

October 2019 Newsletter

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5th Annual Keep Aging Weird Luncheon is this Month!



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





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

Join Capital City Village for our 5th annual Keep Aging Weird Luncheon Thursday, October 31 at 11am. In addition to entertaining speakers, there are a number of enticing "bucket raffles" for items including jewelry from Kendra Scott, a weekend in Flatonia at the Crazy 8 Ranch, Hyde Park dining from assorted restaurants, a framed Van Gogh print, a vintage Schwinn 3-speed bicycle, and sailing on Lake Travis.

The lunch is good, and the event is loads of fun. Austin's favorite weatherman, Jim Spencer, keeps things going at a good pace and Ken Herman will be sure to be entertaining!

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.

[Register here!](#)

We could not do this without our sponsors, shown here. And look below for a sponsor feature.



- Lew and Jeanne Little
- Tom and Kay McHorse
- Sara and Dick Rathgeber



- Ken and Tracy Snodgrass and Paul and Kathy Spicer
- Sam and Beth Williams



- Carl and Libby Beck and Drew and Emy Lou Sawyer
- Rick Cloud and Dell Gully
- Dave and Barbara Gamble and Dan and Phyllis Waddle
- Mart and Sue Hoffman
- Ed, Kevin and Paul McHorse



- Daniel Carl/BSA
- Carol Carl and Friends





Technology Devices for Health and Safety

Monday, October 7, 1-3pm, at AGE Computer Lab

As technology evolves, learn how you can make monitoring your health easier with the latest health devices. You will see what technology devices are available for use in your home to monitor and improve your health and safety. Learn the benefits of specific models and get recommendations from the instructor. You will also get hands-on experience with some devices and see how they work. For the more complex devices, you will learn the basics on how to configure them using a computer or mobile device.

One 2-hour session. Fee: \$25 for one seminar. (If you are a CCV member, there is a \$10 discount.) [Register through AGE here with mention of the discount in the notes upon registration.](#)

Prerequisites: Some devices require understanding of computer and smartphone basics and the use of a web browser or a mobile app in order to install and update.

[For more information and to register, check our event page here.](#)

Village Events

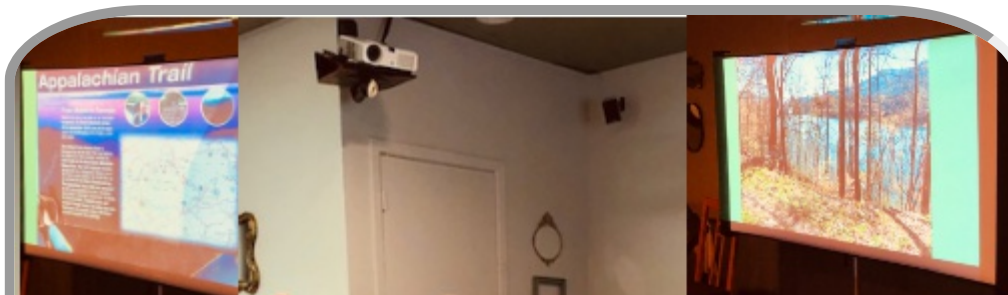




Photo by Tom Knutsen

September Events

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

- Tuesday, Oct 1 - 9:30-10:30am [Coffee Klatch](#) at Austin Java Manchaca (S)
- Thursday, Oct 3 - 4:30-6:30pm [Happy Hour](#) at LaMancha TexMex (NC)
- Monday, Oct 7 - 1-3pm [Technology Devices for Health and Safety](#) at AGE Computer Lab (C). *See 2nd feature article.*
- Tuesday, Oct 8 - 1-4pm [Movie Group](#) at Regal Gateway Stonelake (NW)
- Thursday, Oct 10 - 9:30-10:30am [2nd Cup](#) at Central Market N. Lamar
- Monday, Oct 14 - 6:45-9pm [Dominoes](#) at a member home (NW)
- Wednesday, Oct 16 - 12-1pm [Men's Lunch](#) at Andiamo Ristorante (NC)
- Thursday, Oct 17 - 11:30am-1pm [Lunch and Laughter](#) at Wheatsville S Lamar
- Friday, Oct 18 - 11am-12:30pm [Book Club](#) at a member home (NW)
- Tuesday, Oct 22 - 10am-12pm [Managing Mindfulness](#) at a member home (S)
- Wednesday, Oct 23 - 11:30am-1pm [Women's Lunch](#) at Andiamo Ristorante (NC)
- Thursday, Oct 24 - 9:30-10:30am [Coffee Caffeine and Conversation](#) at Patika (S). *See article below.*
- Thursday, Oct 31 - 11am-1pm [Keep Aging Weird](#) at Norris Conference Center (N). *See feature article.*

Capital City Village Presents at National Village Conference

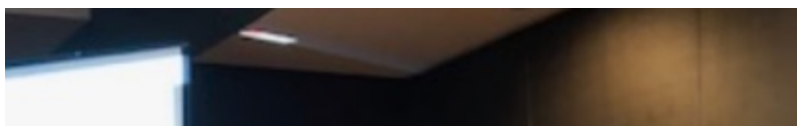




Photo by Tom McHorse

CCV is one of 230 Villages in operation nationally. This year's national conference met in Chicago September 18–20. Our Executive Director Tommi Ferguson was invited to present one of the breakout sessions. Her topic was "Village Connections for a Global Community". Tommi and the Director of SAIVA (South Asians' International Volunteer Association) discussed the potential benefits and challenges of bringing our two organizations together to interact and appreciate the benefits of each other's culture and friendship and program sharing. The presentation was well received and stimulated discussion of how this might work for other villages. The CCV–SAIVA connection will launch in early 2020.

The joy of the conference, attended by Tommi and Tom McHorse (president of CCV's Board) was sharing ideas, enthusiasm and inspiration from the speakers and stories of other villages in action. The next newsletter will feature details of the National Village Conference.

Thanks to Tom McHorse for this article.

**Thanks to all Who Supported the 4th
Annual CCV Golf Tournament!**

Capital City Village's Fourth Annual Golf Tournament was the greatest success ever! Thanks to all the players and volunteers. We'd like to take this opportunity to recognize all our sponsors:

Platinum Supporters: Noble and Sharon Doss

Hole Sponsors:

James Boyce*, Laurie Brown, Jeri Campbell, William Childs, Karen Counts, Brian Dinsmoor, Chris Gamble***, David and Barbara Gamble, Gary Gerstenhaber, Gary Glass, Randy Goss, Mart and Sue Hoffman, Bob and Marcia Hunnicut, Jerry Loyd, Janet and Rickey McClurg, Tom and Kay McHorse, Paul Philippus, Ross and Susan Phillips, Scott Sayers, Mollie and Bob Schluter, Jerry and Rosemary Sullivan**



LOUIS LAVES-WEBB
LCSW, LPC-S & ASSOCIATES
PSYCHOTHERAPY FOR ADULTS, ADOLESCENTS, AND COUPLES



Sandbox ABA

THE AUSTIN WINE MERCHANT



TUMC Wesley Class
TUMC Swift Class



Gold Supporters: Tom and Jennie McIlvain, Slavis Therapy Works, and John Turney

Silver Supporters: James Boyce, Robert

Brotherton, Carl Carter, DLJ Investments LLC, and Bert West

Other Contributions: Larry Miles****

* In memory of Ruth and Shell Boyce

** In memory of Kermit Counts

*** In honor of David and Barbara Gamble

**** In memory of Jan Ogletree

Photo by Libby Beck



Do You Have a Story to Share?

A screenshot of the GreatNonprofits website profile for Capital City Village. The header is orange with the GreatNonprofits logo and navigation links. The profile banner shows the organization's logo and name, with buttons for 'Share Your Story' and 'Donate'. Below the banner, there is a 'Nonprofit Overview' section with details about the organization's mission and programs. A 'Community Stories' section features a photo of a woman and a 'Share Your Story' button. On the right, there is a 'Claim This Nonprofit' section with contact information and social media links.

You'll Love this Volunteer's Story

From Jim S: "I've been a volunteer driver for Capital City Village (CCV) for three years. In that time I've helped members get to doctor appointments, grocery shopping, dialysis, music performances, relocating from an office to a home office, CCV social gatherings, and getting pets groomed. Additionally, I regularly visit members who have become my friends. Without exception, CCV members are committed to being as independent as possible, doing everything they can to remain in their homes. CCV members do not whine, complain, or feel sorry for themselves. I like being around those kinds of people."

Thanks to those of you who have shared your feedback on the [Great Nonprofits](#) site! We just need a few more reviews before October 31 to make the Top-Rated Nonprofit List.

[Please write a review](#) of your experience with Capital City Village - we do appreciate it!

Coffee, Caffeine and Conversation



In October, come join us. [Coffee, Caffeine and Conversation](#) is headed to South Austin to this very cool coffee destination: [Patika](#).

In addition to coffee they have delicious bites (including GF & Vegetarian/Vegan).

Thursday, October 24th, 9:30-10:30
2159 S. Lamar Blvd.

Program Opportunity





Long Center presents [Georgia on My Mind: A Celebration of Ray Charles and His Music](#), featuring Clint Holmes, Take 6, Nnenna Freelon, and Tom Scott Sunday, November 24 in Dell Hall at 7:30 pm.

CCV's Program Committee would like to know if there are those of you out there who would like to go. Group tickets range \$36 each, \$45 each and up. We would have to have a definite count of at least 10 committed people before we could order and pay for tickets.

Please [RSVP here](#) if you want one or more tickets. Once we have at least 10 we'll make a payment option available.

Keep Aging Weird Sponsor Feature



[Peoples](#) was founded in 1980 in Austin, Texas. Founder, Bill Swail had a vision of creating a unique, personable environment for customers with an intense focus on customer service. Within a few short years, Bill had grown the company to several stores. Over time, with the knowledge gained from years of studying alternative means of healing his customers, Bill expanded the business offering to transition into an integrative, holistic pharmacy.

The Wellness department of Peoples is among the most knowledgeable and experienced in the country. Our focus is on empowering patients with knowledge to become more proactive in their healthcare. We use a holistic approach to healing, seeking to identify potential problems in every aspect of a

approach to healing, seeking to identify potential problems in every aspect of a patient's life and offering suggestions that supplement and complement western medicine.

Peoples Deli advances our cause for holistic healing by serving a range of food offerings that use the highest quality ingredients. We believe that diet can be a very powerful, positive force for change and healing. We focus on local, organic produce, grass-finished, free-range meat, pastured chickens, soy-free eggs and gluten-free options when possible.

With the introduction of Wellness and Deli, Bill has developed a holistic offering, all while staying true to his foundation so many years ago – first rate customer service in everything we do. This is what makes us special. This is what makes us Austin's favorite pharmacy.

Scam Alert!



FEDERAL TRADE COMMISSION

IdentityTheft.gov

Scams involving your Social Security number and benefits are on the rise! Here are the facts:

- Government employees will not threaten to take away benefits or ask for money or personal information to protect your Social Security card or benefits.
- Scammers can fake your caller ID. So don't be fooled if the call seems to be from the SSA's real phone number (800) 772-1213 or the SSA Inspector General's Fraud Hotline number.
- If a caller asks for your Social Security number, bank account number or credit card information, hang up. Report suspected scams to the SSA Inspector General at (800) 269-0271 or oig.ssa.gov/report. Visit IdentityTheft.gov/SSA for more tips.

Save the Date!



ATX AGING & INNOVATION SUMMIT

Where Good Ideas Get Better With Age

Join [AustinUP](#) and others Wednesday, October 23, 2019 from 9:30 a.m. – 3:30 p.m. at the Junior League of Austin Event Center, 5330 Bluffstone Lane, for the next [ATX Aging and Innovation Summit](#). This year's themes are equity, diversity and intergenerational community engagement. The objective is to encourage thought leadership and collaboration to expand aging innovation in Austin. Our keynote speaker will be Jewel Mullen, M.D., MPH, Director of Health Equity at Ascension Seton and Associate Dean for Health Equity at Dell Medical School. She is an internist, epidemiologist, public health physician leader and the former Principal Deputy Assistant Secretary for Health in the U.S. Department of Health and Human Services. She also is a passionate advocate for older adults and issues related to aging equity.



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