time nurse at each site to assist with medication management and health monitoring.
- All-inclusive: engaging activities, meals and snacks, and transportation options.
- Accepting Medicaid, Veteran's benefits, long-term care insurance, or private pay at \$70 per day.

AGE of Central Texas Is an Equal Opportunity Provider

Resource & Information Center - (512) 600-9275

- Navigation center offering free personalized assistance and guidance by phone, email, or walk-in.
- Free educational seminars, workshops, and conferences, with respite services available.
- Free monthly caregiver support groups throughout Central Texas.

Health Equipment Lending Program

- Free loans of gently-used durable medical equipment and free incontinence products available.
- Call (512) 600-9288 or email Help@AGEofCentralTX.org to request and reserve items.

Virtual Connections

- Monthly subscription program offering weekly small group virtual activities to older adults experiencing challenges with their memory or cognition, combined with caregiver support groups and resources.
- Email MemoryInfo@AGEofCentralTX.org to schedule a consultation or to request more information.

Memory Connections

- Brain exercises and emotional support for older adults living with early stage dementia or early memory loss, to improve quality of life through evidence-informed activities and a facilitated support group.
- Several Central Texas community locations with sessions from 9:30 am to 2:30 pm.
- Includes caregiver support groups for family and friends of Memory Connections participants.

CaregiverU

- Free evidence-based caregiving courses for non-professional, family caregivers.
- Classes offered year-round virtually and at convenient locations in Travis, Williamson, Hays, and Bastrop Counties; visit www.CaregiverUcentx.org to find a free caregiver class near you.

AGE Computer Lab

- Peer-to-peer technology instruction and personal coaching for older adults.
- Low-cost classes and seminars on topics ranging from basic computer skills and brain fitness to advanced software and photo editing. Visit www.AGEcomputer.org for class schedules and more information.



Proud grant partner of



(512) 451-4611 | www.AGEofCentralTX.org

Central Office and Austin Thrive Center:
3710 Cedar Street, Box 2; Austin, TX 78705

Williamson County Thrive Social & Wellness Center:
475 Round Rock West Drive, #120; Round Rock, TX 78681

FREE Virtual Caregiving Course for Individuals Caring for an Older Adult

“Empowering YOU to Be a Smart and Healthy Caregiver”



Education and Support for
Family & Professional Caregivers

Being smart and healthy is important, because caring for an older adult can be both rewarding and overwhelming, both frustrating and fulfilling. Learning new tools can increase the rewards and ease the frustrations and equip you to care for yourself as you care for another person.

June 30 and July 2, 2021
10 – 11 A.M.

- Session 1:
 - What It Means to Be a Caregiver
 - Identifying Skills for Caregiver Resiliency
- Session 2:
 - Preventing and Solving Problems
 - Accessing and Developing Resources

This free caregiver education series is designed for the unpaid family caregiver, and it is presented in partnership with CaregiverU and AGE of Central Texas

Registration is required and space is limited.

Register for Free: Email mjhedwards18@gmail.com or call Marcia Edwards 512-478-2481 for registration assistance





FREE Online Falls Prevention Course for Older Adults

“Empowering YOU to Prevent Falls”

Falls are both common and costly with billions of dollars spent to treat the injuries of the one in four older adults who will suffer a fall each year. The good news is that most falls can be prevented! Learning ways to prevent falls and putting that learning into action can empower you to keep yourself safe. This two-part fall prevention course uses information from the Centers for Disease Control and Prevention, along with information from other reputable sources, to give valuable guidance on ways that older adults can prevent falls.

June 15 and 17 | 10:00 a.m.-11:00 a.m.

- Session 1 – Annual Action Steps to Prevent Falls:
 - Medication Review and Vision Check
 - Home Safety Check
- Session 2 – Daily Action Steps to Prevent Falls:
 - Lifestyle Choices
 - Exercise and Physical Activity

This free caregiver education series is designed for older adults and is presented in partnership with CaregiverU and AGE of Central Texas.

Registration is required and space is limited.

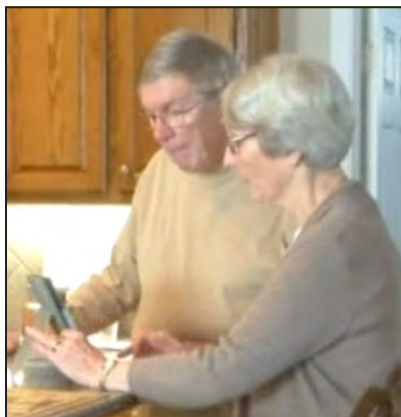
Register for Free: Email funger@ageofcentraltx.org or call Faith at 512 600 9279 for registration assistance



Virtual Connections

AGE of Central Texas is offering a new program of innovative virtual services for older adults and care partners to help you thrive. **Virtual Connections** is a monthly subscription program offering group virtual activities designed for people experiencing varying cognitive changes.

In collaboration with you, we create a personalized service plan and provide tailored video meetings to meet your goals, needs and interests.



Personalized Service Plan:

- Structured, engaging small group activities designed to be enjoyed independently at your current level of cognition
- Offered 5 days per week via Zoom video conferencing service
- Includes remote technology support
- Connection to 1-1 volunteer services
- Information about coping with cognitive changes, community resources, caregiving, and more



Key Aspects:

- Try new activities that are designed for you
- A personalized schedule to help create routine and structure in your day
- Collaborative goal-setting and customized service plan with AGE staff
- Follow-up meetings to review service plan, discuss goals, needs, and feedback
- Have fun and make new friends!



Variety of Fun Activities:

- Creative Activities such as live music, art, and creative writing
- Brain Exercise such as trivia, word, and logic games
- Discussion and Reminiscence, including educational presentations
- Bingo
- Emotional Support Groups
- Physical Exercise, such as stretching
- Social Hour, to connect with others



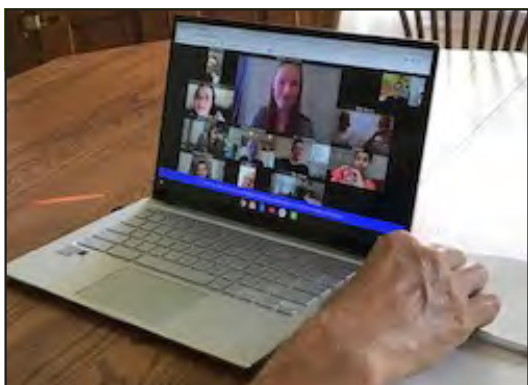
Virtual Connections Admission Process

1. Brief phone introduction and assessment for older adult, care partner, or both, to talk about Virtual Connections and answer your questions.
2. If we determine the program may be a good fit, we schedule an admissions interview.
3. During the admissions interview via Zoom, we will discuss your challenges, goals in attending Virtual Connections, comfort and preferences related to technology, cognitive concerns, and services and supports.
4. If you would like to try the program, we create a personalized video meeting schedule that addresses your goals in attending the program, interests, and current cognitive experience.
5. If at any time we determine that Virtual Connections would not be a good fit for you, we will continue to support you and your family by making referrals to other services, providing community resources and caregiver support.

NOTE: AGE staff has the final decision in which video meetings would be a good fit for you. You may not be invited to attend all video meetings that are offered.

Program Cost:

The program fee is \$100 per calendar month. We offer a sliding scale fee – please contact us to discuss options as we don't want finances to be an obstacle to attending our program.



Our Participants Say:

"These video meeting groups have been a life line."

"It is truly heartwarming to see all the lovely faces and reaction on the virtual visits. Such love and caring is making this isolation easier than it would be otherwise!"

For more information and to schedule a free admissions interview, contact us today:

Email (preferred): MemoryInfo@AGEofCentralTX.org

Phone: 512-600-9276 | www.AGEofCentralTX.org

Community Based Respite Groups

*Please contact the Director or contact number prior to attending. Eligible participants must be in the Early to Middle stage of Alzheimer's or related dementia. Participants must be able to toilet, eat, and move independently. Groups with an * were opened with the organizational and financial support of the Alzheimer's Texas. They receive training and on-going assistance from the Alzheimer's Texas. Bolded groups indicate participation in the Walk and support the full mission of the Alzheimer's Texas.*

City	Day	Time	Respite Center	Location	Address	Director	Phone	
Austin	North							
	Tuesday	9:30 - 1:30	Radiant Friends*	Great Hills Baptist Church	10500 Jollyville Rd.	Stephen McDaniel	(325)305-6207	ZOOM
	Wednesday	10:00 - 2:00	New Adventures	St. Thomas Moore Catholic Church	10205 RR 620 North	Chantelle Morris	(512) 771-1899	ZOOM
	Thursday	9:30-1:30	House of Friends*	Bethany United Methodist Church	10010 Anderson Mill Rd.	Susie Petersen	(512) 258-6017	ZOOM
	Tuesday	10:00 - 2:00	MPAC	St. Matthews Episcopal Church	8134 Mesa Drive	Martha Galie	(512) 456-7074	
	Central							
	Tuesday and Weds	9:30 - 1:30	Mike's Place	Meals on Wheels and More	3227 E. 5th Street	Mikhayla Gustafson	(737) 218 - 4130	ZOOM
	Thursday	9:30-1:30	Circle of Friends*	Congregation Beth Israel Synagogue	3901 Shoal Creek	Theresa Lyons	(512) 845-5374	
	Friday	11:00 - 2:00	Senior Retreat	Town Lake YMCA	1100 W. Cesar Chavez	Elizabeth Doss	(512) 542-9622 X223	
	South							
	Wednesday	9:30-1:30	The Gathering	Westlake Hills Presbyterian Church	7127 Bee Cave Rd	Debbie Wilder	(512) 327-1116	ZOOM
Bastrop	Tuesday	10:00-2:00	Sunshine Respite	First United Methodist Church	1201 Main St.	Marcia Poole	(512) 321-2201	
Burnet	Tuesday	9:30-1:30	Highland Lakes Respite Center*	First United Methodist Church	301 East Graves	Mary Jane Shanes	(806) 292-6912	
Copperas Cove	Wednesday	9:00 - 1:00	Angel Care Regional Respite	Grace United Methodist Church	101 W. Ave. F	Mary Morton	(254) 547-3729	
Dripping Springs	Thursday	10:00-2:00	Harmony Place	Dripping Springs Presbyterian Church	26650 RR 12	Crystal Emmons	(512) 569-5165	
Georgetown	Monday	10:00-2:00	PALS Place*	First United Methodist Church	410 University Dr.	Barb Twyford	(512) 863-3935	

Georgetown	Friday	10:00 - 2:00	Close Friends Respite	Well Spring United Methodist	6200 Williams Dr.	James Thompson	(512) 868-1349	
Lakeway	Monday	10:00 - 2:00	Bright Horizons	Emmaus Catholic Church	1718 Lohmans Crossing	Pat Thompson	(512) 970-7063	
Llano	Monday	10:00 - 2:00	Caregiver's Day Out*	Grace Episcopal Church	1200 Oatman St.	Sally Daniel	(325) 423-1705	
Marble Falls	Thursday	9:30 - 1:00	Kendall Respite Center*	Fellowship Baptist Church	2702 Mormon Mills Rd.	Connie Stringer	(830) 613-8819	
	Thursday	9:00 - 1:30	Wesley Respite Center*	First United Methodist Church	1101 Bluebonnet	Allie Bennett	512-639-2295	
Smithville	Thursday	10:00 - 2:00	New Hope Respite Center*	First United Methodist Church	300 Olive Street	Brenda Zimmerman	(512) 581-2691	
Sun City	Thursday	10:00-2:00	Special Friends*	The Worship Place	811 Sun City Blvd	Lou Gibson	(512) 864-1380	
Temple	Tuesday	1:00 - 4:30	Tuesday's Solace*	St. Francis Episcopal	5001 Hickory Rd.	Barbara Walsh	(254) 778-6157	
	Thursday	9:30-1:30	Thursday Club*	First Lutheran Church	1515 W. Adams Ave.	Lorraine Brians & Sandi Vos	(254) 654-7887	
Wimberley	Thursday	10:00-2:00	Circle of Friends	Wimberley Community Center	14068 Ranch Rd 12	Velma Morales	(512) 847-1781	

Licensed Adult Day Care Providers

Please contact prior to attending.

City	Day	Time	Name	Website	Address	Phone	Cost
Austin	Monday - Friday	7:00 - 5:30	AGE of Central Texas Adult Day Health Center	www.ageofcentraltx.org	3710 Cedar Street	(512) 458-6305	~\$60/day
Round Rock	Monday - Friday	7:00 - 5:30	AGE of Central Texas Adult Day Health Center	www.ageofcentraltx.org	475 Round Rock W., #120	(512) 255-4865	~\$60/day

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