

# Mid-January 2020 Newsletter

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Office: 512-524-2709

Member Services: 512-468-5594



## **Bring a Friend to a Village Event!**

The number-one way that Capital City Village gets new members is by member referral. Join us at one of our many [events](#) and bring a friend!

## **And Bring Yourself to the Annual Member**

## Meeting

2-4pm at Tarrytown United Methodist Church Fellowship Hall,  
2601 Exposition Blvd.

Members - it's YOUR Village! Come to the Annual Meeting to hear the "State of the Village" and to add your voice to the Village's direction going forward. There will be both good information and musical entertainment. Come on out! And please RSVP so we'll know to expect you.



Photo by Tom Knutsen

## Village Events





**Photo by Tom Knutsen**

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

- Thursday, Jan 16 - 11am-12pm [Lunch & Laughter](#) at Panera Bread W. Wm Cannon (S)
- Friday, Jan 17 - 11am-12:30pm [Book Club](#) at a new location this month. RSVP for address. (NW) *See interest group article.*
- Monday, Jan 20 - [Office closed](#) for MLK Holiday
- Tuesday, Jan 21 - 3:15-7pm [Movie Group](#) at Regal Gateway Stonelake (NW). *See interest group article.*
- Wednesday, Jan 22 - 11:30am-12:30pm [Women's Lunch](#) at Andiamo Ristorante (NC). *See interest group article.*
- Thursday, Jan 23 - 9:30-10:30am [Coffee, Caffeine and Conversation](#) at LaMadeleine Mueller (E). *See interest group article.*

**Save the Date:**

- Monday, Feb 24 - [Annual Member Meeting](#) - 2-4pm at Tarrytown United Methodist Church (W. Central)
- Thursday-Friday, Mar 5-6 - 6:30pm-6:30pm [Amplify Austin 2020](#)



Welcome to new member Dorian R (78737)!

**It's 2020! Have You Resolved to Make a Difference?**





- Do you have influence at your local school or in your neighborhood association/HOA?
- Are you part of a community outreach/special interest group?
- Do you attend a church group?

Our best advocates are the amazing volunteers we already have! Please consider asking local groups in your area for opportunities to recruit such as: fair booth rentals, newspaper articles, school events, group volunteer opportunities, invite as a guest to group gatherings, etc. And will you invite potential volunteers to one of the volunteer orientations listed below? Please contact Johanna with Member Services at 512-468-5594 or [johanna@capitalcityvillage.org](mailto:johanna@capitalcityvillage.org) with any questions or contacts you may already have who would enjoy volunteering for our Village! (or just ask them to RSVP for the date of their choice on one of the links provided below)

## Two Volunteer Orientations Scheduled for January

For those who are ready to make that commitment in 2020, we have a couple of volunteer orientations scheduled. Pick one and sign up! They are [Tuesday, January 28 10 a.m. to 12:30 p.m.](#) or [Wednesday, January 29 noon to 2:30 p.m.](#)

## Interest Group News





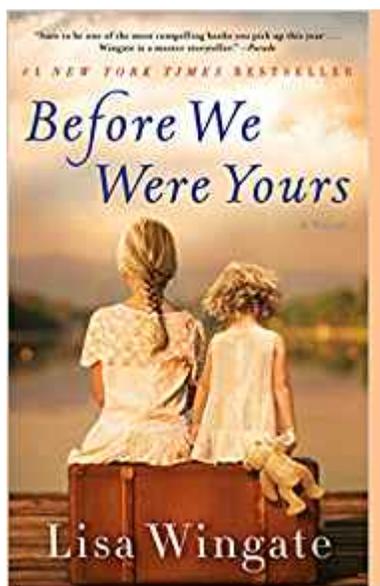
## Coffee, Caffeine and Conversation

Thursday, January 23, 9:30-10:30am

This month [CCC](#) will meet at LaMadeleine at Mueller, 1201 Barbara Jordan Blvd, Bldg 11, Ste 100. No RSVP is ever required. Just stop in for coffee, snacks and conversation.

## Book Club is at a New Location This Month, Friday, January 17 at 11am

The book will be "Before We Were Yours" by Lisa Wingate. Bring something for potluck and stay for great conversation! [RSVP](#) and we'll send you the address.



## Movie Group Meets Tuesday, January 21 for "1917" and Happy Hour

Join the Capital City Village [Movie Group](#) Tuesday, January 21 for the movie "1917".

Theatre: Regal Gateway on Stonelake.  
Time: Meet at ticket booth at 3:15 for the 3:25 movie. If you want to be seated with the group, it is best to purchase tickets at the same time since there is now assigned seating.

Also, after the movie let's plan on going across the street to [Baby Acapulco Restaurant](#). They'll have Happy Hour specials from 2 to 7 pm.

## Women's Lunch Features Henry McCown

Join the CCV women for lunch and a program the fourth Wednesday of each month at 11:30am at Andiamo Ristorante.

On Wednesday, January 22 Henry McCown will present "Eating, Drinking and Hiking through Munich and the Algau with Family and Friends". Please [RSVP](#) to let us know you're attending. Lunch is \$22 cash.





## In the Community



*Come sing with us!*

Join us this spring on Monday mornings  
from 10:15am-Noon beginning January 27th  
at St. Matthew's Episcopal Church – Huffman Hall.

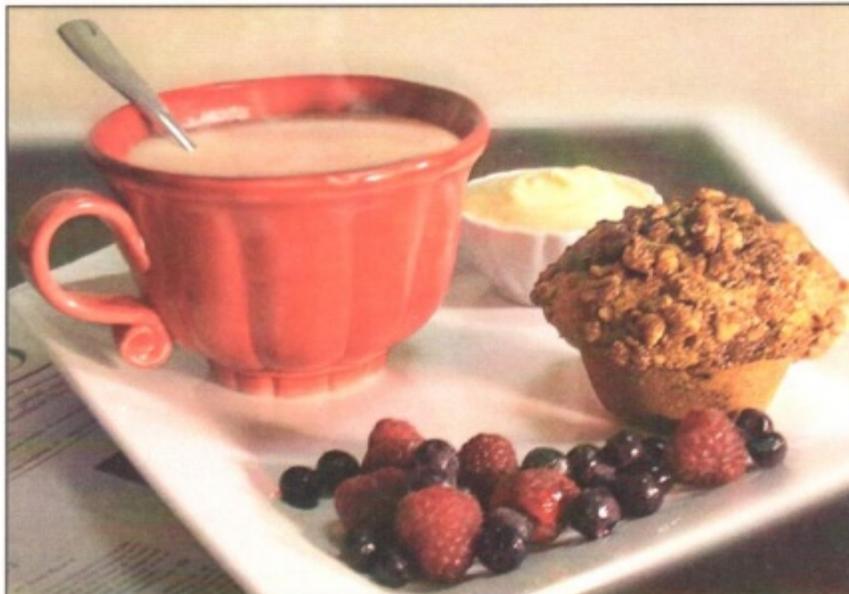
***No singing experience necessary.  
This is fun for all!***

 To register, please email **Edie** and/or **Susie**  
at [musicmemoriesaustin@gmail.com](mailto:musicmemoriesaustin@gmail.com)  
or visit us online at [musicmemoriesaustin.com](http://musicmemoriesaustin.com).



**Love Notes Chorus** is Austin's first choir specially designed to provide both those living with a diagnosis of early stage memory loss and their care partners with an opportunity to share the joy of music in a friendly, community setting. All are welcome, whether living at home or in senior housing.

**Love Notes Chorus** also recruits volunteers to sing and/or assist with rehearsals and performances.



Join AGE of Central Texas for

# Breakfast with AGE

Quarterly on the 2nd Tuesday of the Month

8:30 am - 9:30 am at The AGE Building

3710 Cedar Street @ 38th Street, Austin, TX 78705

Enjoy a complimentary Continental breakfast while you learn about how AGE of Central Texas is serving the community with programs, resources, and educational opportunities for both senior adults and caregivers.



## Upcoming Dates:

- January 21, 2020
- July 14, 2020
- April 14, 2020
- October 13, 2020

**RSVP to Rob Faubion,  
Director of Marketing & Communications**

Email: [rfaubion@ageofcentraltx.org](mailto:rfaubion@ageofcentraltx.org)

Phone: (512) 600-9277

## Useful Information

Worried about your memory? Some have found this to be a useful tool, and so we're including it as a possible resource. The [Self-Administered Gerocognitive Exam \(SAGE\)](#) was developed at the Wexford Medical Center at Ohio State University. It's designed to be taken and then shared with your personal physician for evaluation.

## Caregiver Resources

# Free Caregiver Seminar



## Meaningful Activities for Persons with Dementia

AGE of Central Texas caregiving and dementia experts Naomi Dalsbo and K.C. Lawrence will explore activities that caregivers and care recipients can do together.

**Saturday, January 18, 2020**

AGE of Central Texas will host the free caregiver support seminar exploring “Meaningful Activities for Persons with Dementia” on Saturday, January 18, 2020. Part of the ongoing workshop series to help family members effectively care for an older adult, the free seminar will be held from 10:00 a.m. to 12:00 p.m. at Onion Creek Senior Center, located at 420 Barton Crossing in Buda.

AGE of Central Texas caregiving and dementia experts Naomi Dalsbo and K.C. Lawrence will explore activities that caregivers and care recipients can do together, with an emphasis on stimulating activities for persons with dementia. Naomi serves as the Activities Director for the Williamson County Thrive Social & Wellness Center, and K.C. is the Program Director for the Memory Connections early memory loss support program.

[Registration](#) for the conference is free, but space is limited. Participants can register by calling (512) 600-9275, or [online](#).

## **GPS** A ROAD MAP FOR **CARING FOR** **AGING FAMILY MEMBERS**

Responsible for the care of a family member living with Alzheimer's, dementia, Parkinson's, or any other debilitating disease? Then this event is for you! Whether they're living at home, in a facility, or far away, the journey can be daunting and the responsibility overwhelming.

[Join us on February 29, 2020](#), to hear from experts and visit with a range of local providers across the care spectrum. Featuring Keynote speakers Karen Stobbe and Mondy Carter of North Carolina presenting on transforming relationships with those living with dementia through improvisation performance and role-playing. Attendees will also have the option to choose two of three breakout sessions.

There is no fee to attend. Breakfast and lunch are provided. [Reserve your free spot here](#).

## BREAKOUT SESSIONS

Cyndi Cummings: Founder, Austin Senior Resource Alliance

"Family Matters - Critical Conversations Near and Far"

Learn tools for effective family communication when disagreements or distance presents additional challenges.

Help with finding resources for long-distance caregiving will also be provided.

Hospice Austin

"The GIFT Project: Giving Instructions for Tomorrow"

Learn how to:

- \*Identify your preferences, if there comes a time when you cannot speak for yourself
- \*Decide how to choose a medical power of attorney
- \*Discuss wishes with loved ones and medical providers
- \*Complete advance directives

Carlye Levine, LCSW-S, C-ASWCM: Founder, Austin Vitality Counseling

"Is Aging in Place an Option? Red Flags and Next Steps"

What are indicators that more help is needed or a change is in the offing?

Carlye will walk us through what to look for and how to determine the best solutions for aging in place or facility placement.

Saturday, February 29, 2020, 8:30 am - 2:30 pm, Riverbend Church

- Community Center. [Click here for campus map!](#)

This event will sell out. Presented by Alzheimer's Texas and Riverbend Church.



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**Our mailing address is:**

3710 Cedar St, Suite 283, Austin, TX 78705

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