



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

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, 650.522.7495

ATTACHMENT 1



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

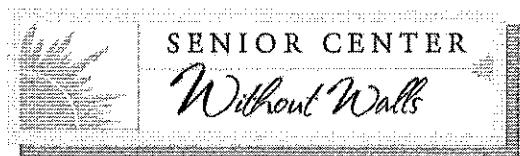
INCOME LEVEL: Under \$15,000 \$15,000-25,000 \$25,000-40,000
 \$40,000-50,000 \$50,000-60,000 \$60,000-70,000
 \$70,000-90,000 Over \$90,000 I Prefer Not to State

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

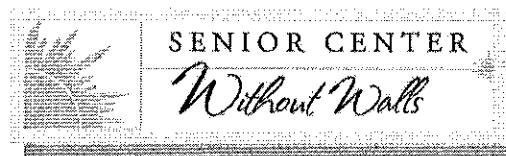
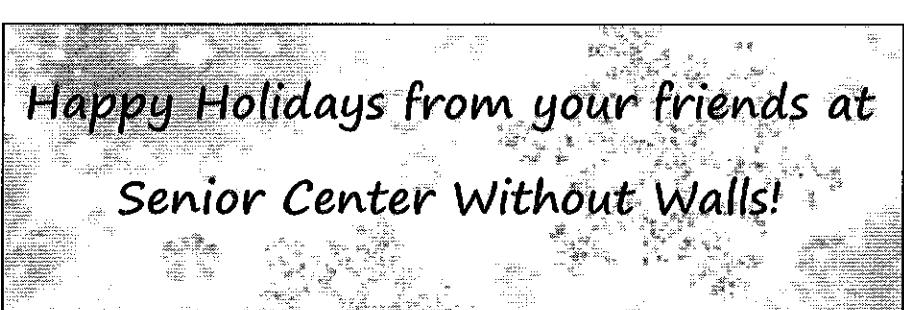
ATTACHMENT 2



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

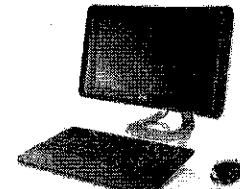


A Telephone Community for California Seniors

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
info@seniorcenterwithoutwalls.org

(877) 797 - 7299



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.

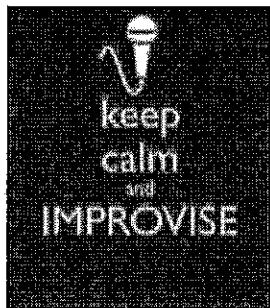
Weekly Groups

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.

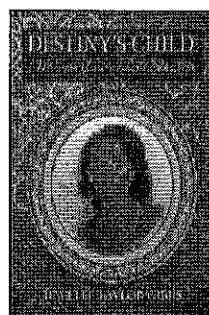
Presented by Independence at Home, a division of SCAN Health Plan.



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 an impact on American history.



Winter Holidays

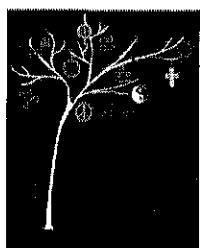
Thursday, December 25, 11:00am - noon

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 unlikeliest places--like hay fields, one-traffic-light midwestern towns, and most of all, deep within ourselves. Kathleen Torres reads aloud.

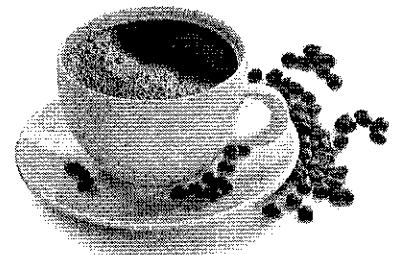
Coffee Break

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



