

July 2019 Newsletter

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The office will be closed Thursday for the July 4 holiday. Calls may be left at the office (512-524-2709) for return on Friday.

We wish a safe and happy holiday to all.



Celebrating our Independence to "Stay Where We Live, Live Well Where We Stay!"

Happy Independence Day to everyone. Capital City Village has embraced the Village tradition since 2011. We are proud to help so many to live independently in home and community.

With gratitude for our liberty, we have an opportunity to host foreign students in our country. See the article below for details on hosting Iraqi students.

Celebrate the 4th with us at our LaMancha TexMex [Happy Hour](#), which is conveniently after the parades and before the fireworks! Then join us later in the month for [Facebook for Beginners](#), [Celeb Salons](#), or others of our myriad of choices

of social and educational events that keep us active, engaged and independent. You'll be glad you did!



Celeb Salons Presents Charles Curry and Kathy Bentz of the LGBT Coalition on Aging

Sunday, July 21, 4-6pm at Mort Subite, 308 Congress

Capital City Village is proud to present the continuation of our popular program series [Celeb Salons](#) - exclusive, up-close gatherings with some of Austin's local notables. Our next guests will be Charles Curry & Kathy Bentz, Co-Chairs of the Austin LGBT Coalition on Aging. Members, volunteers and friends of CCV are welcomed!

[Celeb Salons](#) are hosted at Mort Subite, the first authentic Belgian-style pub in the U.S. There is free street parking on Sundays, fully-accessible drop-off at the back entrance from the alley behind the pub. [Registration](#) (\$30/person) includes one drink and light bites, as well as a tax-deductible donation to Capital City Village.

Village Events

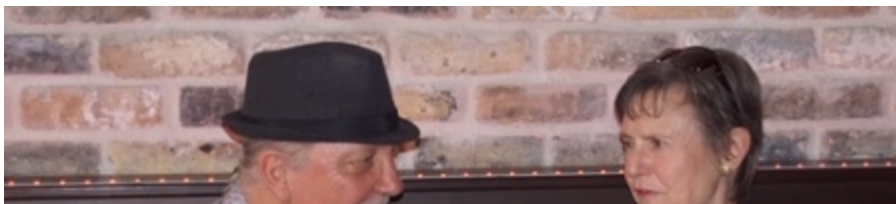




Photo by Tom Knutsen

July Events

Click on any of these events to find out more and RSVP:

- Tuesday, July 2 - 9:30-10:30am - [Coffee Klatch](#) at Austin Java on Manchaca (S)
- Thursday, July 4 - [Office Closed](#) for Independence Day
- Monday, July 8 - 6:45-9pm - [Dominoes](#) at member home (NW)
- Tuesday, July 9 - 10am-12pm - [ShortTakes](#) at a member home (new location) (S). See article below.
- Thursday, July 11 - 9:30-10:30am - [2nd Cup](#) at Central Market N Lamar
- Sunday, July 14 - 3:00-4:30pm - [Facebook for Beginners and Early Users](#) at member home (NW). See article below.
- Wednesday, July 17 - 12-1pm - [Men's Lunch](#) at Andiamo Ristorante (NC). See article below.
- Thursday, July 18 - 10am-12pm - [Getting Your Digital Life in Order](#) at AGE Computer Lab (Central). See article below.
- Thursday, July 18 - 11:30am-1pm - [Lunch & Laughter](#) at Wheatsville S. Lamar
- Sunday, July 21 - 4-6pm - [Celeb Salon](#) featuring Charles Curry and Kathy Bentz at Mort Subite (Central). See feature article.
- Tuesday, July 23 - 10am-12pm - [Managing Mindfulness](#) at a member home (New location this month - South)
- Wednesday, July 24 - 10-11:30am - [Outreach Event](#) hosted by CCV and AGE at Wildflower Terrace (E). See article below.
- Wednesday, July 24 - 11:30am-1pm - [Women's Lunch](#) at Andiamo Ristorante (N. Central)
- Thursday, July 25 - 9:30-10:30am - [Coffee Caffeine and Conversation](#) at Whole Foods Market (Downtown). See article below.

Save the Date:

- Saturday, Sept 28 - 8:30am-1pm - [4th Annual CCV Golf Tournament](#) at Riverside Golf Course (E)
 - Thursday, Oct 31 - 11am-1pm - [Keep Aging Weird Annual Luncheon](#) at Norris Conference Center (NC)
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HOST A YOUNG LEADER FROM IRAQ

Help UT Austin change the world with this unique homestay opportunity! This summer, the International Office at The University of Texas at Austin will host the [Iraqi Young Leaders Exchange Program for Undergraduate Students](#) (IYLEP), a three-week program that focuses on leadership development, civic rights and responsibilities, respect for diversity, and community engagement.

Interested in learning about a new culture? We're looking for Austinites who are willing to host visiting students for one night on Saturday, July 20, 2019. Hosts will provide accommodations, assist with transportation to and from campus, and share a few meals with the students.

Hosts are also invited to join us for a welcome dinner on Monday, July 15 at 6:00 p.m. If you are interested in hosting, please complete the [online application](#). Questions? Email IYLEP@austin.utexas.edu

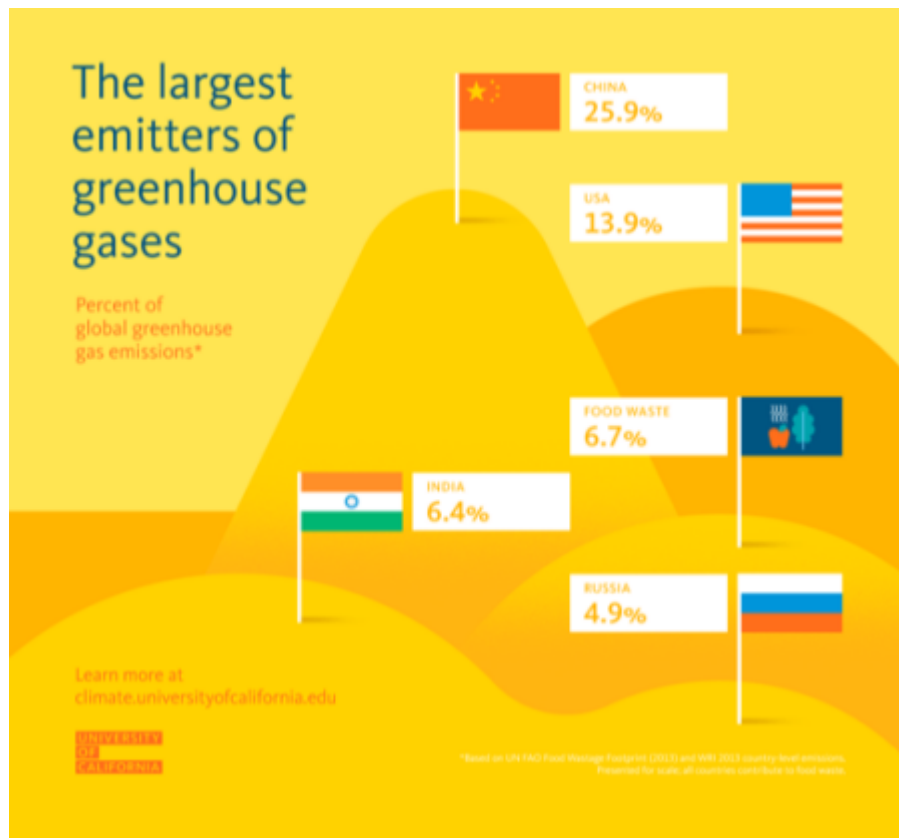
Interested but can't host for IYLEP? Visit our new [Homestay & Meet-Up Site](#) to learn about other hosting & cultural exchange opportunities the International

learn about other hosting & cultural exchange opportunities the International Office offers throughout the year!

What Starts Here Changes the World!



The University of Texas at Austin
International Office



"Food Waste is the World's Dumbest Environmental Problem"

[ShortTakes, Tuesday, July 9, 10am-12pm](#)

The ShortTakes group likes to take on, ahem, meaty subjects, and here's another one. Thanks to Vox for this article: "If someone asks you to picture where greenhouse gases come from, images of smoggy traffic jams or billowing smokestacks are likely to spring to mind. But your dinner? Probably not so much. Your dinner isn't simply a delicious, innocent bystander. From the farm to your plate, there's food waste at every step. And decomposing food isn't just stinky; it releases potent greenhouse gases, mostly in the form of methane. Even so, food waste should still be a relatively small issue, except that we needlessly

Even so, food waste should still be a relatively small issue, except that we needlessly waste food on such a massive scale that it adds up to a global problem. If all the world's food waste came together and formed a country, it would be the third-largest emitter of greenhouse gases, behind China and the U.S."

Join the group Tuesday, July 9 from 10am to 12pm to find out what you can do! This month's meeting will be in a member home in South Austin. [RSVP and we'll send you the address.](#)



Facebook for Beginners and Early Users

[At a Member Home Sunday, July 14, 3:00-4:30pm](#)

As a part of our popular "Tech for Seniors" series, Facebook guru Libby Beck will show you how you too can be a social media presence! This class will be presented at a member home Sunday, July 14 at 3pm and will be limited to 10 people. [RSVP now to secure a spot.](#) After you RSVP we'll send you the address, which is in northwest Austin (78731).

Rick Cloud returns

Join CCV Men for a great lunch,

Rick Cloud Returns to Men's Lunch with Stories of Northern Spain



program and conversation at Andiamo Ristorante the third Wednesday of each month from Noon to 1pm. This month Rick Cloud will share his experiences in Northern Spain, a region of lovely scenery and fascinating cultures. Lunch and program are at 12pm Wednesday, July 17.

Please RSVP to let us know you're attending.



GETTING YOUR DIGITAL LIFE IN ORDER

What would happen if you or your spouse were to die or become incapacitated? Could your heirs or executors access all your digital accounts and information? Could they remove your Facebook account? Would they be guaranteed rights to all your digital information? Are there certain kinds of information that you take for granted that would be difficult for them to access, such as your device passwords, etc. The panel will discuss things you may not have considered that would make managing the digital aspects of your affairs or your estate simpler and more efficient.

Schedule:

Thursday, July 18, 2019

10:00 to noon. One 2-hour session.

Fee:

Regularly \$25. CCV Members receive a \$10 discount! [Register in advance](#).

Space is limited!

Prerequisites:

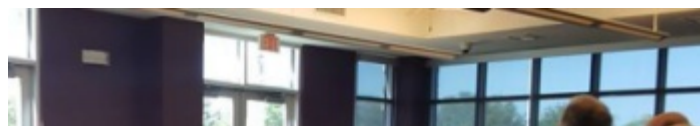
The presenters will focus on managing your technology and digital information in case of emergency or death. The class format will include both a presentation and questions and answers.

Goals:

- Learn how heirs and executors can access website accounts such as Facebook
- Review critical information about digital rights related to wills and power of attorney
- Discuss what information about technology is important for heirs and executors

Instructors:

[ROBERTA PRZYBYLSKI](#), [PAT SCOTT](#)





Outreach Event Hosted by Capital City Village and AGE

Interested in learning more about services for seniors in Austin? Join us Wednesday, July 24th at 10am at Wildflower Terrace, 3801 Berkman Dr., Mueller Community in East Austin.

Natalie Alcorta, AGE Manager of Resources and Education, will give a brief description of AGE services including: Senior Wellness Centers, Memory Connections Program, Caregiver Resources, and the Health Equipment Lending Program.

Tommi Ferguson, Executive Director of Capital City Village, will describe the programs and services available to seniors through the village model of community support, and will provide materials for an array of senior services in Austin.

Travis County EMS personnel will be in attendance and will be bringing "Vials of Life", which allow individuals to have their complete medical information ready in their home for emergency personnel to reference during an emergency.

All presenters will be available for ample Q&A. Light refreshments will be provided. Advance registration suggested. [RSVP here.](#)



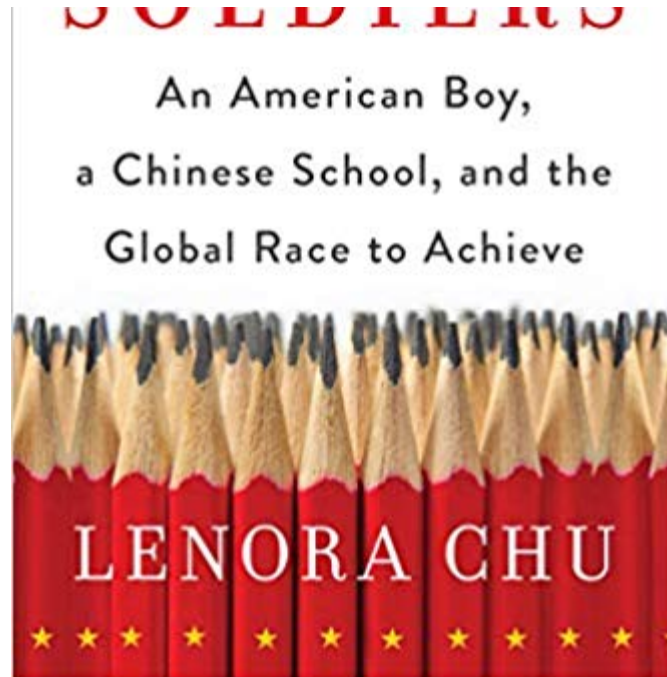
Coffee, Caffeine and Conversation Visits the "Mother Store"

Thursday, July 25 at 9:30am

Join the roving band of coffee lovers on the fourth Thursday of every month for Coffee, Caffeine and Conversation. No RSVP required - just stop in for great coffee, snacks and conversation.

For July we're headed out the heat ... to a central location ... plenty of underground parking ... WHOLE FOODS "Mother" store, 525 N. Lamar Blvd.





Book Club Takes a Summer Break to Resume in September

Our Book Group will take a break for the rest of the summer, to resume the third Friday in September, on the 20th. So now you have lots of time to read the book, which is [Little Soldiers](#) by Lenora Chu. The group meets from 11am-12:30pm at a member home. Bring something for potluck lunch and join the group on September 20. [RSVP and we'll send you the address.](#)

In the Community

Striking a BALANCE CAREGIVER CONFERENCE

The [18th Annual Striking A Balance Caregiver Conference](#) will be held on Saturday, August 24, 2019, at the Doubletree by Hilton Hotel Austin ([6505 N Interstate Hwy 35, Austin, TX 78752](#)), from 8:30 a.m. to 2:30 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.



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

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