
Find Your Own Healthcare Data

1 message

Capital City Village <info@capitalcityvillage.org>
Reply-To: Capital City Village <info@capitalcityvillage.org>
To: tommiferguson@gmail.com

Fri, Aug 16, 2019 at 11:44 AM



Dr. Tom McHorse, Presenter

Find Your Own Healthcare Data
FREE registration to CCV Members
Friday, August 23, 10am-12pm at AGE Building

On average, you are likely to be in a healthcare setting 17 times during the year. You may see your primary care doctor, visit the hospital, and see your dentist, pharmacist, and some specialists. During those visits, medical professionals want to know a lot of

information about your medical situation: your medical history, medications, etc. Each of these visits can also generate a lot of new health information about you.

Where can you find this health information? What are the best ways to store it and share it with future healthcare providers? If you have a medical emergency, how can you make sure the first responders know your medical information? Are there ways to make your next new doctor visit easier and faster?

Capital City Village and AGE are presenting a class to help you with these questions. The class will teach you how to find and organize your healthcare information. This is a special class, as one of the instructors is a retired physician! If there is time, you can try to access your own health data during class, so you may want to bring your own device (Phone, tablet, USB flash drive) to store the information. **This joint program is FREE to Capital City Village members.** *See registration page for details.*

[Click here to get all the information about this class, and to RSVP.](#)



U.S. Immigration in the Current Era: Facts, Myths, and Contemplations

[2-4pm Sunday, August 25](#)
[at Belmont Village Senior Living, Town Hall Room](#)

Join Capital City Village and Belmont Village Senior Living for "U.S. Immigration in the Current Era: Facts, Myths, and Contemplations", presented by Mark Kinzler at [Belmont Village Senior Living West Lake, 4310 Bee Caves Rd](#), in the Town Hall Room. Mark will provide an overview of the factors and circumstances influencing policy and border relations in the current era and how U.S. foreign and domestic policy may be affected in the future. Presentation to be followed by Q&A. Free program; light refreshments provided courtesy of community partner Belmont Village West Lake.

Mark Kinzler is the owner and managing attorney of a private immigration law practice in

Austin. He has been practicing immigration law since 2005, focusing on a range of immigration matters including deportation policy, asylum, and issues relating to crimes and abuse. Mark graduated from UT Austin with a BA in Sociology, and received his JD from Lewis and Clark Law School in Portland, OR.



Village Events

August Events

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

- Wednesday, Aug 21 - 12-1pm - [Men's Lunch](#) at Andiamo Ristorante (NC). *See article below.*
- Thursday, Aug 22 - 9:30-10:30am - [Coffee Caffeine and Conversation](#) at Upper Crust Bakery on Burnet (NC)
- Friday, Aug 23 - 10am-12pm - [Find Your Own Healthcare Data](#) at the AGE Building (C). *See first feature article.*
- Sunday, Aug 25 - 2-4pm - [U.S. Immigration in the Current Era](#) at Belmont Village Senior Living, West Lake. *See second feature article.*
- Tuesday, Aug 27 - 10am-12pm - [Managing Mindfulness](#) at a



member home (S)

- Wednesday, Aug 28 - 11:30am-1pm - [Women's Lunch](#) at Andiamo Ristorante (NC). *See article below.*

Save the Date:

- Sunday, Sept 8 - 4-6pm - [Celeb Salon with Kay Kidd](#) (Central) *See article below.*
 - Saturday, Sept 28 - 8:30am-1pm - [4th Annual CCV Golf Tournament](#) at Riverside Golf Course (E). *See article below.*
 - Thursday, Oct 31 - 11am-1pm - [Keep Aging Weird Annual Luncheon](#) at Norris Conference Center (NC). *See article below.*
-



Celeb Salons Features "A Conversation with Kay Kidd" Sunday, September 8 at 4pm

In our continuing Celeb Salons series, we are pleased to present [A Conversation with Kay Kidd](#). Join CCV members, friends and visitors at Mort Subite, 308 Congress, for a lively conversation with Kay.

Kay, a native of Elgin, Texas, is musical director and pianist for her group, Kay and Friends, and performs as a soloist and in ensembles in North America and Europe, in festivals, workshops and recording sessions devoted to chamber music, popular, and folk music. Owning and operating a private piano studio in her home in south Austin, she is a past president and “Teacher of the Year” for the Austin District Music Teachers Association. She is a church organist and pianist and for many years has been the staff pianist for Tarrytown United Methodist Church in Austin. Kay frequently gives lecture/performances on various topics (such as The History of Music in Texas, and other periods and genres of music) for many organizations, schools, and at special events.

[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.

Henry McCown Starring at Both Men's and Women's Lunches this Month "Madrid and Andalusia"

Join CCV's [Men](#) Wednesday, August 21 at Noon
and the Village [Women](#) Wednesday, August 28 at
11:30am. Both lunch meetings will be at the
men's and women's groups' favorite hangout,
Andiamo Ristorante, [2521 Rutland Dr.](#)

Henry and his wife Ellen are frequent travelers,
and Henry tells a good story, so don't miss it.
Visitors are welcome!

[For the Men's Lunch, RSVP here.](#)

[For the Women's Lunch, RSVP here.](#)

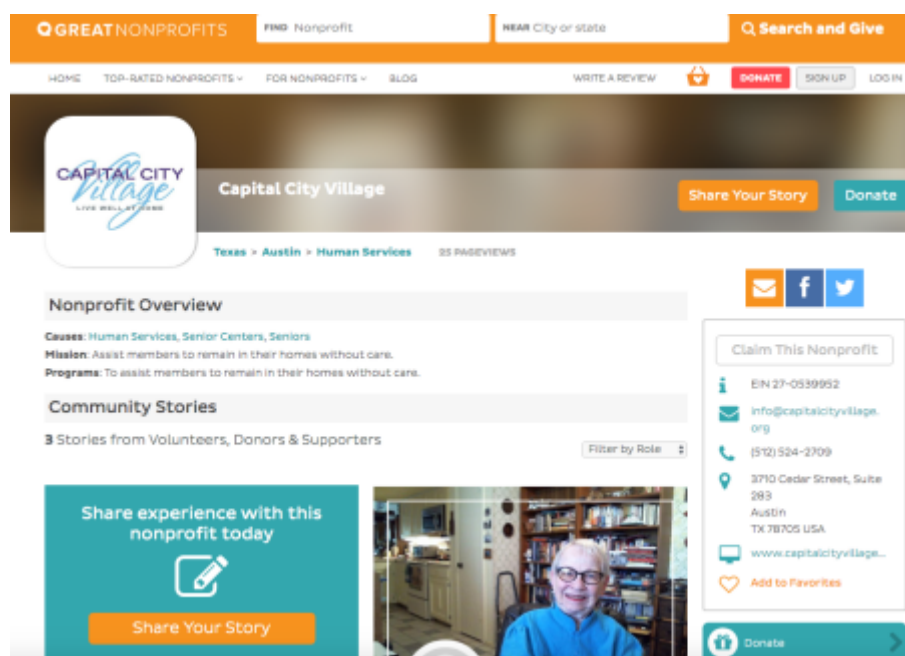


Ways YOU Can Help the Village!



You Can Help the Village Out When You Shop at Randall's

We're now a member of the Randall's Good Neighbor Program! [Look here](#) to link your Good Neighbor card or tag to Capital City Village, or to register if you're not yet a part of the program. Use member number GNP#13219 for CCV.



Help Us Get the Word Out - Write a Review for Capital City Village

We are so grateful for several Village members who have already written reviews for us on the site "Great Nonprofits". Will you join them and write a review for us here: <https://greatnonprofits.org/reviews/write/capital-city-village>.

Take a look at the reviews already on the site here: <https://greatnonprofits.org/org/capital-city-village>.

National Senior Citizen's Day is August 21!



Photo by Elkk Photography

National Senior Citizen's Day is celebrated on the 21st of August each year. It was officially founded by President Ronald Reagan, who signed it into law in 1988. The main purpose of Senior Citizen's Day is to raise awareness of the condition of older people and to support them throughout the aging process.

The Village Movement, which started in 2001, is an important part of support that has sprung up since the first Senior Citizen's Day. [Capital City Village](#) is proud to be part of that effort!

Celebrate Senior Citizen's Day next week at one of our [events](#). You'll be glad you did!

In the Community



Exciting Programs at Shalom Austin

- Knowing Neuropathy – Monday, August 26 at 1:30 p.m.- Join us for the Neuropathy Alliance's quarterly meeting. Anyone affected by neuropathy is welcome: patients, caregivers, family and friends. We hope to see you there! JCC Room 150C.
- Road Scholars Trip to the LBJ Library – Motown Exhibit – Tuesday, August 27
depart 10:00am-In celebration of the 60th anniversary of Motown Records, the LBJ Presidential Library is excited to announce a new exhibition "Motown: The Sound of Young America," curated by the GRAMMY Museum®. This is the first time many of the exhibition's artifacts have been seen in a museum setting. Bus departs the JCC back circle drive at 10:00 a.m. RSVP required as space is limited. \$2 donation for bus.
- Thursday, August 29 - Throwback Thursday Classic Movie Showing – CHARADE at 12:00 p.m. Join us for a brown bag lunch and movie. Charade is a 1963 American [romantic comedy](#), [mystery film](#) directed by [Stanley Donen](#), written by [Peter Stone](#) and [Marc Behm](#), and starring [Cary Grant](#) and [Audrey Hepburn](#). Romance and suspense ensue in Paris as a woman is pursued by several men who want a fortune her murdered husband had stolen. JCC stage side
- August 30 - Cafe Au Lit Book Club, 11:30 a.m. -Unlike conventional book clubs where books are assigned, Café Au Lit is a monthly discussion group of adults who will each be given 5-10 minutes to discuss a book they have read or are reading now, and critique it. Books can be any type. You are welcome to bring a brown bag lunch. JCC Room 150D.
- Flex Your Brain - Every Thursday 10:00am. This fun and informative class helps keep your brain strong and flexible! Participants engage in individual and group games and challenges in a fun social setting. Come try it out! JCC Room 150D.

Please RSVP to Annie Skelton at Annie.Skelton@shalomaustin.org.

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.



**Tuesday, September 3rd, 11:30am at Belmont Village,
4310 Bee Caves Rd.**

Speaker: Jill Davis, Au.D. Owner, Victory Hearing and Balance Center

Join us for an informative lunch and learn on music and its power to potentially delay the onset of dementia and improve brain function and information recall. We'll explore how incorporating music training into your life can benefit your brain health and how using music instead of speech to supplement hearing aids can be a helpful form of auditory rehabilitation. Lunch will be served.

RSVP to Peg Bulger at 512-347-1700 or mbulger@belmontvillage.com.



Presented by Alzheimer's Texas and Sundance Memory Care

Responsible for the care of a family member living with Alzheimer's, dementia, Parkinson's, or any other debilitating disease? Then this event is for you! Whether they're living at home, in a facility, or far away, the journey can be daunting and the responsibility overwhelming. We're here to help!

Join us on September 7, 2019, to hear from expert speakers and visit with a range of local providers across the care spectrum. The forum will be held at the Jewish Community Center ([7300 Hart Ln, Austin, TX 78731](#)). There is no fee to attend and lunch is provided.

Schedule:

9:15 - Registration Opens

9:45 - Opening Remarks and Welcome

10:00 - "Planning for Long Term Care" with David Eddy

10:25 - "Hospice" with Cella Bella

10:55 - "Caregiving" with Dr. Stevens

11:15 - Lunch/Vendors

11:45 "The Montessori Philosophy and Regressive Brain Function" with Kacye Vanderplas and Matt Stanley

12:00 Break

12:15 Panel Q&A with all speakers

1:00 - Closing Remarks

[Reserve your free spot.](#)

SPEAKERS

David Eddy, FSP, New York Life - "Planning for Long Term Care and Why Earlier Is Better"

Alan Stevens, Ph.D., Director of the Center for Applied Health Research at Baylor Scott and White -

Kacye Vanderplas and Matt Stanley - "The Montessori Philosophy and Regressive Brain Function"

Cella Bella Hospice

Save the Dates!



Tee Up for the 4th Annual CCV Golf Tournament!

Whether you're a golf fan or just like to hang out with people who are, join the fun at the [4th Annual Village Golf Tournament](#) Saturday, September 28. Shotgun start will be at 8:30am at Riverside Golf Course. Funds raised from the golf tournament are used to help make programs and services available to seniors regardless of their household income, and also to augment CCV operations.

[Register online](#) or pick up a registration form from the office at 3710 Cedar St, Suite 283.



**5th Annual *Keep Aging Weird* Luncheon
Tuesday, October 31, 11:00am-1:00pm at Norris
Events Center**



Pulitzer-Prize Winning Journalist Ken Herman of the Austin American-Statesman; KXAN's Jim Spencer as MC

Columnist Ken Herman began his journalism career in 1975 at The Lufkin Daily News in East Texas. In 1977, he joined The Associated Press in Dallas, later working for the AP in Harlingen and Austin. From 1979-1988 he worked in the AP's Capitol Bureau. In 1988, he became Austin Bureau Chief for The Houston Post. When the Post folded in 1995, Herman joined the American-Statesman as Capitol Bureau Chief.

[Online registration now available.](#)

Join us to celebrate another year of Aging Weird!

2019 Sponsors:



BELMONT *Village*
SENIOR LIVING

Dick & Sara Rathgeber

Lew & Jeanne Little

Tom & Kay McHorse

Sam & Beth Williams

Ken & Tracy Snodgrass

and

Paul & Kathy Spicer



Daniel Carl of BSA

Rick Cloud & Dell Gully

Mart & Sue Hoffman

David & Barbara Gamble

Carl & Libby Beck

Dan & Phyllis Waddle



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

Want to change how you receive these emails?

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

This email was sent to tommiferguson@gmail.com

why did I get this? [unsubscribe from this list](#) [update subscription preferences](#)

Capital City Village · 3710 Cedar St · Ste 283 · Austin, TX 78705 · USA

