

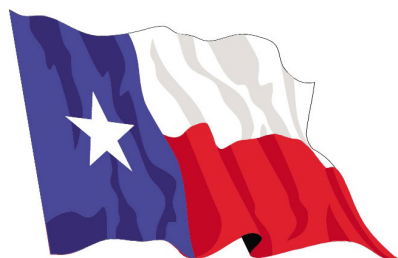


Help "Amplify" Capital City Village March 1-2!

Today's the day! [Capital City Village](#) is participating in Austin's 24-hour period of giving from **6pm Thursday, March 1 through 6pm Friday, March 2 (Texas Independence Day!)**.

Help Texas Seniors maintain their independence by supporting [Capital City Village through Amplify Austin](#). Donations received through Amplify Austin are the main source of funds used to supplement CCV membership for modest-income seniors, making the Village experience accessible to households of all incomes. This means that your Amplify donations help [Capital City Village](#) deliver the services, programs, and supports to those who could not otherwise afford to access them. Your support also bolsters CCV's efforts to expand services and pilot new programs (including Village Connections matching specially-trained volunteers to members with health challenges or at-risk of social isolation).

There are a few spots left for an exclusive **Amplify Austin Kick-Off Party, Thursday, March 1, 5:30-7:30pm** in a member's home. Space is limited so advance [RSVP required here](#) or at [512-524-2709](tel:512-524-2709). You can enjoy food & drink, friendship, silent auction, and a chance to make your Amplify donation on-the-spot! Can't make the party and won't be by your computer during Amplify? No problem. You can schedule your donation in advance. Support seniors' independence by clicking the Texas flag icon below!



Thank you for supporting [Capital City Village](#) again this year!



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.

- Thursday/Friday, March 1-2, 6pm to 6pm - Amplify Austin's 24-Hour Period of Giving. *See feature article.* ([click for more info/donate.](#))
- Thursday, March 1, 5:30-7:30pm, [Amplify Kickoff Party](#) at a member home. RSVPs required as number is limited.

- Friday, March 2, [Movie Group](#) - Meet at Noon for 12:10pm show, "Red Sparrow", at Regal Gateway Stadium 16.
- Thursday, March 8, 9:30-10:30am - [2nd Cup](#) at Russell's Bistro on Kerbey Ln.
- Monday, March 12, 6:45-9pm - [Dominoes](#) at a member home. RSVP for address.
- Tuesday, March 13, 10am-12pm - [ShortTakes](#), at a member home. RSVP for address. *See article below.*
- Thursday, March 15, 11:30am-12:30pm - [Lunch and Laughter](#) at Wheatsville S. Lamar.
- Friday, March 16, 11:00am-12:30pm - [Book Club](#) at a member home. RSVP for address. *See article below.*
- 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.
- 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.

Cancellations:

- **March's Happy Hour (first Thursday) will be cancelled so all can attend the Amplify Austin party.**
- **March's Coffee Klatch (first Tuesday) will be cancelled as Wheatsville's Cafe is being used as a polling place.**

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

Great Turnout at the CCV Annual Member Meeting and Volunteer Recognition!

The Annual Member Meeting was combined for the first time with the Volunteer Recognition Event, so that all could appreciate the "state of the village" and so that members could applaud the efforts of CCV volunteers.

It was a valentine theme with lots of red and pink, and then there was the hat

competition! Executive Director Tommi Ferguson presented the most recent statistics and stories and focus groups provided feedback to make the village even better.

The Sue Hoffman Volunteer of the Year Award was presented to Carl and Liby Beck. The Becks work together in life and in volunteering, and the award recognized their tremendous accomplishments, contributing 350 hours of volunteer time in 2017. Congratulations to Carl and Liby for a well-deserved honor!



Top left - Congratulations to our Volunteers of the Year!

Top right - Looking great in that stylish hat Tricia!

Bottom left - Olivia, you look fabulous!

Bottom right - Is this our incoming Board Chair?



Don't forget to vote in the primaries **Tuesday, March 6**. [Let us know](#) in advance if you need a ride to the polls.

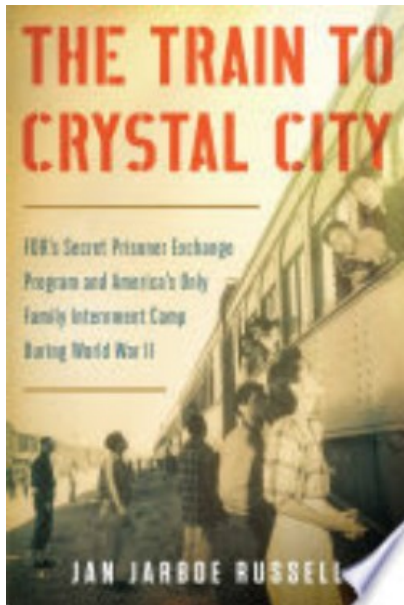


Epigenetics - You Are What Your Grandparents Ate!

10:00am-12pm Tuesday March 13

Join the [ShortTakes](#) group for a fascinating conversation about Epigenetics. We'll review the TED Talk by Pamela Peeke. "Dr. Peeke is an internationally renowned physician, scientist, expert and speaker in integrative medicine. Acclaimed as one of America's top physicians, Dr. Peeke is a Pew Foundation Scholar in Nutrition and Metabolism, Assistant Professor of Medicine at the University of Maryland and Fellow of the American College of Physicians. She was the first senior research fellow at the National Institutes of Health Office of Alternative Medicine, studying the effects of chronic stress on the human body. She is WebMD's lifestyle expert, co-host of RadioMD's HER radio show, and a popular in-studio medical commentator for the national networks and media."

ShortTakes takes place every second Tuesday of the month. We will meet at Joe and Pam's place from 10:00 -12:00 with tea and coffee and snacks—come as early as 9:30am for hugs and conversations. We are in great shape for coffee, but more snacks to share will be appreciated. [RSVP to get the address.](#)



Book Club Meets March 16

The Capital City Village Book Club meets on the third Friday of each month from 11:00 to 12:30 at a member home. Come and join us next month on March 16 when we will be reviewing and discussing “The Train to Crystal City: FDR’s Secret Prisoner Exchange and America’s Only Family Internment Program During World War II” by Jan Jarboe Russell.

This book, like the others we read, was suggested by a member and agreed upon by the group. There is something for everyone’s taste and interests – fiction and non-fiction; mystery and history; inspiring and disconcerting. And then it’s time for our light potluck lunch when we sit around the table, enjoying conversation and getting to know each other better. Feed your mind; feed your body. It’s a great way to spend part of a Friday! [RSVP here for the address.](#)



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. He'll talk about his travels in Guatemala.



Need Help with Your Dog or Cat?

We have a new volunteer who is willing to (1) take your dog or cat to the vet, and (2) walk and/or feed them during short absences from your home. She has experience with dogs (including large ones) and cats and would be happy to help. Contact our [Volunteer Director](#) to request this volunteer.



Your Opinion Needed on Seniors' Use of Ride Share Apps

Dr. Sandy Rosenbloom's transportation planning graduate students at UT have once again asked for CCV's help in a special research endeavor.

A team of Dr. Rosenbloom's student researchers is looking to conduct a focus group with Village members about their use (or non-use) of and comfort with ride share apps and what they term "disruptive technologies."

CCV has assisted Dr. Rosenbloom previously including a focus group on air travel last year. Dr. Rosenbloom's students last year won 2nd place in a national design competition! So we'd love to be able to help out these enterprising graduate students again this year.

We are considering a Saturday or Sunday afternoon focus group the weekend of March 3-4. The location would likely be here at the AGE Building (3710 Cedar St. @ 38th, north of the university). If you would like to participate, please contact [Tommi Ferguson](#) in the CCV office (512-524-2709) and indicate which day would work best for you.

In the Community



UFCU Shred Day
March 3rd, 10am - Noon
(or until truck is full)

Criminals need very little information to steal identities and garbage cans offer an abundance of information from paperwork. Bring up to two file boxes of paper per household for free, confidential shredding. Commercial high-volume shredders, courtesy of Iron Mountain, will be on-site to shred your records. UFCU Asset Protection team members will also be available to answer your questions about identity theft or other fraud issues.

Location: North Guadalupe Financial Center, 4611 N. Guadalupe



Free Caregiver Seminar Wednesday, March 7th, at Georgetown Public Library

AGE of Central Texas will host the free caregiver seminar "Maintaining a Brain Healthy Lifestyle" on Wednesday, March 7th, from 6:00 p.m. to 8:00 p.m. at the Georgetown Public Library located at 402 West 8th Street, Georgetown, TX 78626. Nancy Turco, Executive Director of Arden Courts Memory Care in Austin, will discuss ways to protect your brain against memory loss as you age.

Nancy serves as a volunteer for the Texas Alzheimer's Organization, and an ambassador for the National Alzheimer's Association, Capital of Texas Chapter. She holds a Certificate in Gerontology from the State of Texas, and has extensively studied the physical, social,

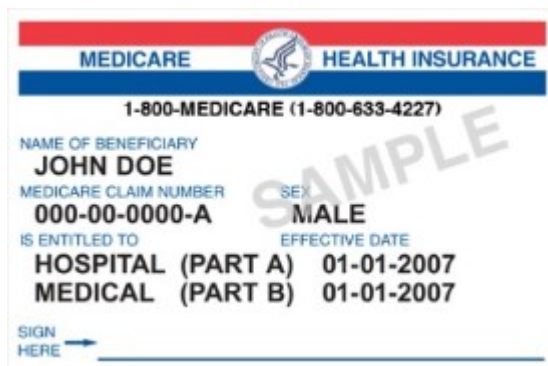
and mental aspects of aging.

The seminar is free, but advance registration is required. Registration is now open online at <http://www.TinyURL.com/AGEmarch2018>.

If you need help completing your registration, please call Becky McGinnis at [512-600-9275](tel:512-600-9275).

[Click Here to Register](#)

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.



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

Want to change how you receive these emails?

3/5/2018

Today's the Day! And Scroll on Down for our March News.

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

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