

Mid-March 2018 Newsletter

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Our Events are SO Good! Scroll on Down to Find Out More!



March Events at a Glance

Check out our new and improved [Events](#) listing on our new [website](#)! You can RSVP for any of our events online now.

Just click the name of the event below and you'll go to more information and be able to RSVP.

- Wednesday, March 21, Noon - 1pm - [Men's Lunch](#) at Andiamo Ristorante on Rutland. *See article below.*
- Thursday, March 22, 9:30-10:30am, [Coffee, Caffeine and Conversation](#) at Mozart's on the Lake.
- Sunday, March 25, 4-6pm - [Member Mixer, Mort Subite](#). *Date subject to change.*
- Tuesday, March 27, 10am-12pm - [Managing Mindfulness](#) at a member home. RSVP for address.
- Wednesday, March 28, 11:30am-1pm - [Women's Lunch](#) at Andiamo Ristorante on Rutland. *See article below.*
- Monday, April 2, 10:00-11:00am - [Aging-in-Place Technology at IBM Lab](#). *See article below.*

[View All CCV Events and Details, and RSVP!](#)



Introducing: Liz Van Sickle, CCV Administrative Assistant

Beginning in March, Capital City Village has a new friendly staffer in the office! We welcome **Liz Van Sickle** (pictured above right with her grandmother) as our new office Administrative Assistant, helping every Tuesday and Wednesday afternoon.

Liz is a graduate of the University of Texas at Austin (hook 'em!) and brings to CCV a versatile skill set and experience in technical writing, web design, grant writing, and media outreach. So please give Liz a friendly CCV welcome. You'll likely see her at an upcoming event or you can reach her via the office phone or email: 512-524-2709 or info@capitalcityvillage.org

Women's Lunch Features Arnie Orange Presenting "Women at Sea"



The CCV Women's Luncheon will be at 11:30 on Wednesday, March 28. Our speaker will be Arnie Orange and his subject will be "Women at Sea", which he devised for his granddaughters, about what women can do in the field of science. As a geophysicist, Arnie has traveled and experienced many places in the world, we can only imagine.

Please join us at Andiamo Italian Ristorante, 2521 Rutland Drive for an excellent lunch and time to share with old and new friends.

[Please bring \\$20 cash and RSVP.](#)





Capital City Village Intern to Speak at Men's Lunch

Andiamo Ristorante, 2521 Rutland Dr, 12:00-1:30pm Wednesday, March 21.

[RSVP here.](#)

CCV's Village Connections Intern David Chambers will speak at this month's Men's Lunch. David will be telling us about his travels in Guatemala, a wonderfully scenic and fascinating country which is rich in culture and history: Volcanoes, earthquakes, rebellions, United Fruit, shamans, CIA meddling-- what's not to like?? Should be a great presentation (but, no pressure, David!)

So, please plan to come out next Wednesday to support David and learn something about one of our neighbors to the south.

[And, please let us know ASAP if you plan to attend!](#)



Want to be One of the First to See the Newest

want to be One of the First to See the Newest Aging-in-Place Technology? Join Us at the IBM Lab.

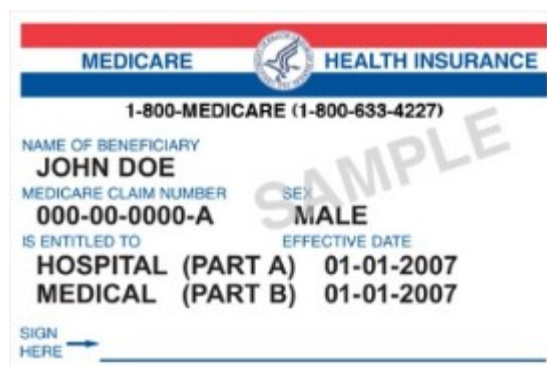
**Monday, April 2, 10-11am, IBM Austin, 11501 Burnet Rd, Bldg 904 - Limit
10 People**

We have an opportunity to see emerging aging-in-place technology at the **IBM Lab Monday, April 2**. The people at IBM are studying aging in place and how to create smart home environments. They are looking into leveraging the internet of things and cognitive computing to monitor our daily activities and general health. This is so we can live safely and independently for as long as possible. They are testing solutions that monitor atmospheric readings in a home, such as carbon-dioxide and carbon-monoxide levels, to help determine what time we wake up and go to bed, where we are in the residence and how long we remained, or how many meals we eat and at what time. It also tracks and analyzes gait analysis, factors that could lead to fall risk, and daily activities, including personal hygiene, sleeping patterns, incontinence and trips to the bathroom.

This is an exciting opportunity, but we'll need to cap attendance for this event to 10 people, so [please RSVP right away for a spot! RSVPs must be received by no later than March 29 so we can be given access.](#)

Oh, and there's a rumor that a *USA Today* reporter might be there. Maybe we'll be in the news again!

Notes from our Members



Medicare Will Start Issuing New Cards April 1

Starting 4/1/18 Medicare will start a year long project to replace all current Medicare cards

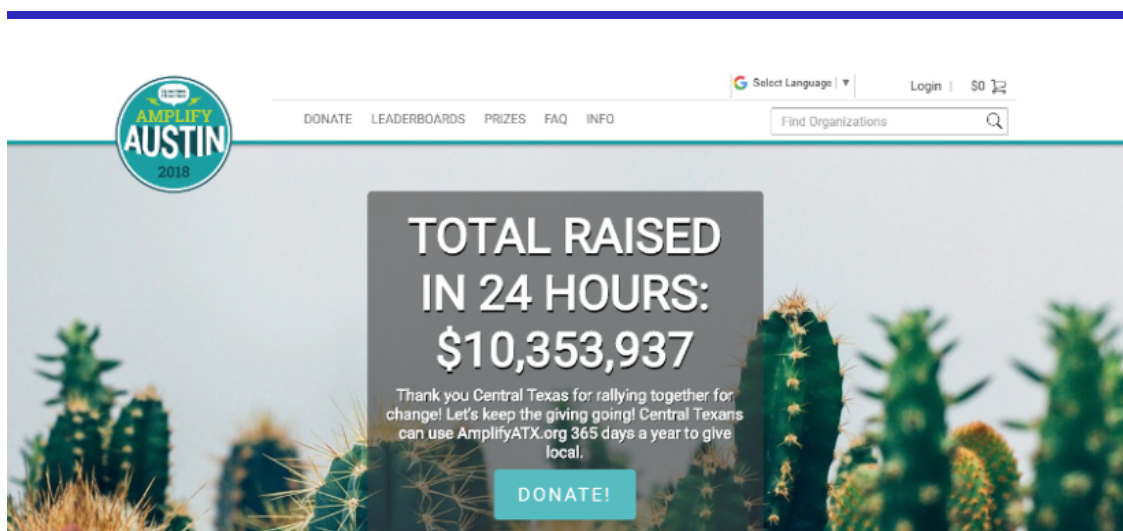
for beneficiaries to convert to alphanumeric ID numbers. Currently the ID number is your social security number. The new Medicare card will come to you in the mail. You don't need to request it or do anything!

Our member Jimmie J has alerted us to a possible scam. If someone calls and says they're from "Medicare" to tell you you're getting a new card, but they need to send you a temporary card in the meantime (for a fee), don't believe it. If they ask for personal information do not provide it.

Remember:

Medicare will never call you unless you ask them to.

Medicare does all communications by mail unless you ask them to call.



Capital City Village Reached Our Amplify Austin Goal Again in 2018!

Many thanks to all our members and donors who helped Capital City Village reach (and exceed!) our Amplify Austin fundraising goal again this year. The \$15,000+ raised for CCV will help underwrite our At Home fund to ensure the village experience is available to modest-income seniors. Another year of success because of your support!

Amplify Austin also surpassed its overall community-wide fundraising goal of \$10 million.

Thank you for doing your part to keep our Village and our Community strong and vibrant!

In the Community





Employment Opportunity at Family Eldercare

Family Eldercare supports seniors and adults with disabilities in Central Texas. We are recognized experts in aging and are mission-driven in providing quality person-centered services to our community.

Our employee benefit package includes:

- employee-paid medical, dental, and vision health insurance
- life and AD&D insurance
- long term disability
- lifestyle benefits
- vacation, sick, and personal time off
- 11-paid Holidays

Experienced professionals who **reside in the Austin area (NO relocation assistance)** and share our core values of integrity, stewardship, collaboration, compassion, excellence, passion, and commitment are invited to apply for the following opportunities:

Service Coordinator, Housing and Community Services

Provide services to aging adult residents and families within assigned facility located at **Riverside Drive and IH-35**. Deliver information counseling, referrals, plan educational programs, coordinate volunteer opportunities, link with outside service agencies, and negotiate affordable services as needed. Works as an advocate for residents and families.

Minimum Education, Experience, and Competencies:

- Bachelor's Degree in Human Services or related field
- 2 years of experience working with older adults
- ***Bi-lingual in Spanish a plus!***
- Demonstrated knowledge of community resources and services
- Ability to perform under pressure, maintain a positive attitude, provide exemplary service, and meet deadlines
- Ability to work independently and effectively respond to changing priorities
- Proficient in Microsoft office software applications and Outlook
- Ability to pass criminal background and motor vehicle record checks

Guardianship Payables Coordinator

Performs a wide range of financial duties associated with legal Guardianship services to aging adults with mental and physical disabilities. Primary duties include routine bookkeeping, recordkeeping, accounting tasks, and assisting the Assets Manager with estate/asset coordination responsibilities.

Minimum Education, Experience, and Competencies:

- High School Graduate
- 4 years' experience in bookkeeping, recordkeeping and/or general office duties
- Intermediate to advanced skill level in QuickBooks, Microsoft Word, and Microsoft Outlook. Basic skills in Microsoft Excel and ACCESS

- Knowledge of the legal system, Medicare and Medicaid, and financial instruments is preferred
- Ability to work independently and organize work efficiently with moderate supervision
- Effective verbal and written communication skills
- Cooperative work within a team environment, and willingness to take direction from multiple people
- High initiative; recognize, and resolve issues, offer ideas for improvement, follow instructions in completing tasks, and accountability for errors
- Highly organized with strong multi-tasking and prioritization skills
- Ability to maintain confidentiality
- Ability to pass criminal background and motor vehicle record checks

Qualified applicants are invited to send resumes AND compensation expectations to tchristian@familyeldercare.org.



Spring Into Wellness Health Expo March 23

Educational forums on a range of health-related topics at this FREE program. Light refreshments provided.

**Friday, March 23rd, 9am - 1pm,
Crystal Lake Baptist Church, 3400 Lakeline Blvd., Leander**

Sponsors include: AGE of Central Texas, Aseracare, Heroes Night Out, Kuesh Insurance, YMCA of Cedar Park, Cedar Park Regional Medical Center.

For more info contact Catherine Hotard at: catherine.hotard@AseraCare.com





Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

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