



Capital City Village <bonniegilson@capitalcityvillage.org>

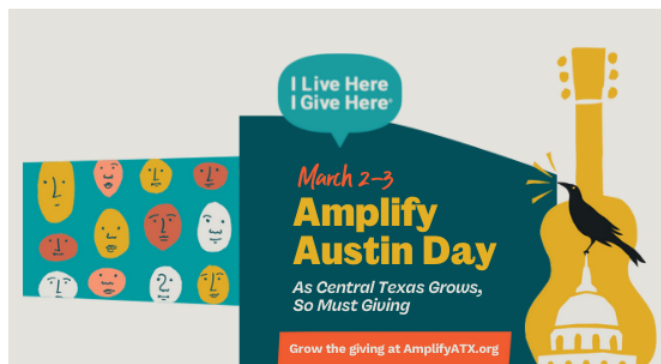
Amplify Capital City Village March 2!

1 message

Capital City Village <info@capitalcityvillage.org>
Reply-To: Capital City Village <info@capitalcityvillage.org>
To: Bonnie <bonniegilson@capitalcityvillage.org>

Tue, Mar 1, 2022 at 11:11 AM

[View this email in your browser](#)



Amplify Austin Day is March 2 - 3

Mark your calendars for the biggest day of giving in Central Texas!

Capital City Village Office: (512) 524-2709
Member Services: (512) 468-5594

March 1, 2022



[Annual Meeting Highlights](#)
[Featured Events](#)
[From Johanna](#)
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Click on the button to go straight to your favorite section.

Special Happy Hour to Kick Off Amplify Austin!



Village Happy Hour to Celebrate Amplify Austin This is an In-Person and Zoom Event Wednesday, March 2 at 5 pm

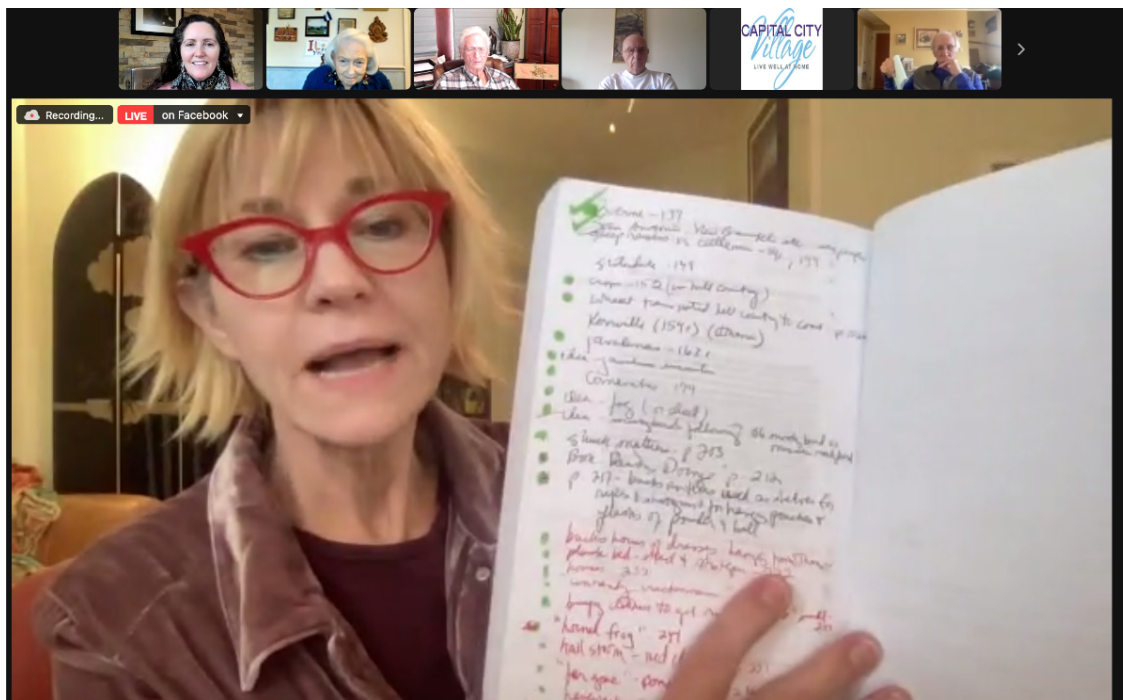
Help us AMPLIFY the good work of Capital City Village during Amplify Austin March 2-3! Please consider a donation to Capital City Village to support our mission of helping seniors age well in their own homes for as long as possible. Even small donations can help us recruit and train volunteers to assist members with rides to medical appointments or grocery shopping, minor home fix-its like installing grab bars, and help with technology. Donations also help us develop a wide array of programs to keep people connected and combat social isolation. Your contributions will also help make all this support available to modest-income seniors (almost half our membership). Checks sent to the CCV office count too! [Find out more about us here.](#)

Tom and Kay McHorse are hosting a special Amplify Austin gathering for the occasion (limit 25 people; proof of vaccination required). BONUS: a word wrangler for Typewriter Rodeo will be on hand to add to the fun!



To read more about the party and to RSVP, [click here.](#)

Village Event Calendar



January 23 Writers Series

Tommi, Annette, Doug, Arnie, Drew

Writer Elizabeth Crook

(Most March Events are being conducted virtually due to Stage 4 restrictions)

- Wednesday, Mar 2 at 10 am – [Volunteer Orientation](#)
- Wednesday, Mar 2 at 5 pm – [Special Happy Hour to Amplify Us](#)

- Thursday, Mar 3 at 9:30 am – [Special Coffee Hour to Amplify Us](#)
- Wednesday, Mar 9 at 9 am – [Village Buddy Check-in Tutorial](#)
- Wednesday, Mar 9 at 1 pm – [Village Buddy Check-in Tutorial](#)
- Thursday, Mar 10 at 9:30 am – [Coffee Hour](#)
- Wednesday, Mar 16 at 12 pm – [Men's and Women's Lunch](#)
- Thursday, Mar 17 at 9:30 am – [Coffee Hour](#)
- Friday, Mar 18 at 11 am – [Book Club](#)
- Wednesday, Mar 23 at 2 pm – [Poetry Group](#)
- Thursday, Mar 24 at 9:30 am – [Coffee Hour](#)
- Sunday, Mar 27 at 2 pm – [Translating the Diary of a French WWII Banker](#) with Michele Aynesworth
- Thursday, Mar 31 at 9:30 am – [Coffee Hour](#)



Scott, Bonnie, Annette, Mart & Sue, Carol

Gail, Dell, Margit and Arnie, Ellen W, Pam

Tom & Kay, Volunteer of the Year Henry with Ellen M, Vivian, Elizabeth, Lauren

Jimmie, Stan, Johanna, Rick, Tommi

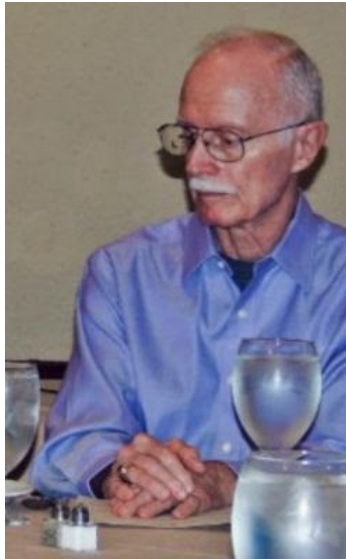
Patricia, Musician Gary Knippa, Liby & Carl, Suzann

Our Annual Meeting was Lots of Fun!

Thanks to all of you who attended our Annual Meeting last Thursday!
Member Karen said "Thanks for the invite. I really enjoyed it. Very

impressed. 5 stars to CCV." That's high praise and we appreciate it. Today we'll start our 2nd annual series reporting on the Annual Meeting and Annual Impact Report so that the message relayed can be sent out to you in short, sweet articles. [If you'd like to view the meeting, here it is!](#)

Congratulations to our 2021 Volunteer of the Year Henry McCown!



Featured Events



Featuring an Interview of Dr. Gupta by Anderson Cooper

Mens and Women's Lunch
Brain Health
Wednesday, March 16 at 12 Noon

By now we all know how to keep our hearts healthy: Move a lot, eat good stuff, keep learning, get a good night's sleep and cultivate a big social network. But what about our brain health? The brain is plastic and highly flexible, able to rewire itself and create new neural pathways to get its job done when old pathways are blocked or no longer function.

For the March 16 joint men's and women's virtual lunch, CNN's Anderson Cooper will discuss highlights of Dr. Sanjay Gupta's "Keep Sharp: Build a Better Brain at Any Age" with Dr. Gupta on an interesting video.

[To read more and RSVP, click here.](#)



"Translating the Diary of a WWII French Banker" with
Michele Aynesworth
Sunday, March 27 at 2 pm

Join CCV Members, Volunteers and Friends for "[A Conversation With Michele Aynesworth - Translating the Diary of a WWII French Banker](#)". Her slides are a look back at the incredible journey she and her husband took in 2010 to translate Charles Rist's wartime diary. [Read more about Michele and RSVP here.](#)

In Memory



We are saddened to report the passing of long-time member Sandy Youman. She was a Village member from the beginning (October 2011), a Board member (2011–12) and an active participant in the Village's early life. We will miss Sandy's always-cheerful presence. [You can read about her life here.](#) Our condolences to her husband Dudley and her large family.

From our Members



Village Member Inducted into Austin Music Industry Hall of Fame

Village member John Aielli, former host of "Eklektikos" on radio stations KUT and KUTX, has been inducted into the Austin Music Industry Hall of Fame. Congratulations John!



Scam Alert

Member Karen asked us to share this:

"People, mostly with 512 area code, are receiving calls allegedly from the electric utility saying their electricity is about to be cut off. I returned the call and it went to City of Austin. They informed me it is a scam. They said they do not make phone notifications, only mail. It may be coming from anywhere in the world, so finding the scammers may be difficult. Please pass this along. Thanks

to all and be well."



Member Recommended Service

Member Helen asked us to share this:

Do you know about [Snug Safe](#)? I just started this last week for my peace of mind and wonder if others in CCV have this, or would be interested, or could have a CCV buddy be listed as a contact to follow up if the person doesn't check in. I have 2 people outside CCV as my Snug contacts, but some might prefer or want to add a CCV contact. It is a free service, with a fee-based (\$10) option for a phone call from Snug instead of a text alert to contact(s), and another smaller fee option for more than one daily text-only check-in.



**From our Member and Volunteer Services
Director**

Calling all Village Buddies--Mark your calendars for Wednesday, March 9 to attend a brief virtual discussion about the importance of entering buddy check-in calls into our Village's online system. Join Johanna and other volunteers at either 9 am or 1 pm on Wednesday to learn more. Please RSVP here for [9 am](#) or [1 pm](#).

From Medicare

**Don't give out your Medicare Number for COVID-19
Test Kits**

Have you gotten robocalls, text messages, or emails offering COVID-19 tests in exchange for your Medicare Number? **Be careful! Scammers are selling fake and unauthorized at-home COVID-19 test kits** in exchange for your personal or medical information. Do not give out your Medicare Number for COVID-19 test kits!

Make sure to purchase FDA-approved COVID-19 test kits from legitimate providers. Over-the-counter or at-home tests are available for sale around the U.S. at many reputable and trustworthy retailers and pharmacies.

Avoid COVID-19 Scams

Remember, each household in the U.S. can also have four free COVID-19 at-home tests shipped directly to their home at no cost. Visit [COVIDtests.gov](https://www.covidtests.gov) to order tests or learn more about testing.

If you suspect fraud, call 1-800-MEDICARE to report it.

Chronic Condition Self-Management Workshop



CHRONIC CONDITION SELF- MANAGEMENT WORKSHOP

The Chronic Condition Self-Management program is a 6-week small group workshop for people with chronic disease and their caregivers. They are offered in person (per COVID guidelines), virtually via Zoom or other platform, and online. The programs are facilitated by Leaders with their own health challenges. The programs are highly interactive, focusing on building skills, sharing experiences, and support.

WORKSHOP TOPICS

Techniques to deal with symptoms of chronic conditions, such as fatigue, pain, sleeplessness, shortness of breath, stress, and emotional problems such as depression, anger, fear, and frustration.

TOPICS INCLUDE

- Appropriate exercise for maintaining and improving strength and endurance
- Falls prevention
- Healthy eating
- Better breathing techniques
- Appropriate use of medication
- Working more effectively with health care providers
- Communicating with friends and family
- Communicating with oneself
- Communicating with the health care system
- Action-planning, problem-solving, decision-making



Dates:

Wednesdays

March 23- April 20, 2022

Time:

10 am - 12:30 pm

Location:

Zoom

Limited to 12 participants

**REGISTRATION
REQUIRED**

To Register
Contact Jessica Martone
Jessica.Martone@traviscountytx.gov
(737)356-8620





Visit our [website](#) for so much more information. Please let us know ways we can help you during this time, from getting you to necessary doctor's appointments to making sure you have food, meds and services essential to quality of life.

Our phone numbers are 512-524-2709 (office) and 512-468-5594 (Member and Volunteer Services) – call us if you need us!



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