

February 2020 Newsletter

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Office: 512-524-2709

Member Services: 512-468-5594



Annual Member Business Meeting is Monday, February 24 at 2pm

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

Members and Volunteers - 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.

Village Events



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

- Tuesday, Feb 4 - 9:30-10:30am [Coffee Klatch](#) at Austin Java Manchaca
- Thursday, Feb 6 - 10am-12:30pm [Volunteer Orientation](#) at AGE Building (C)
- Thursday, Feb 6 - 4:30-6:30pm [Happy Hour](#) at LaMancha TexMex (NC)
- Monday, Feb 10 - 6:45-9pm [Dominoes](#) at a member home (NW)
- Tuesday, Feb 11 - 10am-12pm [Managing Mindfulness](#) at a member home (S)
- Thursday, Feb 13 - 9:30-10:30am [2nd Cup](#) at Central Market N. Lamar
- Monday, Feb 17 - [Office Closed](#) for President's Day
- Monday, Feb 17 - [Movie Group](#) - watch our Events page for details
- Wednesday, Feb 19 - [Men's Lunch](#) at Andiamo Ristorante (NC)
- Thursday, Feb 20 - 11am-12pm [Lunch & Laughter](#) at Panera Bread W. Wm Cannon (S)
- Friday, Feb 21 - 11am-12:30pm [Book Club](#) at a member home (NW)
- Monday, Feb 24 - 2-4pm [Annual Member Business Meeting](#) at Tarrytown United Methodist Church (WC)
- Wednesday, Feb 26 - 11:30am-12:30pm [Women's Lunch](#) at Andiamo Ristorante (NC)
- Thursday, Feb 27 - 9:30-10:30am [Coffee, Caffeine and Conversation](#) at TBD

Save the Date:

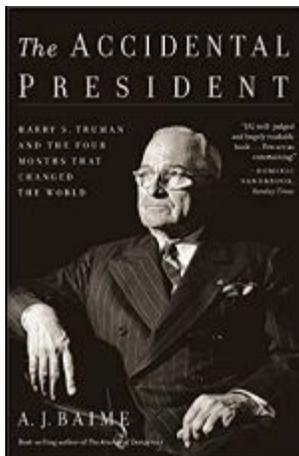
- Thursday-Friday, Mar 5-6 - 6:30pm-6:30pm [Amplify Austin 2020](#)





Welcome to new member Belle H (78748)!

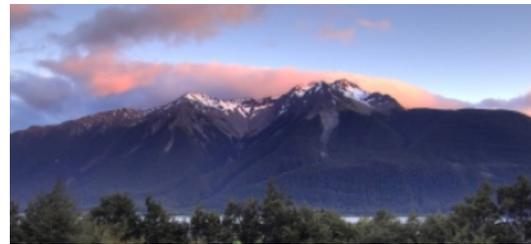
Interest Group News



**Book Club Will be Back
at the Usual Location
This Month, Friday,
February 21 at 11am**

Thanks to all who attended in January!
We had a lively conversation regarding
January's book: "Before We Were Yours,"
by Lisa Wingate.

Book titles for future meetings are:



**Men's Lunch Features
"New Zealand, North
and South Islands -
Culture, Scenery and
Geology" by Jerry
Dykstra**

Join the CCV men for lunch and this
informative program Wednesday,
February 19 at noon. The food is great at
Andiamo Ristorante, 2521 Rutland, where
the program is held. Lunch is \$22 - please
RSVP to let the organizer know you'll be
there.



February: (chosen in November) "The Accidental President," by A.J. Baime
March: "The Only Woman in the Room," by Marie Benedict
April: "A Woman of No Importance," by Sonia Purnell
May: "A Better Man," by Louise Penney
June: "Upstairs at the White House," by J.B. West, Mary Lynn Kotz



Join the group for pot luck and great conversation Friday, February 21 at 11am. [RSVP and we'll send you the address.](#)

Share the Love - Volunteer!



Are you feeling grateful for the love in your life this Valentine's month? Or looking for ways to share the love? Volunteer with Capital City Village to help Austin seniors age well at home and in community. We have a [volunteer orientation](#) scheduled just for you on Thursday, February 6, 10:00am-12:30pm at the AGE Building, St. David's Conference

Room, 3710 Cedar St. [RSVP](#) so we can have enough chocolate for you!

Tech Training



3710 Cedar Street
512-524-8519
Email: aclicsenior@gmail.com
Website: www.agecomputer.org

Upcoming February 2020 Class

REGISTER ONLINE (Classes will be cancelled **48 hours** ahead if not enough enrollees.)

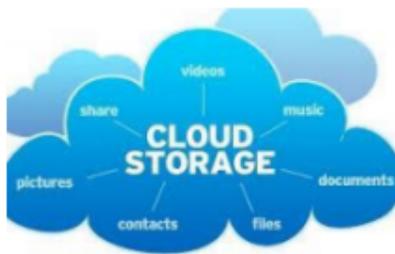
Cloud Storage

Cloud Storage and Backup

Wednesday, February 12, 1:00 – 3:00 – \$25)

There are many benefits to storing your data in the cloud, such as availability, security, reliability and, perhaps most important, ease of management. The big tech companies all provide some form of general purpose cloud storage: Apple iCloud, Google Drive, Dropbox, Microsoft OneDrive, and Amazon Drive.

In this class, we'll provide an introduction to the various types of cloud storage, discuss the highlights of the most popular providers, and discuss the best practices of when to use what service.



Interesting Research





Is There a Medical Cure for Loneliness?

Thanks to AARP for this article.

Genomics Researcher Steve Cole had never really thought much about loneliness and the pain it causes until he looked into a molecular microscope at a small sample of white blood cells. What he saw there changed his life.

The sample was one of several that had been taken from a handful of very lonely men and women, and Cole's observations were startling: In each of the samples, the blood cells appeared to be in a state of high alert, responding the way they would to a bacterial infection. It was as though the subjects were under mortal assault by a disease — the disease of loneliness.

Read the rest of the article here: [AARP Article](#).

In the Community



SHALOM
AUSTIN

Join Shalom Austin for February Programs:

February 4 - Shalom Austin Literary Series featuring Rebecca Erbelding at 7:00 pm. In partnership with Temple Beth Shalom, Shalom Austin is happy to

pm. In partnership with Temple Beth Shalom, Shalom Austin is happy to present Author Rebecca Erbelding, *Rescue Board: The Untold Story of America's Efforts to Save the Jews of Europe*. In this remarkable work of historical reclamation, Holocaust historian Rebecca Erbelding pieces together years of research and newly uncovered archival materials to tell the dramatic story of America's little-known efforts to save the Jews of Europe. Event at Temple Beth Shalom

February 6 - A Matter of Balance at 10:00 am. Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an 8-week class that is designed to manage falls and increase activity levels through practical strategies that will work for you! Free to attend. Space is limited. RSVP required. Meets in room 150C. Class dates: 2/6; 2/13; 2/20; 2/27; 3/5; 3/12; 3/19; 3/26

February 11 - Zentangles 12:30 pm.

Are you a doodler? You can turn your doodling into lovely art pieces using easy-to-learn Zentangle techniques of semi-structured patterns or tangles. You can do this with minimal supplies: a fine point marker and paper. Taught by local artist, Martha Kull. Fee: \$18. Proceeds will be used to help support the Shalom Austin JGallery exhibitions. The class will be limited to 20 adult attendees, so RSVP required.

February 16 - Monthly Film Series with AJFF at 3:00pm. The Austin Jewish Film Festival in conjunction with Shalom Austin is pleased to present this month's film. This month's screening will take place at Congregation Agudas Achim. The film is "Sefarad". This sumptuous and absorbing historical drama recounts the story of the Jews in Portugal since 1496, when King Manuel I prohibited Judaism. Tickets are \$12 each and are available at AJFF.org.

February 28 - Café Au Lit Book Club at 11:30am. Unlike conventional book clubs where books are assigned, Café Au Lit is a monthly discussion group of adults who will each be given 5-10 minutes to discuss a book they have read or are reading now and critique it. Books can be any type. You are welcome to bring a brown bag lunch. Will meet in JCC Room 150D.

Please direct any program questions and RSVPs to Annie Skelton, Program Coordinator, at Annie.Skelton@shalomaustin.org or 512-735-8088.

Caregiver Resources

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"

to Aging in Place an Option: Next Page 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.



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

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