

# Mid-July 2019 Newsletter

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## **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 and Kathy Bentz, both

representatives from the Austin LGBT Coalition on Aging. You're invited to hear Charles and Kathy speak about their years of advocacy, the 50th anniversary of Stonewall, and what's on the horizon for aging and LGBTQ issues in Austin. Join us - all are welcome!

**Kathy Bentz** is a past co-chair of the LGBT Coalition on Aging. She retired from the State of Texas after 23 years in 2014, having worked for the Texas Commission on Alcohol and Drug Abuse and Early Childhood Intervention. She now works for a local nonprofit organization, NAMI Central Texas, an affiliate of the National Alliance on Mental Illness.

**Charles Curry** is retired following a career in Texas local government and several years with a private consulting firm as a senior consultant on performance management. He is currently serving as the chair of the LGBT Coalition on Aging, a board member of AustinUp and the housing and transportation work group on the City's Age-Friendly Plan. Charles is serving his second term on the City's LGBT Quality of Life Commission.

A recent AARP survey - [Maintaining Dignity: Understanding and Responding to the Challenges Facing Older LGBT Americans](#) (March 2018) - estimated more than 1 million LGBTQ seniors live in the U.S. and that number will likely double by 2030. Moreover, the survey found that their social networks more often include gay and straight friends (74 percent) rather than family (62 percent), and they are "significantly less likely to have kids and more likely to be single," reports Nii-Quartelai Quartey, an AARP senior advisor and national LGBT liaison. You can read the entire survey at [www.aarp.org/dignitysuryey](http://www.aarp.org/dignitysuryey). Attend the July 21 Celeb Salon program to hear more insights directly from our guest speakers.

[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.



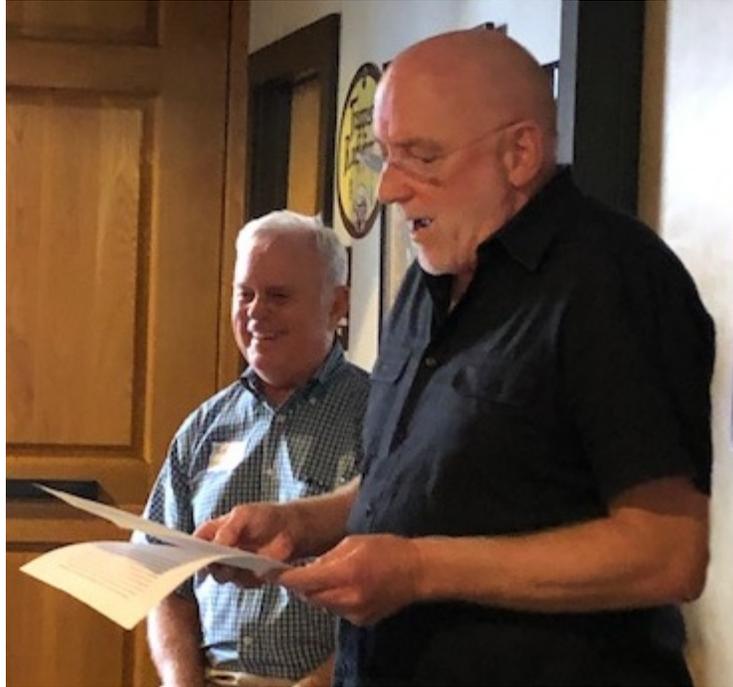


Photo by Tom McHorse

## July Events

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

- 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 - [Senior Resources Program](#) 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). *See article below.*
- 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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## 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.](#)

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## Rick Cloud returns to Men's and Women's Lunches with Stories of Northern Spain

### Men

Join CCV Men for a great lunch, program and conversation at Andiamo Ristorante, 2521 Rutland Dr, 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.

Men - [Please RSVP to let us know you're attending.](#)



### Women

Join CCV Women at Andiamo Ristorante, 2521 Rutland Dr, the fourth Wednesday of each month from 11:30am to 1pm. This month Rick Cloud will share his experiences in Northern Spain with CCV Women. Lunch and program are at 11:30am Wednesday, July 24.

Lunch is \$22 cash. Women - [Please RSVP to let us know you'll be there.](#)



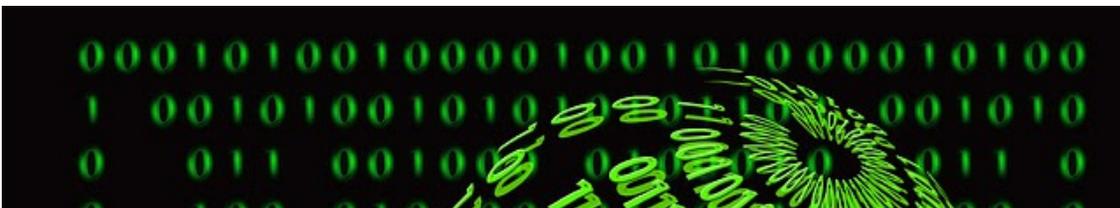


## Coffee, Caffeine and Conversation Visits the "Mother Store"

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.





## 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

## 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.



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