



Capital City Village <bonniegilson@capitalcityvillage.org>

It's the CCV Newsletter!

1 message

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Wed, Feb 1, 2023 at 11:00 AM



Capital City Village's Annual Meeting Thursday, February 23 Tarrytown United Methodist Church Fellowship Hall 3:00–5:00 pm

Please plan to join your CCV friends for our Annual Meeting. The Fellowship Hall is on the north side of the church at [2601 Exposition Blvd](#) and faces McCullough Ave. An important change in the meeting's format this year is the full inclusion of CCV's wonderful volunteers! We can't operate without them! We will also recognize and honor our Volunteer of the Year.

Our meeting will provide an update of our strategic plan, member survey, and a Q&A interview with our Executive Director, Johanna Mandel. We will provide snacks and live entertainment. We will also accept [Amplify Austin donations](#) at this meeting. Finally, there will be an end of meeting drawing for a number of door prizes! We hope to see you there. [Please RSVP](#) so we can adequately prepare food and other amenities.



Capital City Village Office: (512) 524-2709

February 1, 2023

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Upcoming Events



Holiday Party Food

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

- Wednesday, Feb 1 at 10 am – [Virtual Volunteer Orientation](#)
- Thursday, Feb 2 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Feb 2 at 4 pm – [U. S. Presidents Series](#) (Virtual from OLLI and LBJ Library)
- Thursday, Feb 2 at 4:30 pm – [Happy Hour](#) at La Mancha Tex Mex Tavern
- Sunday, Feb 5 at 2 pm – [Aspects of Aging with Marshall Missner, PhD](#) at Tarrytown United Methodist Church
- Thursday, Feb 9 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Feb 9 at 4 pm – [U. S. Presidents Series](#) (Virtual from OLLI and LBJ Library)
- Monday, Feb 13 at 6:45 pm – [Dominoes](#) at a member home
- Wednesday, Feb 15 at 12 pm – [Men's and Women's Lunch with Mick Koffend](#) at Casa Chapala
- Thursday, Feb 16 at 9 am – [Virtual Coffee Hour](#)
- Thursday, Feb 16 at 4 pm – [U. S. Presidents Series](#) (Virtual from OLLI and LBJ Library)
- Friday, Feb 17 at 11 am – [Virtual Book Club](#)
- Sunday, Feb 19 at 11 am – [Third Sunday](#) at Wheatsville S Lamar
- Wednesday, Feb 22 at 2 pm – [Virtual Poetry Group](#)
- Thursday, Feb 23 at 9:30 am – [Second Cup](#)
- Thursday, Feb 23 at 3 pm – [Annual Meeting](#) at Tarrytown United Methodist Church

Save the Date:

- 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
- Sunday, Mar 5 at 2 pm – [The Father of Texas: Stephen F Austin](#) – with Buck Cole at Tarrytown United Methodist Church

**Welcome to our New Board President - And
Thanks to our Outgoing President**



Scott and Mart

Many thanks to our outgoing Board President, Scott Blech. And now a note from our new President, Mart Hoffman.

Dear Members, Volunteers, and Funders;

I am honored and pleased to be your CCV Board President for the next two years. As you may know, CCV was founded over eleven years ago by eight dedicated individuals in Sue's and my back yard! Sue was the first Board President, and I now get to follow her lead!

After over a decade of service to the Austin senior community, CCV is entering its 12th year of supporting seniors to flourish as they stay in their homes, gracefully age, and share their wisdom with their neighborhoods and the greater Austin community. One of my major goals for the year is to assist CCV to grow as an even stronger and more effective organization! A major step in that direction has been the appointment of Johanna Mandel as our Executive Director. Johanna is extremely well qualified and brings commitment and enthusiasm to her new appointment.

Nonprofit organizations such as CCV operate most effectively with a membership of 125–150. At this number, such organizations are small enough to be very personal and large enough to be financially sound.

So, for this year, I am urging a CCV All Play to increase our membership and volunteer numbers! And I want to make it fun and worth your while. So, if a member or volunteer recruits a new member or volunteer in a given month, they will be invited to our home for a luncheon with their new member or volunteer! Sue is a really good chef, and I'm fairly handy at grilling. And we promise to serve Sue's award-winning blueberry pie or my much sought after pecan pie for dessert...or maybe both! The really good news is that we already have four new

members and three new volunteers who will be joining us for lunch, with their mentors, in February!

So, please accept the CCV All Play Challenge, and we'll have a truly great year for our very own CAPITAL CITY VILLAGE! Kindest Regards, Mart

Featured Events



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.](#)



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. 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).



Men's and Women's Lunch with Mick Koffend
9041 Research Blvd, Suite 100
Wednesday, February 15 at 12 pm

Mick Koffend, Treasurer of NWACA, will be the presenter at our February lunch meeting. NWACA is the Northwest Austin Civic Association, a group of volunteers whose mission is to advocate on key municipal and county issues such as fire safety, transportation, crime prevention, zoning, planning and the environment; keep NWACA residents informed of what's going on with these policy issues which affect their lives; and help build a strong community by sponsoring neighborhood events.



Once again, we will meet at Casa Chapala (in the Pinata Room), [9041 Research Blvd, Suite 100](#) (on the northeast corner of Highway 183 and Burnet Road). [Please RSVP as there is a 22-person limit.](#)



The Father of Texas: Stephen F Austin, with Buck Cole
Tarrytown United Methodist Church Admin Bldg
2531 Exposition Blvd
Sunday, March 5 at 2 pm

By popular demand, Buck Cole returns presenting “[The Father of Texas: Stephen F. Austin](#)” at the meeting room in Tarrytown United Methodist Church Admin building. Street and garage parking with elevator access just inside the garage.

Both in-person and zoom options are available. [Please indicate in the COMMENTS section on your RSVP](#) whether you will be in-person or online.

Let's Amplify CCV with a Happy Hour!



**GIVE THE GIFT OF INDEPENDENCE
 TO AN AUSTIN SENIOR
 6 P.M. MARCH 1 – 6 P.M. MARCH 2**

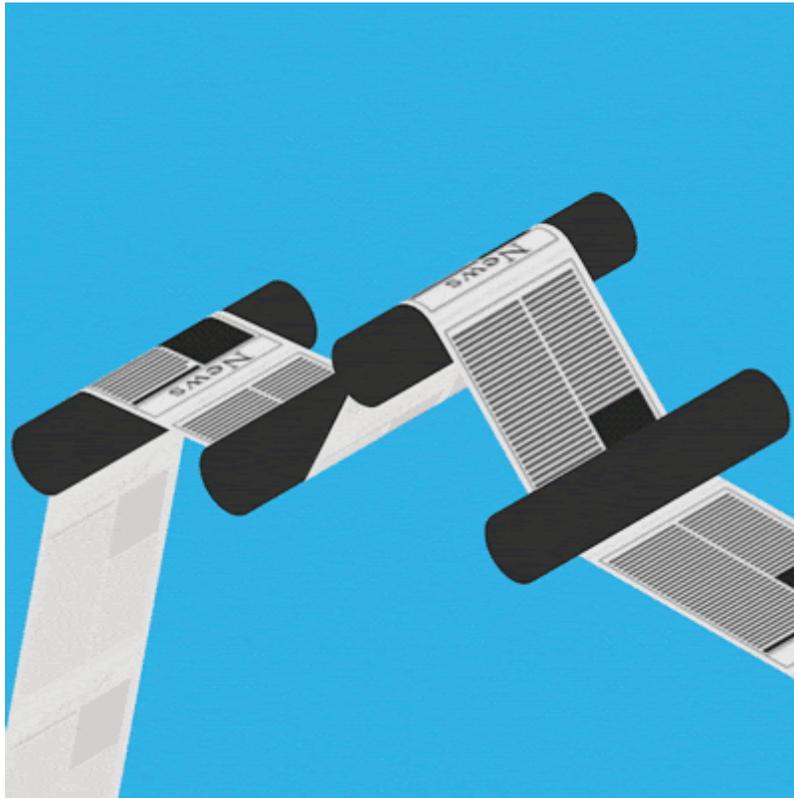
CAPITAL CITY
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 512-524-2709

**I Live Here
 I Give Here**
Amplify Austin
 [BIT.LY/AMPLIFYAUSTIN_CCv](https://bit.ly/amplifyaustin_ccv)

Meet us at La Mancha Thursday March 2 at 4:30 pm

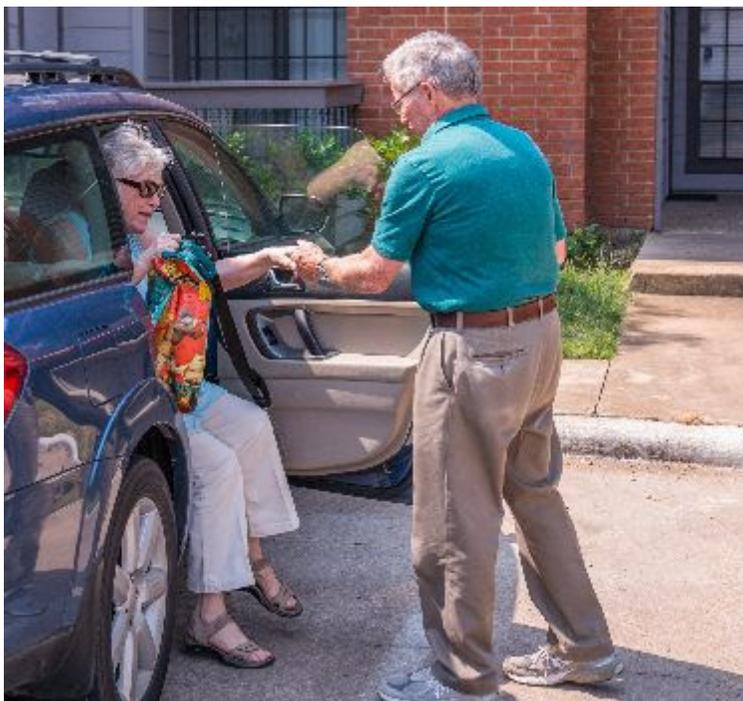
Amplify Austin is a citywide celebration of all our wonderful nonprofits. You can participate by rounding out the 24 hours of Amplify at CCV's Happy Hour at La Mancha Tex Mex Tavern, [2203 Hancock Dr.](#) [Join us for some fun!](#)

From the Office



The Newsletter Frequency is Changing

Starting this month, the newsletter will be sent once a month (rather than twice as has previously been done). You shouldn't miss any information though – all the events for the entire month will be included in the first-of-the-month newsletter. And should there be news during the month that we need to share, we'll get that to you in member emails or the occasional EBlast. [And in case your newsletter goes so far down your queue that you can't find it, know that you can always find copies of our newsletters here.](#)



Kathy and Tom

Volunteer Drivers Needed

We're Looking for Volunteer Drivers in these zip codes: 78704, 78717, 78723, 78739, 78741, and 78758. If you or someone you know is interested, please fill out our [Volunteer Interest Form](#) or call Johanna at (512) 524-2709.



New Law Will Help Older Americans Save for Retirement, Access Mental Health Care

[Here's some useful information from the National Council on Aging.](#)

From our Members



CCV Friends Ed and Arnie

Institute on Aging Friendship Line

From member Karen:

The [Institute on Aging Friendship Line](#) was very nice. They are a nonprofit group that's just there to listen and discuss things. Not counseling or referrals. I called yesterday and they would be very happy to have CCV pass on their number – (800) 971-0016. One call per day 24/7.



And here's a photo from member Rick of the frozen springs on Loop 360 from December.

In the Community



Ronald and Rose

The GIFT of Advance Care Planning Yarborough Branch – Austin Public Library February 11 and 18 at 10 am

AGE of Central Texas and Hospice Austin are offering a Valentine of peace-of-mind by hosting the free 2-part caregiver support seminar exploring “[The GIFT of Advance Care Planning: The GIFT Project](#)” on Saturday, February 11, and on Saturday, February 18. It is part of the on-going workshop series to help family members effectively care for an older adult. Both of the free events will be held from 10:00 am to 11:30 pm at the Yarborough Branch of the Austin Public Library, [2200 Hancock Drive, Austin, TX 78756](#).



Never think that you are too small to make a difference.

- Beatrice Forshal -



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!



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