

Mid-October 2019 Newsletter

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Office: 512-524-2709

Member Services: 512-468-5594

5th Annual Keep Aging Weird Luncheon is October 31!



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 Stacy Snodgrass and Paul and Kathy Spicer
- Carol Carl and Friends
- Rick Cloud and Dell Gully
- Dave and Barbara Gamble and Dan and Phyllis Waddle
- Mart and Sue Hoffman
- Ed, Kevin and Paul McHorse



Village Events



Photo by Rick Cloud

October Events

October Events

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

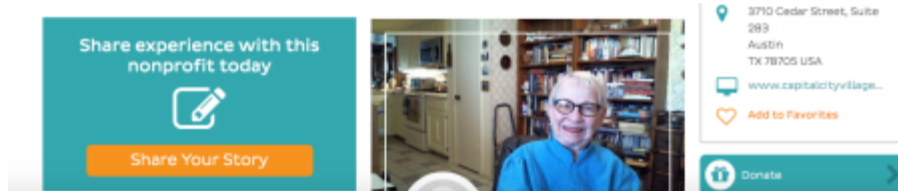
- Wednesday, Oct 16 - 12-1pm [Men's Lunch](#) at Andiamo Ristorante (NC). *See article below.*
- Thursday, Oct 17 - 11:30am-1pm [Lunch and Laughter](#) at Wheatsville S Lamar
- Friday, Oct 18 - 11am-12:30pm [Book Club](#) at a member home (NW). *See article below.*
- Tuesday, Oct 22 - 10am-12pm [Managing Mindfulness](#) at a member home (S)
- Wednesday, Oct 23 - 11:30am-1pm [Women's Lunch](#) at Andiamo Ristorante (NC). *See article below.*
- 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.*

Save the Date:

- Saturday, Nov 9 - 10:30am-1pm [Community First! Village Tour](#) (E). *See article below.*
- Sunday, Nov 17 - 2-4pm [The EYES of Texas - Cataracts and Macular Degeneration](#) at Belmont Village Senior Living (W). *See article below.*
- Wednesday, Nov 20 - 9:30-11am [Learn More About the Village](#) at a member home (NC). *See article below.*

Do You Have a Story to Share?

The screenshot shows the GreatNonprofits website interface. At the top, there's a navigation bar with 'GREATNONPROFITS', a search bar, and links for 'HOME', 'TOP-RATED NONPROFITS', 'FOR NONPROFITS', 'BLOG', 'WRITE A REVIEW', 'DONATE', 'SIGN UP', and 'LOG IN'. The main content area features the profile for 'Capital City Village', which includes a logo, a 'Share Your Story' button, and a 'Donate' button. Below the profile, there's a 'Nonprofit Overview' section with details about the organization's mission and programs. To the right, there's a 'Claim This Nonprofit' section with contact information for Capital City Village, including an EIN, email, and phone number. Social media icons for Facebook and Twitter are also visible.



We Have 7 - Can We Make it 10?

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.

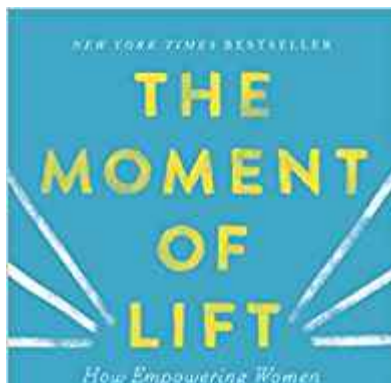
[Please write a review](#) of your experience with Capital City Village - we do appreciate it!

Interest Groups



[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.



Join the [CCV Book Club](#) at a member home Friday, October 18, 11:00am-12:30pm for potluck and the book of the month. October's book is *The Moment of Lift* by Melinda Gates, which is continued from September. [RSVP](#) and we'll send you the address. Bring



something for potluck and enjoy!

Women's Lunch

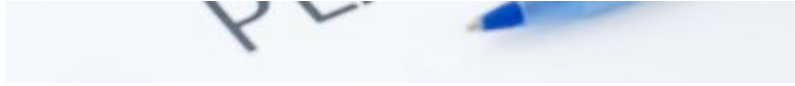


Join the [CCV Women](#) on the fourth Wednesday of each month for the Women's Lunch at 11:30am at Andiamo Ristorante, 2521 Rutland. This month's lunch, on Wednesday, October 23 will feature Mart Hoffman's Tales of the Appalachian Trail.

Lunch is \$22 cash. [RSVP here](#).

October is National Estate Planning Month





October is National Estate Planning Awareness Month — a perfect opportunity to begin creating your will or trust. Everyone should have an estate plan in place to protect what you worked so hard for and so you can document the legacy you wish to leave behind for your family, your friends, and the charities you love.

[AARP](#) is offering a [free estate planning kit](#) that walks you through the planning process step by step, answering your questions and providing insights. It's helpful on its own, or in preparation for meeting with an estate planning professional.

Already have a will or trust? Although a well-drawn will provides for certain changes, professionals still advise that you review yours every three to five years. Events that should prompt a review include changes in your family situation, moving to a new state, changes in the value of your estate, changes in tax law, and changes in your philanthropic goals.

If your legacy for the future includes helping Austin seniors age at home, please consider including [Capital City Village](#) in your estate plan.

Community First! Village Tour



Community First! Village is a 27-acre master planned community that provides affordable, permanent housing and a supportive community for the disabled, chronically homeless in Central Texas. A development of Mobile Loaves & Fishes, this residential program exists to love and serve our neighbors while also empowering the surrounding community into a lifestyle of service with the homeless. Join us for a get-acquainted tour. (Wear your walking shoes, as it is

a walking tour.)

[RSVP here](#) to let the organizers know you're coming. Meet to begin the tour in front of the market at 10:30am Saturday, November 9 at Community First! Village, 9301 Hog Eye Rd, Austin, TX, 78724.

The EYES of Texas - Cataracts and Macular Degeneration



Belmont Village Senior Living, 4310 Bee Cave Rd

Sunday, November 17, 2-4pm

Dr. Halsey "Happy" Settle will join us at Belmont Village Senior Living Sunday, November 17 from 2-4pm to share information on two of the most common eye problems of older adults - cataracts and macular degeneration.

Happy grew up in Corsicana, Texas and played football at Oklahoma State. After receiving his MD degree from UT Medical Branch, Galveston in 1971 while in the Navy Reserve he went on active duty as a Submarine Medical Officer from 1972-1976. After completion of his residency in San Diego he moved back to Corsicana to practice Ophthalmology from 1980 until moving his practice to Austin in 1999 where he continues to the present time. He enjoys traveling, jogging, playing golf and has been involved in the Travis County

traveling, jogging, playing golf and has been involved in the Travis County Medical society and the Texas Medical Association.

[RSVP here](#) for this informative program.

Keep Aging Weird Sponsor Feature



Austin Regional Clinic is a multispecialty medical group committed to providing comprehensive healthcare services throughout the greater Austin area. Founded by three physicians in 1980, ARC now provides health care to 500,000 area residents in 27 locations in 11 Central Texas cities, including both primary and specialty care. ARC is unique to the Central Texas area because of its widespread locations, convenient services and quality assurance programs. ARC patients enjoy access to such conveniences as same-day appointments, 24/7 online and phone appointment scheduling, ARC MyChart patient portal, After Hours Clinics, and nursing services through the night. Most ARC clinics also offer on-site radiology and lab services and some clinics offer specialty programs such as a travel clinic, ARC Healthiness, and Connected Senior Care Advantage, a Medicare Advantage plan option. For more information, visit www.austinregionalclinic.com

Save the Date - Learn More About the Village at an Informational Coffee





The Community Outreach Committee cordially invites those interested in learning more about the Village to an informational coffee on Wednesday, November 20, 9:30-11am in North Central Austin.

Bring a friend and learn more about volunteering and Capital City Village membership in a relaxed and convivial member's home.

[RSVP here](#) and we'll send you the address.

In the Community

We're coming to you

LIVE

SATURDAY
OCTOBER 19, 2019



Watch Little Big Things™ - Austin, TX
from *anywhere*.

LIVE BROADCAST | OCTOBER 19TH | 2:30 PM CST

WHEN

Saturday

October 19th, 2019

Broadcast from Austin, TX

starting at **2:30pm CST**

(12:30pm PT, 1:30pm MST, 3:30pm EST)

HOW TO JOIN

Registration for this live broadcast event is completely free and can be done in advance or on the day of the event. Attendees can choose to view the full day or join in at any time.

Join us for this digital day of presentations with innovators from around the world taking action to help people with Parkinson's live better today. The live broadcast begins Saturday, October 19th at 2:30 pm Central Time, but you may register to watch at any time before or during the event.

Please fill out the [registration form](#) to watch the live broadcast. Once you have completed the registration, you will be sent a confirmation email with a link to the viewing page so you may find it at any time.



Shalom Austin October Programs

October 23 - Way Back Wednesday Movie -The Strange Love of Martha Ivers. 11am. Join us for a brown bag lunch and movie. In 1928, young heiress Martha Ivers fails to run off with friend Sam Masterson and is involved in fatal events. Years later, Sam returns to find Martha the power behind Iverstown and married to "good boy" Walter O'Neil, now district attorney. At first, Sam is more interested in displaced blonde Toni Marachek than in his boyhood friends, but they draw him into a convoluted web of plotting and cross-purposes. Starring Barbara Stanwyck and Kirk Douglas. Runtime 116 min. JCC stage side

October 23 - Famous Jewish Artists in the Modern and Contemporary Era with Marion Werner. 7pm. The Visual Arts League of Shalom Austin is very pleased to sponsor a lecture, "Famous Jewish Artists in the Modern and Contemporary Era," that will cover some of the most familiar Jewish names in contemporary art: Marc Chagall, Mark Rothko, Helen Frankenthaler, George Segal and others. JCC Community Hall.

October 25 - Cafe' Au Lit Book Club. 11:30am. Unlike conventional book clubs where books are assigned, Cafe' Au Lit is a monthly discussion group where participants will each be given 5-10 minutes to discuss a book they have read or are reading now, and critique it. You are welcome to bring a brown bag lunch. JCC Room 150D.

October 26 – Leslie Brittman Literary Event - Author Deborah Gaal. 7:30pm. We are excited to share our first Literary Event of the season. Author Deborah Gaal will be discussing her book The Dream Stitcher. Please RSVP at <https://shalomaustin.org/literary> where you can also learn more about upcoming Literary Series events! The event will take place at Chez Zee.

October 28 - Simcha Readers Theater 10:00am. Have you wanted to try acting

October 29 - Simcha Readers Theater. 12:30pm. Have you wanted to try acting but feel anxious about memorizing a script, or want to be educated and involved in producing live theater? Then Simcha Readers' Theater is the place for you! Many actors in our group are seasoned performers, but some are not. We welcome you to put on the mask of comedy and tragedy with this non-memorizing, low pressure and nurturing group of thespians. Rehearse weekly and perform gratis readers' theater for children and adults in the community. This six-week course will culminate in a performance. JCC Room 150C.

Please direct any program questions and RSVPs to Annie Skelton at Annie.Skelton@shalomaustin.org.



Don't be a victim!

**The Medicare Fall Open Enrollment Period
is a prime time for fraud.**

**Join us to learn about the Senior Medicare Patrol and how to
protect yourself against Medicare *fraud, waste, and abuse.***

*Featuring Robyn Heid, MS
Healthy Connections Program Coordinator
At Family Eldercare*

*October 22, 2019
10:30 am—11:30 am
Alamo Recreation Center
2100 Alamo Street, Austin TX 78722*

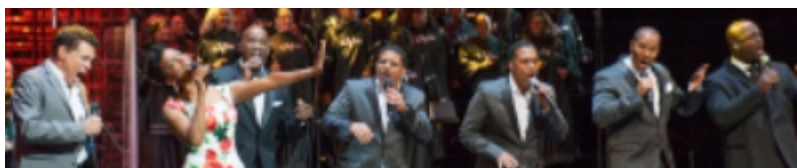


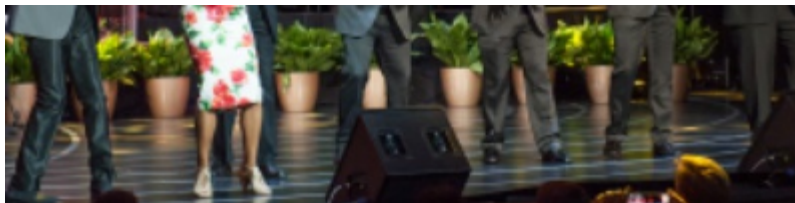
ATX AGING & INNOVATION SUMMIT

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.

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.



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

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