



Join CCV for Some Holiday Cheer!

You are invited to our annual holiday party Sunday, December 3, 3-5pm at [Zax](#).



Join CCV members, volunteers, friends for the annual holiday party at [Zax](#), 312 Barton Springs Rd Sunday, December 3 from 3:00-500pm. Cash bar. "Appetizers" provided. You'll enjoy entertainment by "Typewriter Rodeo".

And please RSVP if you're planning to go. Send us a line at info@capitalcityvillage.org. Thanks!

Upcoming Events



- Sunday, Dec 3 @ 3pm - CCV Holiday Party at [Zax](#), 312 Barton Springs Rd. RSVP to info@capitalcityvillage.org.
- Tuesday, Dec 5 @ 10am - ShortTakes featuring Sheryl Sandberg's "[Why We Have Too Few Women Leaders](#)" at a member home. RSVP to [Pam](#).
- Thursday, Dec 7 @ 4:30pm - Happy Hour at [LaMancha Tex-Mex Tavern](#), 2203 Hancock. No RSVP needed, just drop in.
- Tuesday, Dec 12 @ 9:30am - South Austin Coffee Klatch at [Wheatsville Co-op](#) on S. Lamar. No RSVP needed, just drop in.
- Thursday, Dec 14 @ 9:30am - 2nd Cup at [Central Market](#), 4001 N Lamar (new location!). No RSVP needed, just drop in. *See article below.*
- Friday, Dec 15 @ 11am - Annual Book Club Holiday Get-Together at a member home. RSVP to [Kathy](#). *See article below.*
- Thursday, Dec 21 @ 11:30am - Lunch and Laughter at [Wheatsville Co-op](#) on S. Lamar. No RSVP needed, just drop in.
- Tuesday, Dec 26 @ 10am - Mindfulness group will meet at [Wheatsville Co-op](#) on S. Lamar (instead of the normal location at a member home). All are welcome - bring a friend.

The following groups are taking a holiday break in December. They will resume in the new year:

Coffee, Caffeine and Conversation

Flying Solo

Men's Lunch

Women's Lunch



Join us as we begin a
new tradition of sharing
coffee and conversation -
"2nd Cup at Central
Market"!

**Thursday, December 14,
9:30-10:30am**

No RSVP is necessary.
Just show up and join the
happy group. You may
meet a new friend or
renew an old
acquaintance. Either way,
it's always fun!



Capital City Village has a new address! Come See Us -- And Please Make a Note of Our Holiday Hours

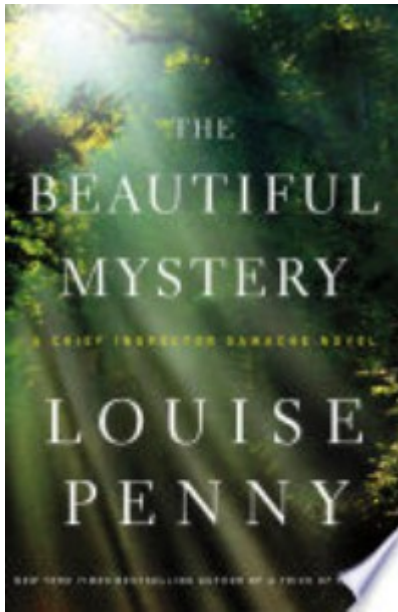
We've moved to the Age of Central Texas Building at [3710 Cedar St](#), Suite 283.
Our phone is still 512-524-2709 and you can still reach us by email at
info@capitalcityvillage.org.

The office will be closed December 22-25 for Christmas and January 1 for the
New Year's holiday.

Newsletter Look a Little Different?

We are in the process of moving to a new and improved website and our
newsletter will be integrated with it. Therefore, we're using the new newsletter
format now as a trial run. If you feel you've received our newsletter in error
there is an option to unsubscribe. However, if you'd like to keep up with the
myriad of activities and wonderful work going on at Capital City Village, then
read on.

And we'll let you know when the new website goes live.



Friday, December 15th. Save the date for our Annual Book Club Holiday Get-together.

It's that time of year again when we celebrate with a potluck "dinner" and an opportunity to help the group select the books we will be reading for February, March and April. Of course, that still leaves plenty of time to mingle for friendly conversation and/or discussion about books we have read that we enjoyed or books that we are giving as gifts this year to friends and family. And please feel free to invite a friend who might be interested in joining our group.

Oh, we didn't forget a book for January. The selection for the month is a suspenseful book entitled, "The Beautiful Mystery", by Louise Penny. Why this book? Well, "if you haven't met Chief Inspector Armand Gamache and Jean-Guy Beauvoir of the Surete de Quebec, you are in for a great adventure! Louise Penny's books are beautifully woven, and Detective Gamache is a master sleuth." With her "deft use of humor to lighten the story's dark patches", you will enjoy this story set in a monastery, deep in the woods. And don't be surprised if you're surprised by "whodunnit" at the end of Penny's books — unless you're as clever as Armand Gamache.

Please join us for this holiday meeting. As usual, please [RSVP](#). If you are attending, please include a dish that you would like to bring.

Hope to see you there.



Capital City Village Member Featured on KXAN

KXAN recently did a feature on Richard Overton, the oldest living veteran, and CCV's Member, Board Member and Treasurer, Tom Knutsen was interviewed for his perspective on villages. Villages are gaining in popularity across the country, and we continue to add members here in Austin. Take a look:

<http://wavy.com/2017/11/24/family-of-oldest-living-veteran-says-more-help-is-needed-to-continue-home-care/>

Notes from Members

Thanks to our member Tom M for sharing this article. Although Thanksgiving has passed, the article remains extremely relevant.



This Thanksgiving, Carve Out Time To Talk About End-Of-Life Wishes

JoNel Aleccia, Kaiser Health News

The roast turkey and pecan pie may be the same as always, but growing numbers of families plan to add a tradition to their Thanksgiving holiday this week: a frank talk about their wishes for end-of-life care.

Paul Malley, president of Aging with Dignity, the agency behind [Five Wishes](#), a popular living will, says requests for the documents that guide decisions surrounding serious illness and death typically surge starting now. Turkey dinner with a side dish of death isn't everyone's idea of a festive meal. But Malley and other experts in end-of-life talks say the holidays are an ideal time to have hard conversations about final preferences and plans.

"People come home for the holidays," said Ellen Goodman, the longtime columnist and reporter who co-founded [The Conversation Project](#), which provides kits to [kick-start end-of-life discussions](#). "It's one of those times when we're together. It's something that's important to talk about."

While many families will start such discussions for the first time this year, Dr. Patricia Bomba's family has [made the talks a tradition since 1992](#). "After the dinner dishes are cleared, the adults in our family stay at the table and talk about what matters most in our lives," said Bomba, vice president and medical director for geriatrics for Excellus BlueCross BlueShield in New York. Her family joke is: "There's no pumpkin pie until you tell me how you want to live until you die," she added. But the holiday sessions helped guide serious decisions when Bomba's mother died, she said.

The conversations typically occur between middle-aged children and their elderly parents or grandparents, but they should include all of the adults in a family, Malley said. “Don’t just put your grandparents in the hot seat,” he said. “It makes for a better and easier family conversation if everyone is in it together.”

The goal is to ensure that people’s preferences are honored. But the talks also can reduce the guilt and depression many family members feel after a loved one dies. “You can talk about what your values are, who you want to make decisions for you, the care you want, the care you don’t want,” Goodman said.

Often, though, no one wants to broach the subject, even when they think they should. A 2013 Conversation Project survey found that while 90 percent of people said it’s important to have end-of-life discussions with their loved ones, fewer than 30 percent had done so. Nationwide, about a third of adults in the U.S. have completed written advance directives that spell out wishes for care or designate the person they’d like to carry them out, according to a [study in the journal Health Affairs](#). [Research shows](#) that advance care planning, including the use of written documents, can increase the chances that people’s end-of-life wishes will be followed.

But conversations held over time are key, said Jeannette Kojane, executive director of [Kokua Mau](#), the Hawaii Hospice and Palliative Care Organization in Honolulu. “Just checking the boxes is not what makes the difference. It’s the conversation that makes the difference,” she said.

Having those conversations in person is important, too, said Malley, who plans to help his parents, who are in their 70s, update their documents over the holiday. “It’s a natural time to discuss which one of us boys do you want to be your health care agent?” said Malley, the youngest of three brothers. “My parents are teaching us about advance-care planning by doing this together as a family.”

Still, starting such a conversation can be difficult, Goodman said. “People think if I bring this up with my elderly parents, they’re going to think I want them dead. Or there’s something wrong,” she said.

But if family members can explain that the goal is to understand what matters most to the person at the end of life, the conversation changes. The agency has put together a [video that uses humor](#) to show how to break the ice. “When you say how important it is to you, it’s truly a gift,” Goodman said. She sees a shift in the culture surrounding end-of-life wishes, even in the five years since The Conversation Project started. Back then, the specter of “death panels” nearly derailed Obamacare. Today, end-of-life conversations are [being paid for by Medicare](#) and books like Atul Gawande’s “Being Mortal” have topped the best-seller list.

“I’m convinced we’re at a tipping point,” Goodman said. “It’s so important to get it right. When you get it wrong, you get something big wrong.”

[Kaiser Health News](#) (KHN) is a national health policy news service. It is an editorially independent program of the [Henry J. Kaiser Family Foundation](#).

POEM FOR THE HOLIDAYS

Once again the seasons change,
The endless cycle rolls around.

Once again my heart is touched
By all the love surrounding me.

Love that sparkles on a tree,
Love that decorates a home.

Proud displays of hope and faith,
Playful dreams, and memories.

So many people, giving so much
To make these moments meaningful—

© Rose M. Berkowitz
November 27, 2004

In the Community



[AGE of Central Texas](#) is proud to announce a partnership with the 2018 Austin Marathon, to be run on Saturday, February 18th, 2018. In conjunction with dozens of other charities, AGE will be sponsoring a team of runners and volunteers.

Our team will work to build awareness about the challenges facing older adults and their caregivers. Anyone running the marathon, half marathon, or 5K can go the extra mile and run for Team AGE!

People of all ages are encouraged to get involved as volunteers as well. Together, we will support a great event that will bring together the community of Austin

as well as our older citizens and their caregivers. For more information on running or volunteering for Team AGE, please contact Aubrey Lethbridge at alethbridge@ageofcentraltx.org or [\(512\) 600-9287](tel:5126009287).



Free "Striking a Balance" Caregiver Conference

New Date - Saturday, December 2, 2017

The 16th Annual Striking A Balance Caregiver Conference will be held on Saturday, December 2, at the Doubletree by Hilton Hotel Austin ([6505 N Interstate Hwy 35, Austin, TX 78752](#)), from 8:30 a.m. to 2:00 p.m. [AGE of Central Texas](#) and the [Area Agency on Aging of the Capital Area](#) come together every year to co-host the largest, longest-run free caregiver conference in Central Texas.

During this free annual conference, family caregivers discover local resources, learn new skills to meet the needs of their caregiving situation, and connect with other caregivers and local experts on aging.

The day also includes a keynote talk by a nationally-renown expert in aging and caregiver concerns, workshops on topics related to caregiving with experts available for questions, along with a complimentary lunch and opportunities to visit with leading senior services non-profit organizations and companies.

This Year's Keynote Speaker: Jane Meier Hamilton, MSN, RN

Jane Meier Hamilton is the CEO and Founder of [Partners on the Path](#), LLC, providing caregiver support programs to businesses that employ, and non-profits that support caregivers.

Registration Information:

1. If you already registered for the original Striking a Balance Conference date of September 23rd, you are still registered for the new rescheduled date of December 2nd -- you can call the Area Agency on Aging to confirm your registration: [\(512\) 916-6182](tel:(512)916-6182).
2. If you did not register yet for the Conference, and would like to attend on the new date, simply click the link below to register for free:

[Register here.](#)

Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

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