

Growing with Age

The Newsletter of Austin Groups for the Elderly Winter 2005

Mark Your Calendars: AGE Awards Dinner April 21, 2006

The 12th annual AGE Awards Dinner has been scheduled for April 21, 2006. The Awards Committee wishes to announce the following honorees:

Richard Orton

The Willie Kocurek Vital Aging Award

Dr. Mathis Blackstock

The Bert Kruger Smith Vision Award

IBM

The AGE Philanthropy Award

Betty Grubbs

The AGE Community Service Award

Susan Merrick (of AT&T, formerly SBC)
AGE Professional Spirit Award

For tickets and sponsorship opportunities, contact Susan Frentz-Robinson at 451-4611 or sfrentz@ageofaustin.org.

Have Your Holiday Event in the AGE Building

The Dining Room and Founders Room are available for rental on nights and weekends for \$25 per hour. For more information, contact Chris Leto at cjleto@ageofaustin.org or 451-4611.

SeniorNet Gift Certificates

Gift certificates are available for SeniorNet seminars, classes and clubs in increments of \$20, \$30 and \$50. For more information, contact Anna Gatti at info@ageofaustin.org or 451-4611.

Growing with Age is a publication of Austin Groups for the Elderly, a not-for-profit organization that serves caregivers, the elderly and their families through education, advocacy, resources and support in the greater Austin area. Learn more about our four programs by visiting our website at www.ageofaustin.org.

Caregiver Starts Support Group at Austin Groups for the Elderly

Daughter of former Elderhaven client now helps fellow caregivers through Caregiver Resource Center



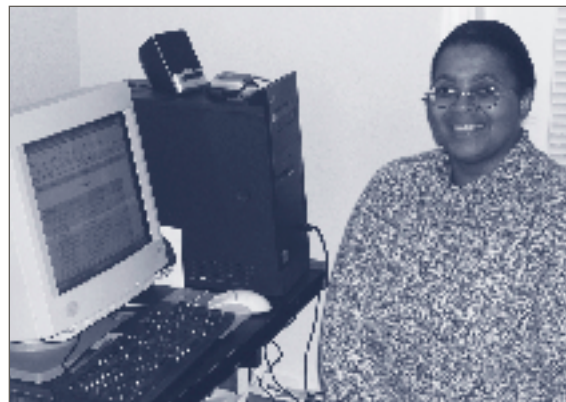
Mrs. Kitty and Barbara on Thanksgiving in 2003.

Mrs. Kitty began showing symptoms of Alzheimer's disease about ten years ago. Her only child, Barbara Wiederaenders, embraced the role of caring for her mother.

As Mrs. Kitty's disease progressed, she went from living independently to needing Barbara as a full-time caregiver. Within two weeks of bringing Mrs. Kitty to live with her, Barbara realized how challenging it would be to give her mother the attention she needed. Having learned about adult day care at a Validation Therapy conference, Barbara decided to bring Mrs. Kitty to Elderhaven Adult Day Care, a program of Austin Groups for the Elderly.

Continued on page 2

SeniorNet Volunteers Help New Orleans Couple



Sandra was grateful for this computer, donated by SeniorNet volunteers.

Volunteers from SeniorNet, a program of Austin Groups for the Elderly, used their technological resourcefulness to help a couple who moved to Austin after losing their New Orleans home during Hurricane Katrina.

The couple, Sandra and Jerome, needed a computer to help them find work and settle into their new life in Austin. Sandy Nichols, a SeniorNet volunteer, learned of the couple's need while volunteering to help hurricane evacuees with the Red Cross. Nichols organized a group of other SeniorNet volunteers, who quickly fixed up and donated a desktop PC to the couple.

Students Develop Outreach Program for Elderhaven

A team of six students from the University of Texas are developing an outreach program that will promote the benefits of adult day care and raise awareness of Elderhaven Adult Day Care in the community.

For their Business Honors class, the group of undergraduates was



Paras Gandhi, one of the students, with an Elderhaven client

asked to be a team of communication consultants for a local non-profit organization. The group chose Elderhaven as their client.

After speaking with Joyce Lauck, Austin Groups for the Elderly's Executive Director, the group decided they could best assist Elderhaven by increasing awareness of adult day care through a new outreach program in the community.

"There can be a lot of good services, but if people don't know about them, you won't be able to get them to use them," said Sandra Denney, a sophomore student in the group.

"We are extremely grateful for the UT students help," said Susan Frentz-Robinson, Austin Groups for the Elderly's Development and Outreach Director. "Because of their work, more of our local seniors will know about adult day care and the benefits it provides."

Volunteer Spotlight



Carl Pingry and Joyce Lauck,
AGE Executive Director

Carl Pingry, SeniorNet

Carl Pingry defies the phrase, "Jack of all trades but master of none." Carl is the master of all trades at SeniorNet. He has developed courses, instructed classes and is now one of our prime Digital Photography Coaches. As our current Director of Information Technology, he is responsible for putting all of the classroom computers into a single high-speed network. He has unstintingly lent his considerable technical skills to other AGE Building tenants when called upon to solve some of their more difficult technical problems.



Caregiver Resource Center Events

The **Elderhaven Circle of Care** is a support group for caregivers and families of Elderhaven clients. *December 28 at noon*

Life After Diagnosis is a support group for anyone needing guidance as they face permanently life-altering events.

December 12 at 6:30 pm

"Elder Mediation: How to Move Forward When Families Don't Agree" is a seminar for families caring for older adults that will help them work through disputes and develop solutions to difficult issues. *January 31, 6:30 - 8 pm*

All events held at the AGE Building on 3710 Cedar Street. For more information on these and other Caregiver Resource Center events, contact Eva Church at 451-4611 or echurch@ageofaustin.org.

Mrs. Kitty and Barbara, continued from page 1

Mrs. Kitty did well at Elderhaven. Barbara was impressed by the kindness of the staff and other clients.

"They take care of each other. This meant the world to me," said Barbara. "They gave her the attention she needed as a person."

Elderhaven helped Barbara stay in touch with the reality of Mrs. Kitty's disease and showed her that she was not alone in her experience. With Mrs. Kitty in good hands at Elderhaven, Barbara also had time to take care of her own health and well-being.

"Elderhaven has strengthened our relationship," said Barbara. "It allowed me the strength to support my mother effectively and to stay healthy."

Recognizing that caregivers need support in their challenging roles, Barbara has become a major catalyst for Austin Groups for the Elderly's Caregiver Resource Center. Most recently, Barbara helped build a support group for caregivers with loved ones in Elderhaven. Barbara hopes the group will provide caregivers with "the support they are hungry for."

Thank you to our fantastic volunteers!

Austin Groups for the Elderly is incredibly grateful for the work of our volunteers. Together we are bettering the lives of seniors and their families in our community.

For information on volunteering, call 451-4611 or visit us online at www.ageofaustin.org.



A team from **Dell's World Wide Procurement Supplier Engineering and Quality Engineers** volunteered to work on improving the AGE Building in September.



The Jacks family are part of the **Evelyn Wright Presbyterian Women's Circle**, a volunteer team from **First Presbyterian Church** that regularly visits Elderhaven. Zoe, the Jacks' canine representative, loves entertaining Elderhaven clients by flipping a biscuit off her nose and eating it.



Volunteers from **United Way Capital Area's Development Office** assisted Elderhaven clients in November.



Volunteers from the **Austin American-Statesman** worked at the AGE Building for United Way's Day of Caring in September.

Thank you to the many individuals and organizations that support Austin Groups for the Elderly

We gratefully acknowledge our sponsors: AseraCare Hospice • Austin American-Statesman Area Agency on Aging of the Capital Area • Austin Junior Forum • City of Austin Donald D. Hammill Foundation • FamilyConnections • H-E-B • IBM • KXAN36 Austin KFMK-FM Jammin' 105.9 • LCRA Employees' United Charities • St. David's Episcopal Church St. David's Foundation • Lola Wright Foundation • The Meadows Foundation • SBC Foundation Topfer Family Foundation • United Way Capital Area • Veritas Foundation

Your Gift Will Help AGE Grow

This has been an impactful year at Austin Groups for the Elderly, full of growth that will better serve our local aging population and those who care for them.



In February we opened a new program, The Caregiver Resource Center and medical equipment lending closet. In less than a year, we have helped over 700 people with education, guidance and support.

We look forward to helping many more.

We need your financial support to ensure our growth as we continue to meet the changing needs of our aging community.

As you plan your year-end giving, please make a special donation to Austin Groups for the Elderly. Your gift will help local families to increase their quality of life and maintain an optimum level of independence in their daily lives.

There are 65,000 Central Texas households involved in daily caregiving activities.



Austin artist Sid Smith, husband of our beloved founder Bert Kruger Smith, has donated a series of landscape paintings to Austin Groups for the Elderly. Proceeds from the sale of Sid's art will benefit our programs.

The paintings are currently on display at the AGE Building in the Founders Room. For more information, contact Susan Frentz-Robinson at 451-4611 or sfrentz@ageofaustin.org.

Wishing you a safe and happy Holiday Season!

AUSTIN GROUPS FOR THE ELDERLY WINTER 2005 NEWSLETTER



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Please clip and mail this form in the enclosed remittance envelope, or contact us at 512-451-4611 or info@ageofaustin.org.