

MATHER TELEPHONE TOPICS

May 25–29, 2020

With Telephone Topics, you simply call a toll-free number to listen to a wide range of interesting discussions and programs. No need to register in advance! All calls are FREE!

Dial our call-in number at the start time of the program and then enter the Meeting ID.

NOTE: If calling from your home phone in Mather Place, dial 8 first.

Call-in number: (855) 880.1246 or join us online: zoom.us/join

Enter Meeting ID when prompted: 386 399 7030#

Falls Prevention & Home Safety VIDEO AVAILABLE

Peggy Tully, Health Education Implementation Coordinator, AgeOptions

Tuesday, May 26, 9:30 a.m.

Join this call to learn about falls prevention strategies and ways to make your home safe.

Tolerance, Curiosity & Understanding

Kate Marrs, Presenter

Tuesday, May 26, 11:00 a.m.

In times of increasing intolerance, it's up to us to shift the energy to the positive. Discover three ways to make the shift!

What's Hot in the News

Judy Lear, Activist

Tuesday, May 26, 1:00 p.m.

Judy recaps the past month's national issues and news events and asks for your input.

Mother Jones: The Most Dangerous Woman in America

Paula Fenza, Historian

Tuesday, May 26, 2:30 p.m.

Paula discusses Mother Jones, her activities as a labor organizer, and the Virden Massacre.

Virtual Tech Explorations VIDEO AVAILABLE

Jeff Rose & Vivian Chazen, Mather

Tuesday, May 26, 4:00 p.m.



This is the perfect time to learn about technology! Do you have a question about your smartphone or how to explore the internet? Learn something new and ask your tech questions in this weekly session.

Fit around the House VIDEO AVAILABLE

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

Wednesday, May 27, 9:30 a.m.

Staying physically active is the best thing you can do to remain independent for as long as possible. Learn activities and movements you can perform as you go about your day that will build the repetition and consistency needed to gain lasting benefits.

Savor Your Way to Health & Happiness VIDEO AVAILABLE

Jennifer Smith, PhD, Director of Research, Mather Institute

Wednesday, May 27, 11:00 a.m.

We'll discuss factors that contribute to greater resilience, the importance of happiness, and strategies for savoring positive experiences.

Outrageous Women in History

Jeanne Roppolo, Author, Storyteller & Motivational Speaker

Wednesday, May 27, 1:00 p.m.

Let's celebrate the courageous warriors, queens, and intellectuals who were lost, forgotten, or overlooked in history.

WITS Workout Brain Engagement

Molly Hofer, Family Life Educator, University of Illinois Extension

Wednesday, May 27, 2:30 p.m.

Give your wits a workout and learn more about brain health and aging while doing fun brain-teaser exercises.

Cardio & Strength Fitness VIDEO AVAILABLE

Suzanne Harris, Instructor

Wednesday, May 27, 4:00 p.m.

Join us for alternating 30 minutes of simple cardio programs with 10 minutes of upper and lower body strength exercises. Squats and lunges can be done at your level, including simple upper-body work. Modifications are welcome!

Radical Acts of Self-Love

Andrea Vernon-Cwik, Licensed Clinical Social Worker

Thursday, May 28, 9:30 a.m.

Learn quick and effective ways to meditate in high-stress situations.



Frank Sinatra VIDEO AVAILABLE

Brian Salgado, Media Historian

Thursday, May 28, 11:00 a.m.

Rich explores the life and career of one of the most popular and influential musical artists of the twentieth century.

Microgreens: Health Benefits & Nutrition

Lisa Nigro, Wellness Advocate & Certified Caregiving Consultant

Thursday, May 28, 1:00 p.m.

Let's talk about what they are, where they come from, and how they are grown.

Use What Is Handy! Part 2

Sharon Smith, Possibilities Coach, Mather

Thursday, May 28, 2:30 p.m.

Get a good workout using household items, such as filled water bottles for strength, tennis balls for hand strength, towels for stretches, and a sturdy chair for balance. Learn the benefits of just 15 to 30 minutes of daily exercise.

Book Discussion

Cathy Johnson, Adult Services Coordinator, Berkeley Public Library

Friday, May 29, 9:30 a.m.

Join a fun book discussion on *The Nightingale* by Kristin Hannah.

Adult Protective Services

Andrea Vernon-Cwik, Licensed Clinical Social Worker

Friday, May 29, 11:00 a.m.

Andrea discusses facts and myths about state APS systems. These programs vary from state to state with respect to populations served, services provided, and scope of the program.

Storytelling with Will

Will Casey, Theatre Department, Columbia College Chicago

Friday, May 29, 1:00 p.m.

Sit back and enjoy a tale delivered by a master storyteller, then join a discussion.

Meditation

Susan Wilkens, Yoga Instructor, Dancing Cranes

Friday, May 29, 2:30 p.m.

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

