

Mid-November 2018 Newsletter

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Photos by Elkk Photography

We are Thankful for YOU!

Capital City Village wrapped up our fourth annual Keep Aging Weird fundraiser on November 1. There were around 140 supporters in attendance and we exceeded our goals with events like Paddles Up led by auctioneer TiWanna Kenney and a raffle including trips, dining, art and more. Jim Spencer was with us again as the always-engaging MC, and Dr. Raj Raghunathan delivered an encouraging address on staying happy.



Why do we raise funds, you may ask, when we are a membership organization. Yes, members do pay fees (it's like a co-op where we're all "owners"). But because many have situations where paying the full fee would be prohibitive, 35% of our memberships are on a sliding scale. This annual fundraiser, plus other events like our recent Golf Tournament and Amplify Austin, make it possible to serve any senior in Austin who wants to be a part of the Village. The Village really does represent the best of people helping people to age successfully at home and in community.

We are thankful for our 60 volunteers, for this is truly a volunteer-driven organization. They drive members to appointments and events, help out at home and with technology, plan events and literally run the Village through committee membership.

And then may we say we couldn't do this without our sponsors.

<p><u>2018 Sponsors:</u></p> <p>Dick & Sara Rathgeber</p> <p> Fidelity INVESTMENTS</p> <p> WELLMED CHARITABLE FOUNDATION</p> <p> BELMONT Village</p>	<p>Tom & Kay McHorse</p> <p>Anonymous Donor</p> <p> PEOPLESRx <small>Austin's Favorite Pharmacy</small></p> <p><u>Table Sponsors:</u></p> <p>Rick Cloud & Dell Gully</p> <p>David & Barbara Gamble and</p> <p>Dan & Phyllis Waddle</p> <p>Mart & Sue Hoffman</p>	<p> METRO</p> <p> AARP Real Possibilities in</p> <p>Texas</p> <p> Be Well MD <small>Your Doctor Your Schedule Your Place</small></p>
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We are thankful for all of you!



Photo by Elkk Photography

November Events at a Glance

Check out our new and improved [Events](#) listing on our new [website](#)! You can RSVP for any of our events online now.

Just click the name of the event below and you'll go to more information and be able to RSVP.

- Friday, Nov 16, 11am-12:30pm - [Book Group](#) at a member home ("Still Life" by Louise Penny)
- Tuesday, Nov 27 - 10am-12pm - [Managing Mindfulness](#) at a member home (South)
- Wednesday, Nov 28 - 11:30am-1pm - [Women's Lunch](#) at Andiamo Ristorante (N Central). *See article below.*
- Thursday, Nov 29 - 9:30-10:30am - [Coffee, Caffeine and Conversation](#) at Kick Butt Cafe' (North Central)

Save the Date:

- Sunday, Dec 9 - 3-5pm - [Village Holiday Party](#) at Zax, 312 Barton Springs Rd (South)

Holiday Notices:

- The CCV Office will be closed Thursday-Friday, November 22-23 for Thanksgiving and Monday-Tuesday, December 24-25 for Christmas.

Cancellations:

- Men's Lunch is cancelled due to Thanksgiving; will return December 19.

[View All CCV Events and Details, and RSVP!](#)



ATX Aging & Innovation Summit 2018

Wednesday, November 28, 2018

8:30 a.m. - 5 p.m.

[Sonesta Bee Cave Austin Hotel](#)

12525 Bee Cave Parkway

Austin, TX 78738

[Tickets: \\$95 \(includes lunch and parking\).](#)

With more than 150 attendees, it was standing room only at the [first ATX Aging & Innovation Summit](#), presented in May 2017 by AustinUP and Dell Medical School at the University of Texas. We expect another sell-out audience at this year's event, which will include announcements from the University of Texas at Austin and the City of Austin regarding exciting new developments that will affect the future of aging in our community.

Also this year, we're creating programming that will allow for more interaction among attendees. Our goal is to provide a creative space so that people with different talents and perspectives on aging can come together to help put Austin on the map in the emerging field of aging/longevity innovation. Our panelists will represent community need, research, business opportunity and investment – and we'll focus on aspects of healthy aging that are vital to successful "Aging in Community":

1. Safety and Support at Home and in the Community
2. Social Interaction and Participation
3. Health and Wellness

And while you're there, please visit us at the Capital City Village table!

[Register today!](#) We look forward to seeing you November 28th at the 2018 Aging & Innovation Summit!



**Women's Lunch Features CCV Member and
Anthropologist Megan Diehl**

Anthropologist Megan Biesele

Our next lunch meeting will take place on Wednesday, November 28 at 11:30am at Andiamo Ristorante, 2521 Rutland Blvd (at Burnet Road). There's a treat in store: New CCV member Megan Biesele will share her presentation on "Cultural Heritage of our Ancestors: The Click-Speaking African San."

Megan is a cultural anthropologist and activist on behalf of indigenous peoples. A lifelong Austinite, she has studied and worked in Botswana and Namibia off and on over the course of 48 years. Her time in Africa has been spent with the Jul'hoan San, whose forebears are said by the Human Genome Project to be mankind's very oldest ancestors. Both her research and her activist work have centered on cultural heritage documentation and maintenance of the Jul'hoan language through recording, transcription, translation, publication, and literacy projects.

This isn't your ordinary travelogue ladies! If you've never heard of click-speaking peoples, then come join us and plan to be fascinated and broaden your horizons!

And please [RSVP](#) if you plan to attend.



You Can Shop and Help the Village Too!

We've heard there will be free shipping from Amazon through the holiday season! If you're shopping on Amazon, please use Amazon Smile to benefit Capital City Village. Just sign in at <https://smile.amazon.com> and designate Capital City Village as your charity. Thanks!



AGE of Central Texas Offering Free “Holiday Stress Reduction for Caregivers” Support Seminar on December 1st in Austin

AGE of Central Texas will host the free [“Holiday Stress Reduction for Caregivers”](#) support seminar on Saturday, December 1st, with clinical psychologist and expert on caregiving and chronic illness, Dr. David Zuniga. Part of the ongoing workshop series to help family members effectively care for an older loved one, the free seminar will be held from 10:00am to Noon at The AGE Building, 3710 Cedar Street.

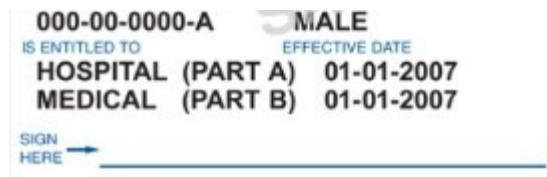
Caregivers play the most pivotal role in the lives of the persons they care for, but they often prioritize others' needs above their own. This is even more true during the holiday season, when there is extra pressure to make sure everything is “just right.” Research shows, however, that incorporating mindfulness-based practices into daily routines reduces stress and helps persons feel more emotionally balanced. Dr. Zuniga will sample some of these mindfulness-based practices in this hands-on, practical, experimental workshop.

Registration for the caregiver seminar is free, but space is limited. Participants can register by calling (512) 600-9275, or online at www.TinyURL.com/AGEdecember2018.

Free senior adult respite will also be available during the seminar at AGE's Austin Adult Day Health Center, and can be reserved by calling (512) 600-9275 by November 28th. For more information on the programs and resources provided by AGE of Central Texas, visit www.AGEofCentralTX.org or call (512) 451-4611.

Medicare Information





The 2019 Medicare Open Enrollment period is October 15 to December 7, 2018.

1. If you are enrolled in a Medicare Supplement plan, the annual Medicare Open Enrollment period will not apply to you and will not require you to act or make changes to your plan.
2. The Medicare Open Enrollment Period will apply if you are enrolled in Medicare Advantage or Prescription Drug Plan. However, if you are satisfied with your plan, you can remain in that plan without taking any additional action during the open enrollment period.
3. It is recommended that you annually review your Medicare plan and benefits.

What to Consider When Reviewing Coverage:

Possible changes to your health, prescription medications, pharmacy choice, or doctor and provider network should be considered. Completing this review can help you decide if your current Medicare plan is still the best fit for you. Go to www.medicare.gov for more information. And if you want even more information, go to the free seminar shown in the next article.



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

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