

Mid-April 2018 Newsletter

[Campaign Preview](#)[HTML Source](#)[Plain-Text Email](#)[Details](#)



Sara Hickman and Peter Bay - Oh My!

Scroll Down to See ALL April CCV Events and Opportunities.



Celeb Salons Presents an Afternoon with Sara Hickman and Peter Bay

Celeb Salons is presented by Capital City Village and [Mort Subite](#) Sunday, April 29th, 4-6pm. Austin singer-songwriter Sara Hickman interview and conversation with Peter Bay, Director of the Austin Symphony. Sara and Peter will discuss the upcoming staged production of Leonard Bernstein's "Mass" that is happening June 29 and 30 at the Long Center. This will be the first time the Austin Symphonv. Ballet Austin. Austin Opera.

Conspirare, Chorus Austin, Panoramic Voices, the UT Marching Band, a youth choir, and nearly 25 soloists have collaborated on a single project in the history of the city. Other topics and details to be announced!



[Register soon](#) as registration is limited. Members: \$30; guests: \$60. Registration includes one drink (craft beer or wine) and light bites. All hosted by the generous folks of [Mort Subite](#), the first authentic Belgian-style pub in the U.S. Registration includes a tax-deductible donation to Capital City Village (nonprofit).

Parking: FREE street parking on Sundays; fully accessible drop-off at back entrance from alley behind the pub. Capital City Village is proud to present this new program series Celeb Salons: exclusive, up close gatherings with some of Austin's local notables, starting this spring.



[CLICK HERE to register now.](#)





April 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, April 18, 12-1pm - [Men's Lunch](#) at Andiamo Ristorante. *See article below.*
- Thursday, April 19, 11:30am-12:30pm - [Lunch & Laughter](#) at Wheatville South
- Friday, April 20, 11:00am-12:30pm - [Book Group](#) at a Member Home. *See article below.*
- Monday, April 23, 10am-1pm - [Volunteer Orientation](#) at CCV Office. *See article below.*
- Tuesday, April 24, 10:00am-12:00pm - [Managing Mindfulness](#) at a Member Home
- Wednesday, April 25, 11:30am-12:30pm - [Women's Lunch](#) at Adiamo Ristorante. *See article below.*
- Thursday, April 26, 9:30-10:30am - [Coffee, Caffeine and Conversation](#) at Epoch at The Village on Anderson Ln
- Sunday, April 29, 4-6pm - [Celeb Salons - Sara Hickman and Peter Bay](#) at Mort Subite *See feature article.*
- Sunday, May 6, 2-4pm - ["Is There Something Wrong with Dad?"](#) with Dr. Tom Hill at a Member Home. *See article below.*

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

Is There Something Wrong with Dad?

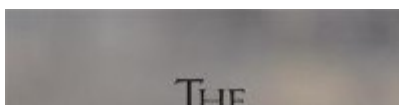


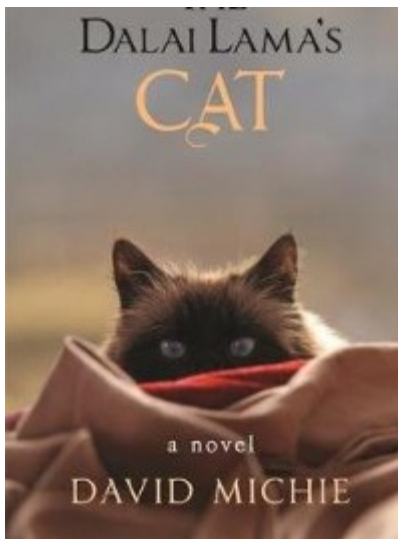
2-4pm Sunday, May 6 at a Member Home

[RSVP and address will be sent prior to the program](#)

How many of us have wondered that -- or, is there something wrong with me? Dr. Thomas Hill, Neurologist, will speak on the sensitive and cogent topic of dementia. This is one of our popular "Conversations With" programs, always held in member homes, and always filled with good information, good food and drink, and good conversation.

Dr. Hill received his medical degree from the University of Texas at Galveston. He completed an internship in Internal Medicine at John Sealy Hospital in Galveston and residency in Neurology at the Mayo Graduate School of Medicine in Rochester, Minnesota. At Mayo, Dr. Hill pursued additional training in EEG and EMG procedures. He also served as an instructor of Neurology at the Mayo Medical School, as well as a Neurology consultant. Dr. Hill has held a variety of clinical leadership positions including Neurology Section Chief at St. David's Medical Center. Since 1995 he has been the director and instructor at the Brackenridge Hospital Outpatient Neurology Clinic. Prior to moving to Austin, where he has a private practice in Neurology, Dr. Hill was a staff neurologist at Wilford Hall Medical Center (USAF, San Antonio).





Book Group Reviews "The Dali Lama's Cat" And [Check Out Their Upcoming Schedule](#)

- [Friday, April 20 the group will review "The Dali Lama's Cat" by David Michie.](#)
- [Friday, May 18 - "A Gentleman in Moscow" by Amor Towles.](#)
- Friday June 15 - "In the Land of Invisible Women" by Qanta Ahmed, M.D.
- No books in July or August.
- Friday, September 21 - "The Newcomers: Finding Refuge, Friendship and Hope in an American Classroom" by Helen Thorpe

The Book Group meets on the third Friday of each month from 11am to 12:30pm at a Member home. Bring a little something for potluck and join the group. RSVP by clicking on the event name.

We're Looking for Volunteers





Have you considered volunteering with Capital City Village? We have many opportunities for you to add value to our Village. Drivers get members places they need to be. Handy workers help out in the home. Volunteers help with these and so many other things, like tech assistance and yard work. And there's our Village Connections program, which pairs one volunteer with one member. Volunteers are also instrumental in running the Village, doing everything from committee work to event planning.

So you see, there are many opportunities! We have a [Volunteer Orientation](#) planned Monday, April 23, 10:00am to 1pm. [Fill out our online volunteer orientation here](#) and we'll contact you about the details. And thanks!



Capital City Village Intern to Speak at Women's Lunch

Andiamo Ristorante, [2521 Rutland Dr](#), 12:30-1:00pm Wednesday, April 25. [RSVP here.](#)

CCV's Village Connections Intern David Chambers will speak at this month's Women'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 to support David and learn something about one of our neighbors to the south.



Men's Lunch to Feature Don Cook, "Flying an F-100"

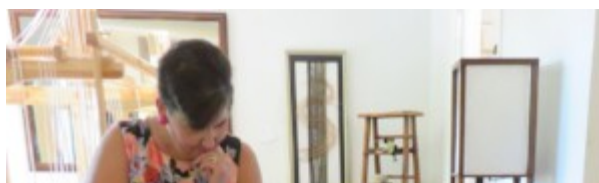
Our next meeting of the CCV Men's Lunch Group will be Wednesday, April 18th at 1200 hours at Andiamo's Ristorante, [2521 Rutland Drive](#) (at Burnet Road).

Don Cook will share his experiences as as one of the USAF speed freaks who were "Flying an F-100".

Note from Henry: I believe that Don and his USAF colleagues were flying over Vietnam, which is where I will be in April; with luck, no one will be shooting at us, which was not the case when Don was flying.

So, if you plan to attend, please [RSVP here to reserve a spot.](#)

In the Community





WEST 2018 Studio Tour

Mickey Stam, a new CCV member, will be a guide for the Weavers and Spinners Society of Austin's stop in the North Shoal Creek neighborhood during the West Austin Studio Tour Friday, May 11 at 7pm for the opening night. Refreshments are included. Weavers, spinners, and a dyer will be demonstrating their skills. Wearable art, home decor items, and hand-dyed yarns will be available.

The WEST Studio Tour continues for two weekends, May 12-13 and 19-20, 11am-6pm. Contact [Mickey](#) for more information.



There's a Lot Going on at the JCC. Check it Out!

Just for starters, there's a movie matinee Tuesday, April 16 and a Wildflower Center Tour Wednesday, April 17, and so much more. Check out their calendar [here](#).





You May be Eligible for a Research Study: Memories 2: Exploring Connections Between Sleep Apnea Therapy and Memory Decline



Where did I put my car keys? I can't find my glasses; oh, they're on my head!

As we age, it seems inevitable that we will have problems with our memory. While it is common to have a lapse in memory from time to time, persistent mild cognitive impairment is found in 7–15% of adults aged 55 and older, thus affecting over 4,000,000 US adults alone. This percentage increases with advancing age. A growing body of evidence suggests that obstructive sleep apnea may be linked to memory decline. Sleep apnea is a medical condition that many people do not know they have, because it occurs during sleep. Sleep apnea is associated with snoring, pauses in breathing, and drops in oxygen in the brain and blood, and it may affect memory in older adults.

The MEMORIES2 study is being conducted at 5 sites around the United States: the University of Pennsylvania, Washington University in St. Louis, the University of Virginia, and the University of Texas at Austin. This new federally funded \$8.6million research study

is seeking to answer the question “Does treating sleep apnea with continuous positive airway pressure (CPAP) help maintain memory in persons aged 55–75 years?” The study’s researchers are interested in enrolling individuals who **have** sleep apnea as well as those who **do not**.

The principle investigators are three veteran professors and sleep scientists: Dr. Kathy Richards, at the University of Texas at Austin, and Drs. Nalaka Gonneratne and David Wolk, at the University of Pennsylvania.

Mild cognitive impairment results in memory impairment with little to no decline in everyday function; however, it is a transitional stage between normal aging and Alzheimer’s disease. Few treatments are available to slow the memory decline in older adults with mild cognitive impairment, but treatment of obstructive sleep apnea shows great promise for achieving this goal.

The gold standard treatment for obstructive sleep apnea is continuous positive airway pressure (CPAP), but it can be difficult for people to adapt to this treatment. In a previous NIH-funded study (MEMORIES1) conducted by the investigators for this study, it was found that support and troubleshooting of problems with CPAP made it easier for people to use and be successful with their CPAP therapy. This project will offer the same support for participants.

What are the benefits of participating in this study? They may include the following:

- As part of the research study, you may receive memory tests and brain scans to evaluate your memory problems at no cost to you.
- You will receive personalized telephone support sessions with a registered nurse to assist with troubleshooting your CPAP therapy.
- Compensation for your time and effort will be up to \$400.
- You will be making a contribution to important research aimed at slowing the progression of MCI to Alzheimer’s disease in older adults with obstructive sleep apnea.

To get more information or to learn about how you can participate in the MEMORIES2 project, please contact our research coordinator at (512) 471-9462 or MEMORIES2@utexas.edu. To obtain detailed information about the study, visit the following government website:

<https://clinicaltrials.gov/ct2/show/NCT03113461?term=Nalaka&rank=4>

The study has been approved by the Institutional Review Board at the University of Texas

at Austin and the Central Institutional Review Board at the University of Pennsylvania.

Thanks to Dr. Patricia Carter, UT Nursing School, for providing this information.



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to << Test Email Address >>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Capital City Village · 1301 S IH 35, Ste 206 · Austin, Texas 78741 · USA