

MATHER TELEPHONE TOPICS

LEARN. STRETCH. LAUGH. CONNECT.

April 2022

Please sign up in advance for each program you wish to attend.

Sign up online via the link on
mather.com/telephonetopics or call us at (888) 600.2560.

TWO WAYS TO PARTICIPATE:

At the start time of the program, use the log-in information provided to you after pre-registration to join by calling the toll-free phone number, or logging into the Zoom meeting.

- 1. Call in toll-free on your telephone.**
- 2. Join us online via Zoom from zoom.us/join** – use this on your computer, tablet, or smartphone to see the visual part of the program.

Not every program has a visual component. Check descriptions for those that say “WATCH ON ZOOM.”

Telephone Topics reserves the right to dismiss anyone who may violate our guidelines, which include dignified conduct, respecting everyone’s opinions, and letting the host lead the program. Please keep in mind that the opinions expressed by hosts, facilitators, and participants are their own and do not necessarily reflect the views of Telephone Topics or Mather.

Questions about Telephone Topics? Call (888) 600.2560.

NEW THIS MONTH – FEATURED PROGRAM SERIES

SHARE Network 4 Ms Forum: A Healthy Aging Curriculum

Fridays in April, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn ways to age well and age healthy! Developed by the SHARE Network (Supporting Healthy Aging Resources & Education) from a framework called “Age Friendly Health Systems,” the series presents information on topics important for healthy aging: Mobility, Medication, Mentation (Mind), and “What Matters.” These programs are presented by University of Chicago Medicine doctors and staff.

April 1 - Medication Management / April 8 - Depression / April 15 - Delirium & Dementia / April 22 – Mobility / April 29 - What Matters: End-of-Life Planning

SHARE Network: Medication Management WATCH ON ZOOM

Monica Long, MSN-ED, CDP, The University of Chicago Medicine

Friday, April 1, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn how to organize your medications, avoid the dangers of polypharmacy, talk more effectively with your doctor, and stay safe with opioids. This in-depth discussion will answer many common questions about managing multiple medications.

All Things Meditation

Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga

Friday, April 1, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

The practical: Get started and keep going! Meet challenges, build a support system, and get inspired. The practices: We'll explore dozens together. Learn one every week.

Meditation

Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga

Monday, April 4, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your "happiness factor"!

Chair Yoga WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, April 4, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Wabi-Sabi Living Series #13, Finale WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, April 5, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Enjoy a future of happiness, healing, and peace. The Wabi-Sabi world view can help you achieve a greater sense of overall well-being.

Chair Exercise WATCH ON ZOOM

Terrance Walless, Dr. of Physical Therapy, Board-Certified Geriatric Clinical Specialist

Tuesday, April 5, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Terrance leads us in a class designed to improve strength, balance, and endurance. All you need is a chair!

Bonding with Baseball Dreams WATCH ON ZOOM

Walter Podrazik, Author, Watching TV: Eight Decades of American Television

Wednesday, April 6, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Football may be our national TV sports pastime today, but in the 1950s through the 1980s, it was baseball. Look back at how television covered baseball during that time.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, April 6, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn a guided system of coordinated body postures, movements, breathing, and meditation to facilitate optimal health.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, April 7, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

A veteran yoga teacher guides you through a workout suitable for beginners or a good stretch for more advanced students. Some exercises can be adapted for use with a chair.

The Life-Changing Benefits of Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, April 7, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Exercise can positively impact our physical health in many ways as well as our emotional and mental well-being. Join Paige as she discusses these benefits.

SHARE Network: Depression WATCH ON ZOOM

Katherine Thompson, MD, The University of Chicago Medicine

Friday, April 8, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Although depression is common in older adults, it is both preventable and treatable. Join geriatrician Katherine Thompson, MD, for an overview of depression and its symptoms. Learn ways to find help if you, a friend, or loved one is at risk of depression.

All Things Meditation

Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga

Friday, April 8, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

The practical: Get started and keep going! Meet challenges, build a support system, and get inspired. The practices: We'll explore dozens together. Learn one every week.

Meditation

Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga

Monday, April 11, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your “happiness factor”!

Chair Yoga WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, April 11, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Spring around the World WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, April 12, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Celebrate the lighter side of the season of renewal. We’ll look at festivals, customs, celebrations, cultural traditions, plus some weird, wacky, wonderful facts about spring.

Simply Well WATCH ON ZOOM

Randi Kant, MS, MPH, CHES, CWP, CPT, Certified Intrinsic Coach

Tuesday, April 12, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

We’ll focus on some small, yet surprisingly significant actions that can have a powerful effect on our overall physical and mental health.

Paint with Val WATCH ON ZOOM

Val McCune, Artist/Teacher/Creative Coach

Wednesday, April 13, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

No experience required! Join us to paint your own masterpiece. Ideal materials include two ounces of red, yellow, blue, black, and white paint; brushes; and canvas or heavy paper.

A Brilliant Obsession: Vintage Light Bulbs WATCH ON ZOOM

Chad Shapiro, Vintage Light Bulb Collector

Wednesday, April 13, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

The electric light bulb changed the world. Chad’s illuminating hobby was featured recently on “CBS Sunday Morning.” He will discuss the history of electric light and lighting systems and share some intriguing samples from his collection.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, April 13, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn a guided system of coordinated body postures, movements, breathing, and meditation to facilitate optimal health.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, April 14, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

A veteran yoga teacher guides you through a workout suitable for beginners or a good stretch for more advanced students. Some exercises can be adapted for use with a chair.

Fire Shut Up in My Bones WATCH ON ZOOM

David Blecher, Opera Lovers Lecturer Corps

Thursday, April 14, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

A moving coming-of-age memoir becomes an instant classic opera.

SHARE Network: Delirium & Dementia WATCH ON ZOOM

Mim Ari, MD, The University of Chicago Medicine

Friday, April 15, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Dementia and delirium often impact older adults and their families as well as caregivers. Join primary care physician Mim Ari for a discussion of these two conditions, as well as an overview of treatment, prevention, and ways of coping with a diagnosis.

All Things Meditation

Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga

Friday, April 15, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

The practical: Get started and keep going! Meet challenges, build a support system, and get inspired. The practices: We'll explore dozens together. Learn one every week.

Meditation

Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga

Monday, April 18, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your "happiness factor"!

Chair Yoga WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, April 18, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Too Much Time Alone? Enrich Your Life! WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, April 19, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Have you had enough of whatever you've been experiencing? Would you like to energize your life? Discover ways to create more meaning, happiness, and overall good feelings.

Chair Exercise WATCH ON ZOOM

Terrance Walless, Dr. of Physical Therapy, Board-Certified Geriatric Clinical Specialist

Tuesday, April 19, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Terrance leads us in a class designed to improve strength, balance, and endurance. All you need is a chair!

Words Matter: Talking to Yourself with Kindness WATCH ON ZOOM

Ann Dionne, Author & Certified Life Coach

Wednesday, April 20, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Experience a change in outlook by turning inward with kindness.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, April 20, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn a guided system of coordinated body postures, movements, breathing, and meditation to facilitate optimal health.

Gentle Yoga WATCH ON ZOOM

Jan Smith, Yoga Instructor

Thursday, April 21, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

A veteran yoga teacher guides you through a workout suitable for beginners or a good stretch for more advanced students. Some exercises can be adapted for use with a chair.

Women in Jazz WATCH ON ZOOM

Jeanne Franks, Host, "DCB Jazz," WDCB Radio

Thursday, April 21, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Jazz has often been called America's one original art form. Jeanne interviews some local female jazz instrumentalists about how the jazz world has changed and what challenges remain. We'll also enjoy some musical performances by these great jazz musicians.

SHARE Network: Mobility WATCH ON ZOOM

Jenil Bennett, Community Health Worker, SHARE Network

Friday, April 22, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn how older adults can increase their ease of movement and flexibility through exercise, avoid harmful falls, and stay physically active at any age or ability. Join Jenil Bennett for this lively discussion of how to get moving and maintain fitness.

All Things Meditation

Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga

Friday, April 22, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

The practical: Get started and keep going! Meet challenges, build a support system, and get inspired. The practices: We'll explore dozens together. Learn one every week.

Meditation

Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga

Monday, April 25, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Learn simple breathing and focusing techniques you can do to help reduce stress and multiply your “happiness factor”!

Chair Yoga WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Monday, April 25, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Through a series of stretching postures and breathing techniques, yoga develops strength, flexibility, stamina, and balance.

Dream. Believe. Achieve. WATCH ON ZOOM

Kate Marrs, Presenter

Tuesday, April 26, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

The Rose Parade's 2022 theme “Dream. Believe. Achieve.” got us to look back into our early years. What mattered to you? What were your favorite places? What did you plan to do and be? Develop your own ability to open doors, open minds, and change lives.

Advanced Care Planning with the Five Wishes WATCH ON ZOOM

Maureen Burns, Community Health Worker, JourneyCare

Tuesday, April 26, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

With careful advance planning, you can make sure your wishes are heard and followed. The Five Wishes is an easy-to-understand, legally binding advanced directive.

Storytelling with Will

Will Casey, Theatre Department, Columbia College Chicago

Wednesday, April 27, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Enjoy a tale delivered by a master storyteller; then join a discussion about the story.

Qi Gong WATCH ON ZOOM

Tom Wilkens, Yoga Instructor, Dancing Cranes

Wednesday, April 27, 12:30 p.m. PT / 2:30 p.m. CT / 3:30 p.m. ET

Learn a guided system of coordinated body postures, movements, breathing, and meditation to facilitate optimal health.

Peggy Guggenheim: Art Collector WATCH ON ZOOM

Casey Pax, Mather

Thursday, April 28, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Join Casey for an art talk on the legendary art collector Peggy Guggenheim discussing her collection and her lasting impact on the art world.

Active Adult Exercise WATCH ON ZOOM

Paige Corley, Certified Personal Trainer

Thursday, April 28, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

Join Paige as she leads us in a 45-minute session of seated and standing exercises that will boost your mind and body!

SHARE Network: What Matters: End-of-Life Planning WATCH ON ZOOM

Stacie Levine, MD, The University of Chicago Medicine

Friday, April 29, 9:00 a.m. PT / 11:00 a.m. CT / 12:00 p.m. ET

Join palliative care physician Stacie Levine for a frank conversation about “What Matters” to you, how to make your wishes known to your doctors, family, and friends, and how to build your preferences and values into your own healthcare planning.

All Things Meditation

Susan Wilkens, Certified Yoga & Meditation Instructor, Dancing Cranes Yoga

Friday, April 29, 11:00 a.m. PT / 1:00 p.m. CT / 2:00 p.m. ET

The practical: Get started and keep going! Meet challenges, build a support system, and get inspired. The practices: We’ll explore dozens together. Learn one every week.