



Capital City Village <bonniegilson@capitalcityvillage.org>

It's the CCV Newsletter!

1 message

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Tue, Aug 16, 2022 at 9:59 AM

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Featured Event

**TC NEEL—
The Life and Times of
a Texas Secessionist**

SUNDAY, AUG. 21
2 P.M. - 3:30 P.M.
LIVE-ONLINE
Tarrytown Methodist

LEARN MORE

BUCK COLE
HISTORIAN

CAPITAL CITY
Village

WWW.CAPITALCITYVILLAGE.ORG
512-524-2709

TC Neel: The Life and Times of a Texas Secessionist – A Conversation with Buck Cole In-Person and Virtual Attendance Options Sunday, August 21 at 2 pm

Join CCV members, volunteers and friends for another interesting program from Buck Cole: "TC Neel: The Life and Times of a Texas Secessionist". It will be presented at Tarrytown United Methodist Church, in the SWIFT Class Room, [2601 Exposition Blvd.](#) Or you may opt to view the program remotely on zoom.

Like other states in the Confederacy, passions ran high in Texas in 1861. Eight months into the Civil War an impatient Texas secessionist and legislator named T.C. Neel pens an emotional letter to his wife Willia. Neel is as determined as he is

homesick to see the war through to Southern victory. Spoiler alert, it doesn't happen! [Click here to read more and RSVP](#) - be sure to indicate in the comments box whether you will be in-person or on zoom.



Capital City Village Office: (512) 524-2709
Volunteer Director: (512) 468-5594

August 16, 2022



Click on the button to go straight to your favorite section.

UPCOMING EVENTS HERE



July Poetry Group

Pam, Joe, Veda, Tobin

Dorothy, Ellen, Claire, Laura

Eileen & Ed, Beverly, Joanne, Martha

There are some in-person events this month. "Virtual" indicates that the event is not in-person.

- Wednesday, Aug 17 at Noon – [Virtual Men's and Women's Lunch](#) on Sleep Hygiene and Fatigue Management
- Thursday, Aug 18 at 9:30 am – [Virtual Coffee Hour](#)
- Sunday, Aug 21 at 2 pm – ["TC Neel: The Life and Times of a Texas Secessionist"](#) with Buck Cole
- Wednesday, Aug 24 at 2 pm – [Virtual Poetry Group](#)
- Thursday, Aug 25 at 9:30 am – [Second Cup at Central Market N Lamar](#)
- Sunday, Aug 28 at 11 am – [Fourth Sunday at Wheatsville S Lamar](#)

Save the Date:

- Wednesday, September 21 – [Men's and Women's Lunch](#) on Falls Prevention Awareness
- Saturday, September 24 – [7th Annual CCV Golf Tournament](#) at Riverside Golf Course



Welcome to Our New Intern!



Amelia Card

Our Village Connections program is pleased to announce this year's Intern, Amelia Card. Native Texan, Amelia was raised on country and folk music and the value of service. Driven by wanderlust, she traveled the US and abroad playing music professionally and submerging herself in differing cultures. After settling in her home state, Amelia decided that obtaining a MS in Social Work would be the right next step. She began researching aging in the US and became a hospice volunteer, noticing a difference from other cultures abroad, and began to realize how many American seniors were isolated, depressed and suffering from a lack of community support. In her studies and her career, Amelia aspires to incorporate social work values, community strength and the connectivity of music making to assuage the transition and stigma of aging in the US.

Amelia is a first year masters student at The University of Texas at Austin's Steve Hicks School of Social Work and an Earl Maxwell Scholar.

Men's and Women's Lunch



August Presenter Dr. Giuli Krug, University of Mary Hardin–Baylor.

**Virtual Men's and Women's Lunch
Sleep Hygiene and Fatigue Management
Wednesday, August 17 at 12 pm**

In August we'll briefly return to a virtual lunch format so everyone can have the opportunity to learn about the important subjects of Sleep Hygiene and Fatigue Management, presented by Dr. Giuli Krug and Abigail Ingram, University of Mary Hardin–Baylor. [Click here to reserve a spot.](#)

Can You Help us do this Again?



Stories about Capital City Village from members, volunteers and supporters like you will help us make an even bigger impact in the Austin community! Since 2019, CCV has received a Top-Rated Nonprofit badge from Great Nonprofits. We need YOUR help to receive our 2022 badge. It's easy and only takes 3 minutes!

[Go here to get started!](#)

You Can Help CCV When You Shop at Randalls



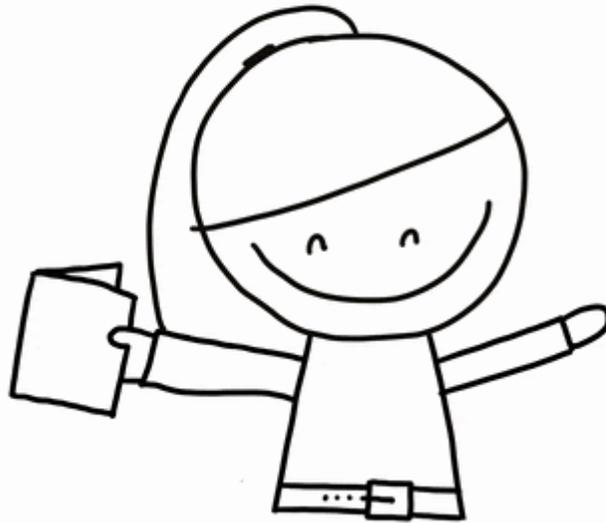
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3. Start shopping! Randalls will donate 1% of all sales linked to our Good Neighbor number!

GNP13219

Charity Number

In the Community



New Caregiver Respite Program

Riverbend is launching a brand new Caregiver Respite program in October called The Lighthouse at Riverbend. It's free of charge and can provide treasured respite time for you, and fun and stimulating activity for your loved one.

[Click here for an info sheet.](#) I would be happy to answer any questions you might have. We are so excited to offer this service to our community and would love to have you join us!

Sharon Butler
Family Caregiver Program Coordinator
Riverbend Church
512-203-3752





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 (Volunteer Director) – call us if you need us!



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