



Capital City Info <info@capitalcityvillage.org>

---

## It's the CCV Newsletter!

1 message

---

**Capital City Village** <info@capitalcityvillage.org>  
Reply-To: Capital City Village <info@capitalcityvillage.org>  
To: Elizabeth <info@capitalcityvillage.org>

Mon, Jan 16, 2023 at 10:14 AM

## Welcome to our New Executive Director!



[Johanna](#) Mandel joined CCV in March 2019 and has now been named our newest Executive Director. She has served the Village as Volunteer Director and Operations Director.

Prior to her 3-1/2 years of service with CCV, Johanna had experience with Alzheimer's and Parkinson's support and had 15 years in local government management. She has a Green Belt in Lean Six Sigma from the Texas Manufacturing Assistance Center, is a Leadership Irving graduate, and has served on the Board of Examiners for the Quality Texas Foundation.

Johanna holds a Bachelor of Science from Texas Tech Univeristy and Master of Public Administration from the University of Texas at Arlington. She lives with her two sons in Pflugerville and Pfinds it Pfriendly.

During her time as Village Operations Director, Johanna has been instrumental in assuring that CCV has continued to operate in a very effective manner. She has already made several key changes and additions to improve the overall operations of CCV. The CCV Board is extremely pleased to have Johanna as our new, and very enthused, Executive Director.

---



Capital City Village Office: (512) 524-2709

January 16, 2023



## Upcoming Events



**Our Intern Amelia having her caricature done by Heather Joy Thomas**

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

- Wednesday, Jan 18 at 12 pm – [Men's and Women's Lunch](#) at Casa Chapala
- Thursday, Jan 19 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Jan 19 at 4 pm – [U. S. Presidents Series](#) (Virtual from OLLI and LBJ Library)
- Friday, Jan 20 at 11 am – [Virtual Book Club](#)
- Wednesday, Jan 25 at 2 pm – [Virtual Poetry Group](#)
- Thursday, Jan 26 at 9:30 am – [Second Cup](#) at Central Market N. Lamar

**Save the Date:**

- Sunday, Feb 5 at 2 pm – [Aspects of Aging with Marshall Missner, PhD](#) at Tarrytown United Methodist Church
- Thursday, Feb 23 – Annual Meeting, Location and time TBD (In-person and zoom options)
- Wednesday, Mar 1 at 6 pm through Thursday, Mar 2 at 6 pm – Amplify Austin
- Thursday, Mar 2 at 4:30 pm – Happy Hour at La Mancha TexMex LAST CHANCE! Sip and Support CCV 's Amplify Austin campaign

---

## Featured Events



## Men's and Women's Lunch with Carol Blanchard

**9041 Research Blvd, Suite 100**  
**Wednesday, January 18 at 12 pm**

No more of this virtual stuff! Let's start the New Year right and have a great lunch together again! [Our lunch meeting](#) will be at Casa Chapala. [RSVP so we'll know how many are coming](#). Casa Chapala serves interior Mexican food. We will gather in their Pinata Room. [You can view the Lunch Menu here](#).



Our speaker Carol Blanchard is head of the Austin chapter of Friendship Force International (FFI), which is all about travel and making friends around the world. Carol has been a Lifestyle Coordinator at Querencia and is a Life Coach. She is passionate about communities and organizations which support social connections, wellness and awareness of current issues around the world.

Sounds pretty much like CCV's orientation, right? After all, who doesn't like to travel and meet new folks from all over the world? That's one of the things which keeps seniors like CCV members interested and active and looking forward.

---





## **CCV Members and Friends are Invited to a Five-Week Series of the UT OLLI and Friends of the LBJ Library Thursdays at 4 pm on Zoom**

Please join CCV, UT-OLLI (Osher Lifelong Learning Institute), and the Friends of the LBJ Library for an interesting series of webinars on the role of the United States presidents between wars. The next session is this Thursday at 4 pm. This is a unique opportunity to work with these two interesting groups. [Read more about the series and sign up to participate here.](#)

No figure looms as large in history as the American president. This virtual series explores this role through lively conversations with eminent historians of American politics, diplomacy, and military affairs. Each session will begin with a moderated discussion led by LBJ Library Director Mark Lawrence but will allow ample time for questions from the audience. We will examine presidents from Abraham Lincoln and Woodrow Wilson to Ronald Reagan and George W. Bush, delving into their choices about war and peace as well as the implications of those decisions for the nation's present and future.

---



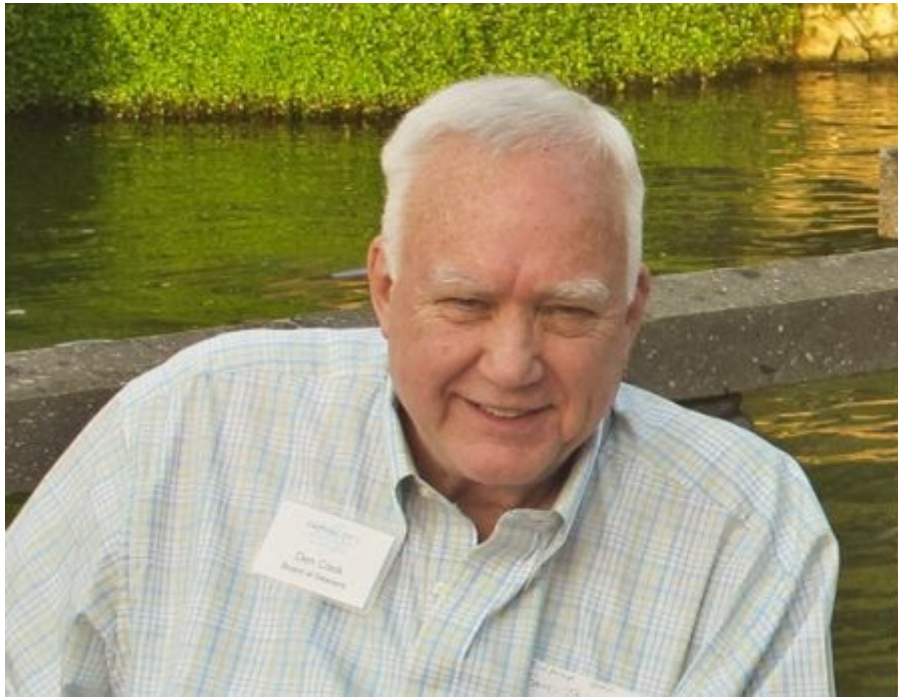
**Aspects of Aging with Marshall Missner, PhD**  
**Tarrytown United Methodist Church**  
**Sunday, February 5 at 2 pm**

This event may be attended in person or on zoom. [When you RSVP](#), **please indicate in the COMMENTS box whether you will be in person or online.**

Aging is a most democratic human condition as it does not discriminate on the basis of gender, religion, geographic origin or economic status. Its main characteristics are physical and mental decline, and a shrinking future. Even so, the vast majority of people strenuously struggle to avoid the one remedy that finally ends the effects of aging.

Marshall Missner, Ph.D., is a professor emeritus from the University of Wisconsin/Oshkosh, where he taught philosophy for 38 years. He currently is on the faculty of University of Texas Osher Lifelong Learning Institute (OLLI).

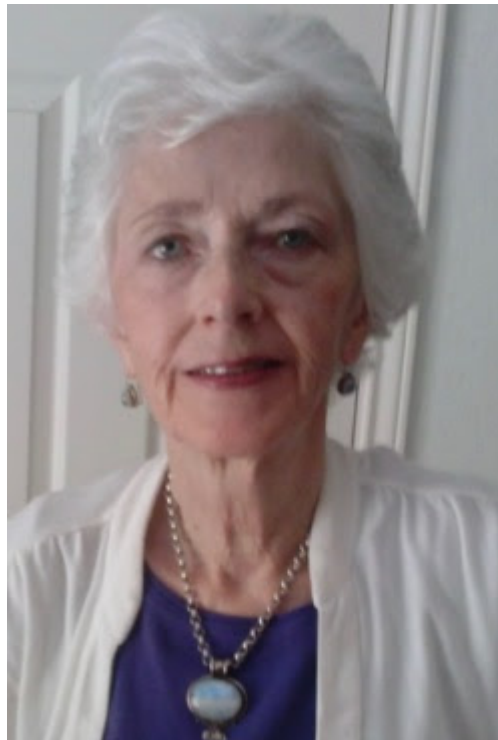
**In Memory**



## Don Cook

Don Cook was a member since our founding until 2021. He was active in Capital City Village from the beginning, serving on the Board and even serving as Interim Director prior to the employment of our first Executive Director. As a Board Member, he was a regular at the Hancock office, setting up provider files and helping in many other ways. [Read Don's obituary here.](#)

---



## Barbara Winchell

Barbara Winchell was a CCV member from 2018 to 2020, but continued her volunteer service to the Village even after moving out of the area. She was in our [2020 fundraising video](#) (she's on minute 40:43 of the video) and served on the Community Outreach Committee. [Read Barbara's obituary here.](#)

## Welcome New Members!



### Welcome to recent new members:

Claudia and Lee K (78731)  
Carol L (78723)  
Mike P (78716)  
Butch K (78731)

## South Austin Domino Group





Some of the South Austin members would like to form a domino group. You don't need to be good or even know how to play. Interested? Send us a note at [info@capitalcityvillage.org](mailto:info@capitalcityvillage.org).

## From the Office

We will be sending members a Membership Survey in January with a due date of February 5. The results will be shared at the Annual Meeting on February 23.

## From our Members



Member Rick passed along this information he received from his bank:

**Protect Yourself:**

The following tips can help keep you and your money safe.

- Guard your personal information.
- Don't offer information to someone who calls you directly, even if they say they're from your bank.
- Don't act immediately.
- Scammers may pressure you to pay them quickly and can have a demanding tone. Remember to take a moment, verify who they are and think about what they are asking for.
- Scammers could tell you to pay in ways where you may not be able to get your money back, like money transfers, gift cards or using Zelle®. Always verify who the recipient is before sending money.

## In the Community



Mavis boarding a CapMetro bus

### Age-Friendly Austin Community Feedback Survey 2023

The City of Austin's Commission on Aging is preparing for fiscal year 2024 budget recommendations. The goal of the recommendations is to inform and educate City leadership on the programs and services needed to support older adults. [Please share your concerns and/or opinions by completing this survey.](#)

---



**When you are quiet, the silence blows against your mind and etches away everything that is soft and unimportant. What is left is what is real: pure awareness and the very hardest questions**

**– Kathleen Dean Moore –**





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

Call us at 512-524-2709 if you need us!



---

*Copyright © 2023 Capital City Village, All rights reserved.*

You are receiving this email because you signed up for this mailing list on our the village website

**Our mailing address is:**

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

[Add us to your address book](#)

Want to change how you receive these emails?

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

