



## ADMINISTRATIVE REPORT

**TO:** Senior Commission

**FROM:** Paul Council, Community Services Manager

**PREPARED BY:** Angela Sakkos, Community Services Supervisor

**SUBJECT:** Senior Centers Without Walls

**DATE:** January 6, 2015

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### **RECOMMENDATION**

That Parks and Recreation provide information about Senior Center Without Walls to patrons, including but not limited to SASH clients/ shoppers, Services Link and Senior Center members, and post information/flyer at the Senior Center and King Center.

### **BACKGROUND**

The predecessor to Senior Center without Walls was developed in 2004 by Terry Englehart. She was providing information and referrals to seniors and their families. Terry learned about Dorot University in New York that provided programs/classes for seniors over the phone. In summer of 2004 Terry launched "Funny Bones", a weekly phone-in meeting with her clients. In April of 2006, Episcopal Senior Communities took over Senior Center without Walls as one of their outreach programs.

Senior Centers without Walls has a Director, Community Outreach Manager and Program Manager. The Senior Center without Walls Director reports to the Vice President of Home & Community Based Programs at Episcopal Senior Communities.

The Senior Center without Walls staff is primarily in charge of their program offerings. An exception may be if Episcopal Senior Communities had a specific goal for their programs/agency, they would funnel this down to their programs. An example of this could be a LGBT focus.

### **FACILITATORS**

The majority of the programs are facilitated/led by volunteers. The programs are led from outside the office, ie., volunteers home. Approximately 50 % of the volunteers are participants. Prior to becoming a facilitator, the volunteers go through a facilitators training and are trained

by one of the three core SCWW staff. Currently they are not doing background checks or fingerprinting of the volunteers, but do ask for references.

Since the programs are done via phone, patrons do not meet each other in person and know each other by first name basis only. In addition, all participants, including the facilitator, call into a Senior Center without Walls conference call number, so there is no direct phone connection between patrons, or patrons and facilitators.

### **REGISTRATION PROCESS**

Programs are available for individuals age 60 + in California. Interested patrons need to complete a registration form only once providing name, contact information and emergency contact. There is additional demographic information requested, but optional. This includes;

- Date of birth
- Gender
- Ethnicity
- Sexual orientation
- Primary language
- Income
- Physical limitations
- Living arrangements
- Education level
- Sight status

The optional demographic information is used by Episcopal Senior Communities for funding purposes and by Senior Center without Walls staff for program development.

Once a patron has submitted the initial registration form they can call in to register for programs. There is no fee for participation in any program. Upon registration the patron is given a toll free number to call at the predesignated time and a two digit code which connects them to a conference call.

There are approximately 5-12 participants per conference call with a facilitator who manages the calls. The facilitator reminds patron that it is first name only basis (which is important for privacy), and makes sure that anyone who wants to talk gets the opportunity to speak. If at any point it appears that personal information is being given out it is the facilitator's responsibility to stop it.

Programs are offered in 12 week session with special bridge/reduced programs in between sessions.

### **FUNDING**

There are no fees for services/programs. Episcopal Senior Communities handles all the funding needs. In addition to funding from Episcopal Senior Communities and St. Paul's Episcopal Church, grants have received from:

True North Foundation  
Y & H Soda Foundation  
Darby Betts Fund  
Lafayette Community Foundation  
Rossmoor Lions Club  
Anne Allen

Additionally, private individuals can donate to Senior Center Without Walls via Episcopal Senior Communities.

There are no third parties or outside vendors involved with the program. If a presenter / guest speaker has a private business, they are not permitted to promote or give out this information to the clients. And a Senior Center without Walls facilitator participates in all sessions.

### **RELIGIOUS AFFILIATION**

Senior Center without Walls is a non-denominational program.

### **ATTACHMENTS**

1. Senior Center without Walls Registration Form
2. Senior Center without Walls Program Flyer

### **STAFF CONTACT**

Angela Sakkos, Community Services Supervisor – Senior Services  
[asakkos@cityofsanmateo.org](mailto:asakkos@cityofsanmateo.org), 650.522.7495

# ATTACHMENT 1



SENIOR CENTER

*Without Walls*



# Registration Form

## Two Ways to Register!

Fill out this form and mail to:

**-or-**

Call us toll-free:

**Senior Center Without Walls  
114 Montecito Avenue  
Oakland, CA 94610**

**1-877-797-7299**

*Even if you have previously participated, you must re-register for each 12 week session.  
Demographic information is collected for program improvement and funding purposes.*

### ***Participant Contact Information***

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

How did you hear about Senior Center Without Walls? \_\_\_\_\_

### ***Emergency Contact Information***

EMERGENCY CONTACT NAME: \_\_\_\_\_

EMERGENCY CONTACT PHONE: \_\_\_\_\_

EMERGENCY CONTACT EMAIL: \_\_\_\_\_

### ***Participant Demographic Information***

DATE OF BIRTH : \_\_\_\_\_ PRIMARY LANGUAGE: \_\_\_\_\_

GENDER: ☐ Male ☐ Female ☐ Transgender  
☐ \_\_\_\_\_ (Fill in the Blank) ☐ I Prefer Not to State

SEXUAL ORIENTATION: ☐ Bisexual ☐ Gay ☐ Heterosexual/Straight  
☐ Lesbian ☐ \_\_\_\_\_ (Fill in the Blank)  
☐ I Prefer Not to State

ETHNICITY: ☐ African-American ☐ Asian/Pacific Islander ☐ Multi-Racial  
☐ Latino ☐ Native American ☐ Caucasian/White  
☐ \_\_\_\_\_ (Fill in the Blank) ☐ I Prefer Not to State

LIVING ARRANGEMENT: ☐ Live Alone ☐ Live with Spouse/Partner ☐ Live with Family  
☐ Live with Roommate ☐ Live in Residential Facility  
☐ I Prefer Not to State

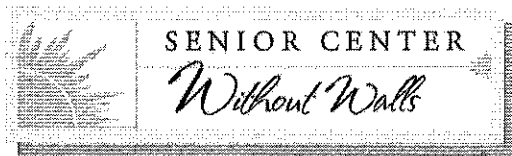
INCOME LEVEL: ☐ Under \$15,000 ☐ \$15,000-25,000 ☐ \$25,000-40,000  
☐ \$40,000-50,000 ☐ \$50,000-60,000 ☐ \$60,000-70,000  
☐ \$70,000-90,000 ☐ Over \$90,000 ☐ I Prefer Not to State

EDUCATION LEVEL: ☐ Some High School ☐ High School ☐ College  
☐ Post-Grad ☐ I Prefer Not to State

PHYSICAL LIMITATIONS: ☐ None ☐ Use Cane/Walker ☐ Use Wheelchair  
☐ Primarily in Bed ☐ I Prefer Not to State

SIGHTED STATUS: ☐ No Limitation ☐ Low Vision ☐ Blind

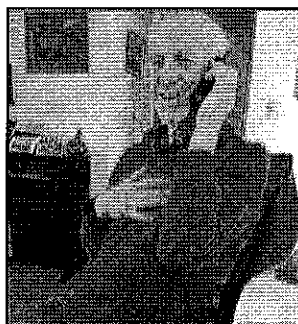
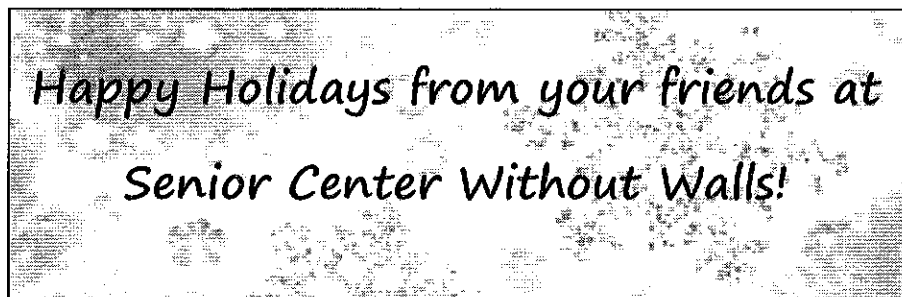
# ATTACHMENT 2



Senior Center Without Walls is a non-denominational program of Episcopal Senior Communities offering free telephone activities, friendly conversation, and an assortment of classes and support groups to older adults in California who find it difficult to participate in activities in their community.

### **Volunteer!**

Have an interest or skill that you would like to share?  
Become a Volunteer Facilitator for Senior Center Without Walls!  
Make a difference in the lives of older adults all over California -  
all from the comfort of your own home!  
(877) 797-7299 or [info@seniorcenterwithoutwalls.org](mailto:info@seniorcenterwithoutwalls.org)

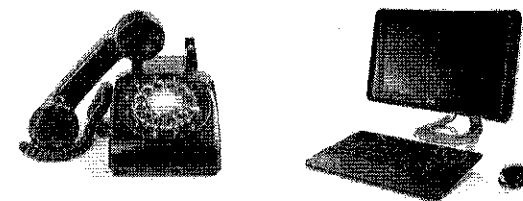


**A Telephone Community for California Seniors**

## *Winter Bridge*

**December 15 - January 25**

Senior Center Without Walls is a free telephone and online program offering activities, conversation and a variety of classes and support groups to older adults in California.



During the break between sessions, the Bridge offers Senior Center Without Walls participants many opportunities to connect with their communities.

[www.seniorcenterwithoutwalls.org](http://www.seniorcenterwithoutwalls.org)  
[info@seniorcenterwithoutwalls.org](mailto:info@seniorcenterwithoutwalls.org)  
(877) 797 - 7299

EPISCOPAL  
SENIOR COMMUNITIES



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



## Weekly Groups

### Gratitude

*Daily, 9:00 - 9:30am*

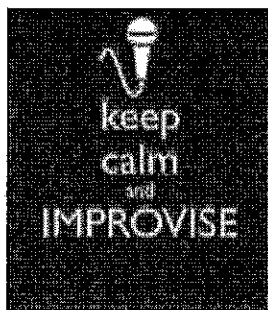
*Two groups offered Monday through Friday!*

Call our daily Gratitude Groups to share what you feel grateful for. Listen to others share as well for an inspiring way to begin each day! Facilitators: Kaevalya, Karen, Kathleen, Lynn, Mindy, Rose, and SCWW staff.

### Improvisation

*Mondays, 10:00 - 10:30am*

Improvisation is a form of live theatre in which the plot, characters and dialogue of a game, scene or story are made up in the moment. Experienced improv actress Terry Englehart will direct us as we put our wits together and come up with outrageous characters, imaginative scenes and spontaneous stories. No experience is necessary!



### Men's Group

*Mondays, 3:00 - 3:45pm*

Andy Andersen hosts this weekly opportunity for our male population to build community and find friendship with one another.

### Bible Study

*Mondays, 5:00 - 6:00pm*

In this non-denominational, interfaith group, we will expand our knowledge of the Bible, discussing the scripture and the history behind it, the economy, agriculture, and other conditions and how they related to the creation of this book that has shaped the world today. Janine Ford has a masters in Theology, and will lead a discussion of the Book of James during this six-week session. *Please call the office to request a syllabus.*

### Book Club

*Saturday, January 3, 3:00 - 4:00pm*

Share your favorite books and authors with other book lovers. With facilitators Raquel de Knust and Andy Andersen.

### Talent Show!

*Friday, January 9, 3:00 - 4:00pm*

We all know that our telephone community is full of hidden (and not-so-hidden) talents. Here is your opportunity to shine! Poetry, song, spoken word, whatever it is that you do best! Please call the office to let us know if you would like to perform.

### Eating Healthy on a Budget

*Friday, January 16, 3:00 - 4:00pm*

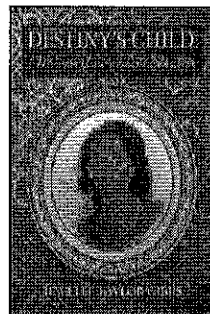


This presentation includes senior nutrition guidelines, nutritious and low-cost sample meals & snacks, and community resources. Presented by Independence at Home, a division of SCAN Health Plan.

### Martin Luther King Jr. Day

*Monday, January 19, 3:00 - 4:00pm*

Martin Luther King Jr. was a Baptist minister and social activist, who led the Civil Rights Movement in the U.S. from the mid-1950s until his death by assassination in 1968. We are delighted to



welcome Jewelle Taylor Gibbs, noted author, psychologist, civil rights activist, and lifelong friend of Martin Luther King, to host this SCWW event honoring the visionary leader, who was deeply committed to achieving social justice through non-violent means. Dr. Gibbs has recently published her fifth book, *Destiny's Child: Memoirs of a Preacher's Daughter*.

### Across the Miles

*Tuesday, January 20, 11:00am - 12noon*

Participants in three other telephone programs, in New York, Texas, and Manitoba, Canada, will join us to share stories and talk about life in our different locations.

## Special Events!

### Laughing through the Holidays

*Friday, December 19, 3:00 - 4:00pm*

Laughter is the best medicine! We are happy to welcome back Certified Laugh Leader Bev Bender to Senior Center Without Walls. Bev will lead us in laughing exercises that research has proven to promote health, and reduce stress and depression. Ho ho ho!

### Holiday Caroling with Jennifer!

*Sunday, December 21, 12noon - 1:00pm*

What better way to celebrate the holidays then to revel in the music of the season! Bring your favorite carol suggestions and your holiday cheer. Warm your heart fa-la-la-la-laaaa-ing with us!

### Biography: Lena Horne

*Monday, December 22, 2:00 - 2:45pm*

Lena Horne was an electrifying singer who shattered racial boundaries by changing the way Hollywood perceived and presented black women. Learn about her music spanning a six-decade career, her civil rights activism, and how she made am impact on American history.



### Winter Holidays

*Thursday, December 25, 11:00am - noon*

Hanukkah, Ramadan, Christmas, Kwanza, whichever holiday you celebrate, or even if you celebrate none, let us join Jennifer Cancino and our SCWW community for an hour of joy and togetherness.

### Making Connections - Building Friendships

*Friday, January 2, 3:00 - 4:00pm*

Good friends make our lives rich! Harla Norman shares new findings on the importance of friendship and its effect on health, well-being and longevity. Share your thoughts on qualities that make a good friendship. Has the meaning of friendship changed for you over the years? Join us for a "friendly" discussion!

### Support/Discussion Group for the Blind

*Tuesdays, 1:00 - 1:45pm*

This group offers a confidential environment in which blind participants can share the challenges they face and the successes they experience. We will create a safe place to share our joys, fears, tears and laughter. Co-facilitated by Bonnie Rennie and Andy Andersen.

### Conversation Starters

*Tuesdays, 3:00 - 3:45pm*

Come one, come all! Share the mic and our memories on topics such as: If you could live anywhere else in the world, where would it be? Are you a cat or a dog person? What are your favorite charities? Guaranteed to entertain with host Rich Gerston!

### Book Reading - Illusions: The Adventures of a Reluctant Messiah

*Tuesdays, 6:30 - 7:00pm*

Richard Bach takes to the air to discover the ageless truths that give our souls wings: that people don't need airplanes to soar...that even the darkest clouds have meaning once we lift ourselves above them... and that messiahs can be found in the unlikely places--like hay fields, one-traffic-light midwestern towns, and most of all, deep within ourselves. Kathleen Torres reads aloud.

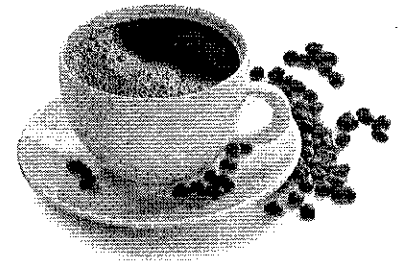
### Coffee Break

*Wednesdays, 10:00 - 10:30am*

*Sundays, 11:00 - 11:30am*

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

Hosted by Vi on Sundays and Andy Andersen on Wednesdays.



## Weekly Groups

### Spit it Out!

*Wednesdays, 3:00 - 3:30pm*

Gameshow host Mindy Bledsoe will read a topic and start her timer. Each player then has five seconds to name three things under that topic. Players should expect to experience great fun and laughter, as tongue-tied and often hilarious answers are spit out!

### Rekindling Spanish

*Thursdays, 9:45 - 10:30am*

For participants whose knowledge of Spanish is at an advanced-beginning or intermediate level, and who want to brush up a bit. Instructor Rich Gerston's goal is to create a feeling of comfort, enjoyment, and stimulation. This is an ongoing program, so you are welcome to join in at any time.



### Trivia Time

*Thursdays, 3:00 - 3:30pm*

We have spent our lifetimes collecting information, some of it more useful than others! Here is your chance to test your knowledge of names, places, facts and figures. Amy Schaible hosts.

### Aristocats

*Thursdays, 1:00 - 1:30pm*

For cat lovers only! Cat stories, quotes, poems, history, famous cats, funny cats, grumpy cats, and more. Meet up with fellow cat people who adore and appreciate all of the fascinating facets of the feline personality. Janine Ford hosts. Meow!

## Online Groups

*If you have a computer, a webcam and internet access and are interested in joining our online community, please call the office for more information and to sign up for our online programs.*

### Art Appreciation & Practice

*Mondays, 1:00 - 1:45pm*

Do you like art? Do you want to learn more about art? Log-on and we will explore art together. Join Eric King and get in touch with your creativity.

December 15	Introduction
December 22	Drawing
December 29	Pastels
January 5	Acrylics
January 12	Found Objects
January 19	Final Presentation

### Afternoon Songbook - Gospel, Blues and Jazz

*Fridays, 1:00 - 1:45pm (no group 12/26)*

Calling all music lovers! Log-on Friday afternoons for a visual and auditory musical exploration and discussion. In this session, we will experience some of the gospel, blues, and jazz music that has helped to create the diverse American songbook.

December 19	Gospel Music Including Prewar Gospel Blues, Aretha Franklin and the Abyssinian Baptist Gospel Choir
December 26	No Group
January 2	Blues Including Bessie Smith, Muddy Waters and B.B. King
January 9	Jazz Big Band including Duke Ellington, Count Basie and Bennie Goodman
January 16	Jazz Singers including Billie Holiday, Sarah Vaughn and Ella Fitzgerald
January 23	Jazz Crooners: Frank Sinatra, Nat King Cole and Tony Bennett

## Weekly Groups

### Let's Get to Know You

*Saturdays, 1:00 - 1:30pm*

Let's get to know one another. Host Vi invites us to share our memories of weekly topics like early childhood, education, career, children & more!

### Afternoon Gratitude/Appreciation

*Saturdays, 4:00 - 4:30pm, Sundays 1:00 - 1:30pm*

Call in and share with others what you have appreciated, or are currently appreciating in your life. With Kaevalya on Saturday and Vi on Sunday.

### Keys to Joy

*Saturdays & Sundays, 5:00 - 5:45pm*

Each group takes a topic from the fields of psychology, spirituality or philosophy that is geared to increase our happiness. We come not as experts but as fellow seekers wishing to warm ourselves at each others' fires.

With Lynn Rayburn.

### Poetry

*Sundays, 10:00 - 10:30am*

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

With Anne Allen.

### Writing Workshop

*Sundays, 3:00 - 4:00pm*

Supportive discussion and suggestions for your craft, as well as exercises to get those creative juices going! Fiction, non-fiction, memoir, poetry, all are welcome.



### For the Birds

*Fridays, 9:45 - 10:30am*

Join Naturalist Rich Gerston for an informative, lively and interactive program about bird watching. We will talk about our own personal observations during the previous week and throughout our lives. Additionally, presentations will be given about our feathered friends. This program is suitable for people with all levels of birding experience, from beginners to advanced. A handout that includes pictures of common California birds and their habitats is available upon request.

### Mystery Melody

*Saturdays, 11:30 - 12:00noon*

Music lovers! Have fun humming, singing, or give us a hint to guess the melody! Jan Knowles hosts this popular Saturday morning musical game.

### Bingo!

*Saturdays, 9:00 - 10:00am (beginners Bingo)*

*Saturdays, 10:00 - 10:45am*

Gloria Flores hosts this classic game of chance, now two mornings a week! *Please call the office for the Bingo cards.*

### Personal Emergency Preparedness Trainings for Seniors and/or People with Disabilities

Learn some simple things you can do to prepare for an emergency, such as what items need to go into your basic emergency kit at home, safety tips and tools, and other health considerations.

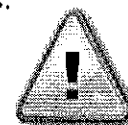
#### Friday, January 2

10:00 - 11:00am (English) Code 11

11:30 - 12:30pm (Spanish) Code 15

Presented by Community Resources for Independent Living

Sponsored by Alameda County Public Health



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 - 9:30am Gratitude	9:00 - 9:30am Gratitude Gratitude	9:00 - 9:30am Gratitude Gratitude	9:00 - 9:30am Gratitude Gratitude	9:00 - 9:30am Gratitude Gratitude	9:00 - 9:30am Gratitude Gratitude	9:00 - 9:30am Gratitude
10:00 - 10:30am Poetry	10:00 - 10:30am Improvisation	<i>January 20</i> 11am - 12noon Across the Miles	10:00 - 10:30am Coffee Break	9:45 - 10:30am Rekindling Spanish	9:45 - 10:30am For the Birds	Bingo 9:00 - 9:45am 10:00 - 10:45am <i>No 1/3 or 1/24</i>
11 - 11:30am Coffee Break	1:00 - 1:45pm Art Appreciation & Practice (ONLINE)	1:00 - 1:45pm Support Group for the Blind	3:00 - 3:30 Spit it Out!	<i>December 25</i> 11:00 - 12noon Winter Holidays	<i>January 2</i> Emergency Preparedness 10:00 - 11:00am (English)	11:30 - 12noon Mystery Melody
<i>December 21</i> 12:00 - 1:00pm Holiday Caroling	2:00 - 2:45pm Lena Horne	3:00 - 3:45pm Conversation Starters		1:00 - 1:30pm Aristocats	11:30 - 12:30pm (Spanish)	1:00 - 1:30pm Let's Get to Know You
1:00 - 1:30pm Afternoon Gratitude	3:00 - 3:45pm Men's Group			3:00 - 3:30pm Trivia Time	1:00 - 1:45pm Afternoon Songbook (ONLINE) <i>No group 12/26</i>	<i>January 3</i> 3:00 - 4:00pm Book Club
3:00 - 4:00pm Writing Group	<i>January 19</i> 3:00 - 4:00pm Martin Luther King	6:30 - 7:00pm Book Reading: Illusions			3:00 - 4:00pm <i>December 19</i> Laughing through the Holidays	
5:00 - 5:45pm Keys to Joy	5:00 - 6:00pm Bible Study				<i>January 2</i> <b>Building Friendships</b> <i>January 9</i> <b>Talent Show</b> <i>January 16</i> <b>Eating Healthy on a Budget</b>	4:00 - 4:30pm Afternoon Gratitude  5:00 - 5:45pm Keys to Joy
<ul style="list-style-type: none"> <li>• <i>Registration is free!</i></li> <li>• <i>All programs may be attended on a drop-in basis.</i></li> <li>• <i>Call (877) 797-7299 for more information and to register for Senior Center Without Walls</i></li> </ul>						