



Bonnie Gilson &lt;gilson.bonnie@gmail.com&gt;

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**It's the CCV Newsletter!**

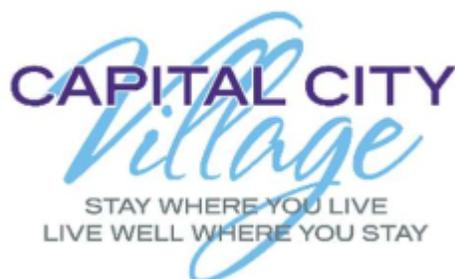
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**Capital City Village** <info@capitalcityvillage.org>  
Reply-To: Capital City Village <info@capitalcityvillage.org>  
To: Bonnie <gilson.bonnie@gmail.com>

Thu, Jun 1, 2023 at 10:03 AM

## From Your Board President, Mart Hoffman



We have had a rather pleasant May. The rains have brought us green lawns and trees and an explosion of flowers! Also, CCV has had a calendar full of fun and informative programs. For this note I have asked a grateful CCV Member and one of our new Board Members to comment on why the Village is important to them. I hope you find their comments useful...and possibly inspirational!

From Member Alyce Guynn



"Through the years, my daughter has given me a multitude of generous gifts—ranging from luxurious floral arrangements to invigorating (Shiny Ribs) concerts at the Paramount. One of those gifts in the category of “among the best” is my membership in Capital City Village. Hardly a day goes by that CCV is not on my gratitude list! Aging in place, as an octogenarian whose driving has been restricted and whose budget is limited, can get a bit complicated. The service of

getting me to and from medical (mostly) appointments has been crucial. Because I most often need a "go with" in addition to a drop off and pickup, Village Volunteers have been especially responsive. They provide a necessary service providing my rides, but that service doesn't stop with necessity. The volunteers that I have met through CCV have enriched my life in a myriad of ways. I feel that I have forged new and valuable friendships with interesting and caring people, relationships that I hope are long lasting. When preparing for a medical appointment, I not only feel that my practical needs are being met, I also look forward to sharing time with such kind and interesting people. We laugh a lot!"

From Board Member Lori Forgay



"My favorite part of volunteering for CCV is interacting with so many wonderful people from all walks of life. As someone who recently relocated to Austin, my association with CCV has helped me learn so much about the city in addition to making many new friends. Each experience enriches my life in ways I never imagined!"

Thanks to Alyce and Lori. Their comments emphasize why being involved in the Village is worthwhile! Their experiences illustrate what the original founders of the Village Movement in Beacon Hill, Boston, called their "Secret Sauce", meaningful relationships and community. If you haven't taken out a membership with CCV, or become a volunteer, give us a try. You might enjoy our own Secret Sauce!

## Featured Event



**CCV: Behind the Scenes of Hollywood Movies**  
**Harry Ransom Center, 300 W 21st St**  
**Tuesday, June 20 at 10 am**

Join CCV members, volunteer and friends for this exciting in-person tour of "Drawing the Motion Picture", limited to 12 attendees. No stairs are required but there is walking to get from the street to the Center and then through the exhibit space. There are fold-up stools available that can be carried along.

[Read more here - and RSVP](#) for this limited-attendance event.



Capital City Village Office: (512) 524-2709

June 1, 2023



**Events**



### Movie Group November 2022

Bill, Eileen, Carol Joan, Doug, Liby, Carl  
Annette, Vivian

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

- Thursday, June 1 at 9:30 am - [Virtual Coffee Hour](#)
- Thursday, June 1 at 4:30 pm - [Happy Hour](#) at La Mancha Tex Mex Tavern
- Wednesday, June 7 at 10 am - [Virtual Volunteer Orientation](#)
- Thursday, June 8 at 9:30 am - [Virtual Coffee Hour](#)
- Monday, June 12 at 6:45 pm - [Dominoes](#) at a member home
- Thursday, June 15 at 9:30 am - [Virtual Coffee Hour](#)
- Friday, June 16 at 11 am - [Virtual Book Club](#)
- Sunday, June 18 at 11 am - [Third Sunday](#) at Wheatsville S. Lamar
- Tuesday, June 20 at 10 am - [CCV: Behind the Scenes of Hollywood Movies](#)
- Wednesday, June 21 at 12 pm - [Third Wednesday Lunch](#) with Mart & Sue Hoffman
- Thursday, June 22 at 9:30 am - [Second Cup](#) at Central Market N. Lamar
- Tuesday, June 27 at 2 pm - [Examining White Privilege](#) (Virtual)
- Thursday, June 29 at 9:30 am - [Virtual Coffee Hour](#)

Save the Date:

- Saturday, September 23 at 7 am - [8th Annual CCV Golf Tournament](#)

## Interest Groups



**Third Wednesday Lunch  
with Mart & Sue Hoffman**  
Admin Bldg Tarrytown  
United Methodist Church  
2531 Exposition Blvd  
Wednesday, June 21 at Noon

This program 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**. It's a BYOL (bring your own lunch) event. *There is a limit of 15 in-person attendees.*

### "Early Adventures of Sue and Mart"

So, who knows what this dauntless pair were up to earlier-on in their storied careers? Were they leaping tall buildings in a single bound? Running faster than a speeding locomotive? Or simply floating down the Mississippi River with a group of troubled young folks? There's only one way to find out, and that's to attend our Third Wednesday Lunch.

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**New Virtual Interest  
Group**  
**Our Collections**  
Friday, June 9 at 2 pm

YOU...our fellow CCV members and volunteers are some of the most interesting people we know and conversations with YOU are the most interesting opportunities. The "things" we save often reflect stories about our history, our travels, our hobbies and more. This new CCV series, "[Our Collections](#)", will give us opportunities to share those stories and hopefully spark comments and connections among participants.

[Read more about this exciting new group and RSVP here.](#)

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## Second Cup Thursday, June 22 at 9:30 am

Join us for Second Cup at Central Market on N. Lamar-2nd floor above the cafe. Elevator access available. If you need a ride, [indicate that on your RSVP](#).

## Virtual Coffees 1st, 2nd and 3rd Thursdays at 9:30 am

[Join the Villagers](#) for our weekly virtual coffee hour every Thursday at 9:30 am (except the fourth Thursday). Bring your own coffee, snacks, and a good story or two.



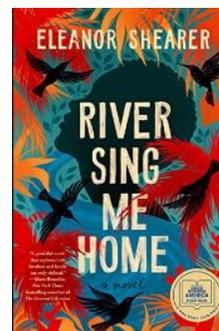
## Happy Hour Thursday, June 1 at 4:30 pm

[Join us](#) at 4:30 pm on the first Thursday of each month at La Mancha Tex Mex Tavern on Hancock across from the Yarborough Library.



## Examining White Privilege Resumes on Zoom Tuesday, June 27 at 2 pm

[Join us for a monthly meeting](#) exploring White privilege and racism. Some of the things we will talk about are books/articles we have read, upcoming events related to the topic, any relevant experiences we have had, opportunities to be involved, and anything else related.



## Virtual Book Club Friday, June 16 at 11 am

Join the [Book Club](#) online. Bring your own lunch and join with others to review this month's book, which is "River Sing Me Home" by Eleanor Shearer.



## Third Sunday Sunday, June 18 at 11 am

A small "buddy" group of South Austin folks get together the 3rd Sunday of the month at Wheatsville Coop South Lamar. This is a pleasant and quiet Sunday morning location with easy parking and a variety of food options.



## Dominoes Monday, June 12 at 6:45 pm

The group gathers at a member home, so [RSVP and we will send you the address.](#) We usually play Mexican Train so no skills necessary.



## In Memory

Lee Ellis Weber Jr. (October 26, 1930 – February 25, 2023). Lee Ellis Weber Jr., age 92, of Austin, Texas passed away on Saturday, February 25, 2023.

Fond memories and expressions of sympathy may be shared at [www.neptunesociety.com/location/austin-cremation](http://www.neptunesociety.com/location/austin-cremation) for the Weber family.

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Louis Maynard Landa Jr., 97 of Austin passed away on May 18, 2023. Services are in the care of [Callaway-Jones Funeral and Cremation Centers](#) of Bryan College Station.

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**Dan at the Botanical Gardens, November 2018**

Thanks to Michele Aynesworth for this obituary:

Dan Aynesworth (8/19/1940 – 5/6/2023) was born in Longview, Texas. He grew to love literature, philosophy, history, languages, and travel. For many years he taught courses in French and the Humanities, first at A&M, later at the University of Texas in Austin. For several years, Dan hosted a Philosophical Discussion group. He will be remembered for the way he would wrap up a discussion with pithy closing remarks.

A few years ago, Dan and Michele joined Capital City Village. Dan was very grateful for their support and friendship.

A simple online memorial “In Loving Memory of Dan Aynesworth” may be viewed at <https://www.kudoboard.com/boards/Me7SEZYo>.

**Welcome Returning Members**



Welcome back to Gretchen S (78746) and Elaine W (78757).

## From the Office CCV is Hiring!

### **PROGRAMS AND MEDIA COORDINATOR** PART-TIME/ 20 HOURS PER WEEK

Capital City Village helps older Austin residents to remain in their homes with a supportive network of enriching services, informative programs and caring relationships. Through a broad range of member benefits provided by volunteers and preferred professional service providers, we help Austin neighbors to age safely in their homes. CCV programs and events aim to lessen social isolation and prepare all of us for the challenges aging brings.

This position involves program coordination including some in-person attendance as well as newsletter development and website maintenance, among other duties assigned by the Executive Director.

Send resume and statement of interest to [johanna@capitalcityvillage.org](mailto:johanna@capitalcityvillage.org). If you have any questions, contact Johanna by call or text, 512-524-2709. Position is open until filled.

## Member and Volunteer Birthdays



If you see any of these members or volunteers in June, wish them happy birthday!

- Max S
- Karen A
- Annelle H
- Ed L
- Connie H
- Mah J
- Mickey S

### In the Community



**Medicare Fraud Prevention Week is June 5-11**

The most effective way to stop Medicare fraud from occurring is to prevent it from happening in the first place. Learning how to prevent it and then sharing what you learn with others is how the whole community can participate in this week!

Start the week by learning how to read your Medicare statements! Read your Medicare Summary Notice (MSN) or Explanation of Benefits (EOB) in the paper form that is mailed to you or go online to Medicare.gov and review claims digitally.

Remember these three steps:

- **Prevent:** Learn how to read your MSN by watching this video, [How to Read Your Medicare Summary Notice \(MSN\)](#).
- **Detect:** When reviewing your MSN or EOB, look for services, products, or equipment you didn't receive, double charges, or items your doctor didn't order. Call your doctor or insurance company if you have questions.
- **Report:** Call 1 (800) MEDICARE to report fraud.

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# Aging Answers Podcast

**The First Wednesday of Each Month  
11:30 am via Zoom**

**<https://TinyURL.com/AgingAnswersPodcast>**

Join AGE of Central Texas on Wednesday, June 7 at 11:30 am for the monthly "Aging Answers" video podcast. Our guest this month will be Richard Bondi from [Rainbow Connections ATX](#) -- a program of [Family Eldercare](#) -- to discuss how language affects LGBTQ+ older adults.

Join us live via Zoom:

<http://www.TinyURL.com/AgingAnswersPodcast> or call in: +1 (346) 248-7799 with Webinar ID: 867 8716 7016.

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**There is no such thing as creative and non-creative people, only people who use their creativity and people who don't.**

**- Brene Brown -**



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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