

February 2018 Newsletter

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For Such a Short Month, We've Packed a Lot In!

You might not think the Village would have a lot going on in February, but oh wow, check it out! There are opportunities to learn, to give, to participate and to just hang out with old and new friends.

- Saturday, Feb 2 - 10:30am-12pm - [Community First! Village Tour](#) (East). *See article below.*
- Tuesday, Feb 5 - 9:30-10:30am - [Coffee Klatch](#) at Wheatsville S. Lamar
- Thursday, Feb 7 - 4:30-6:30pm - [Happy Hour](#) at LaMancha TexMex (N. Central)
- (FULL) Sunday, Feb 10 - 2-4pm - [iPhone Basics](#) with Rick Cloud (Central). *See article below.*
- Monday, Feb 11 - 6:45-9pm - [Dominos](#) at a member home (NW)

- Monday, Feb 11 - 9:45-10pm - [Communes](#) at a member home (NW)
- Tuesday, Feb 12 - 10am-12pm - [ShortTakes](#) at Twin Oaks Library (S. Central). *See article below.*
- Wednesday, Feb 13 - 1:50-3:30pm - [Movie Group](#) at Regal Arbor 8 at Great Hills (NW)
- Thursday, Feb 14 - 9:30-10:30am - [Valentine's Day with 2nd Cup](#) at Central Market N. Lamar
- Friday, Feb 15 - 11am-12:30pm - [Book Club](#) at a member home (NW)
- Wednesday, Feb 20 - 12-1pm - [Men's Lunch](#) at Andiamo Ristorante (N. Central). *See article below.*
- Thursday, Feb 21 - 11:30am-1pm - [Lunch & Laughter](#) at Wheatsville S. Lamar
- Thursday, Feb 21 - 2:30-4:00pm - [Member Business Meeting](#) at Covenant Presbyterian Church (NW). *See article below.*
- Tuesday, Feb 26 - 10am-12pm - [Managing Mindfulness](#) at a member home (South)
- Wednesday, Feb 27 - 10-11:30am - [Community First! Village Tour](#) (East). *See article below.*
- Wednesday, Feb 27 - 11:30am-1pm - [Women's Lunch](#) at Andiamo Ristorante (N. Central). *See article below.*
- Thursday, Feb 28 - Friday, Mar 1 - 6pm to 6pm - [Amplify Austin 24 Hours of Giving](#), with 6pm [Kickoff Party](#) at a Member Home (West Central). *See article below.*

Office Closed Monday, Feb 18 for President's Day Holiday

Save the Date:

- Sunday, May 19 - 4-6pm - [Celeb Salons presents Danny Britt](#) at Mort Subite (Downtown)





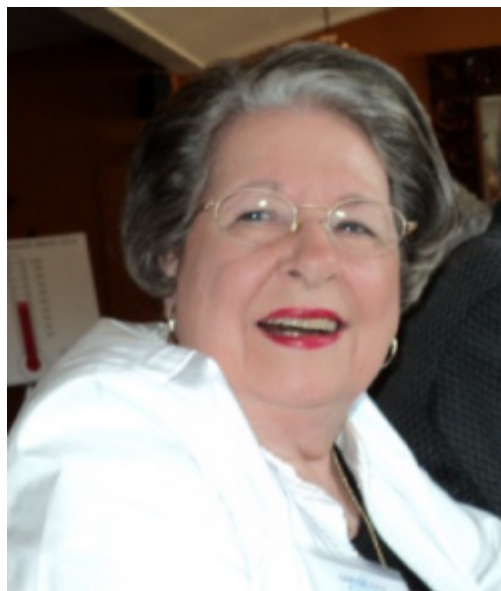
Photo by Tom Knutsen

Village Members - It's Time for our Annual Business Meeting!

If you're a CCV member, please join us for the annual [Member Business Meeting](#). We'll learn the "state of the Village" and have some fun. This year's meeting will be held in Easton Fellowship Hall at Covenant Presbyterian Church, 3003 Northland Dr. (at Mopac) on Thursday, February 21 from 2:30-4pm. Light snacks will be served.

We encourage you to carpool - and let us know at info@capitalcityvillage.org or 512-524-2709 if you need a ride. Or, you can request the ride directly from our [website](#) after you sign in with your member password. Just click on "Members", then "New Service Request".

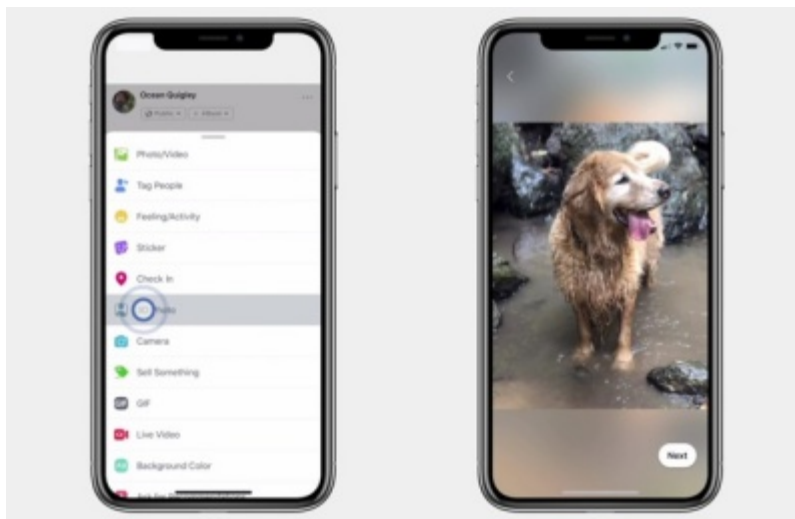
Easton Fellowship Hall is on the north side of the church's campus. There is plenty of parking available.





In Memory - Frances Allen

Capital City Village has lost one of our original members. Frances became a member in the fall of 2011 as we launched the Village. She served on the Board and as Chair of the Membership Services Committee. Frances was a friend to many and we will miss her. There will be a memorial service Saturday, February 16th 2:00pm at [Gather Venues North](#), 5540 N. Lamar Blvd, Austin Texas. In lieu of flowers, please make a donation to your favorite charity or to your local [Funeral Consumers Alliance](#). Read the full obituary from the [Austin American Statesman](#) [here](#).



iPhone Basics Class is FULL

If you were one of the lucky ones who has signed up for this class - YAY! If you didn't get in but would like the opportunity to learn about your iPhone at a future date, [let us know here](#). If enough are interested, we'll set up another class at a future date.





ShortTakes to Tackle the Question of Whether Museums Should Return Treasures

This is a trend that has accelerated due to increased awareness of past cultural injustices and renewed respect for national sovereignty. Should cultural treasures be returned to their countries of origin? This [TED talk](#) raises the question, and that is a question the [ShortTakes](#) group will explore Tuesday, February 12 at 10am at the Twin Oaks Library, 1800 S. 5th St.

Men's and Women's Lunches

The Men's and Women's Lunches are held at Andiamo Ristorante, 2521 Rutland Drive in north central Austin. Men meet at noon on the third Wednesday of each month and Women meet at 11:30am on the fourth Wednesday of each month. All are welcome - please RSVP so the organizers can have an accurate count for meals, which are \$22/person.



Men's Lunch Features "The History of the Bowie Knife" by Don Cook

From Henry: When I grew up, every kid in Texas knew who James Bowie was



Women's Lunch: "Iceland, Land of Fire, Ice and Water" by Jerry Dykstra

Back by popular demand, Jerry Dykstra will present the second half of his chilly

(today, not so much!!) -- Hero who died fighting for Texas Independence at the Alamo, inventor (and highly effective user) of the eponymous knife, shown above taking down two villains on a sandbar on the Mississippi River, even after having been shot and stabbed several times himself (or, so goes the legend.....)

This month Don Cook will regale us with tales of what made the man famous, the Bowie Knife. There are various versions of the knife in fact and legend, and it was a fearsome instrument in a hand-to-hand fight.

So, put the date on your calendars right now and stand by for a fascinating presentation by Don. We'll meet at Andiamo Ristorante at 12 noon Wednesday, February 20. [And please RSVP if you plan to be there!!!](#)

Norse saga on "Iceland: Land of Fire, Ice & Water". So, better show up with your parkas, but if not, just show up, OK?? We'll meet at Andiamo Ristorante at 11:30am Wednesday, February 27. And [please RSVP](#) if you plan to attend.



Jerry Dykstra



Don Cook



Austin's annual day of giving is coming up February 28 - March 1, 6pm to 6pm. Please consider [Capital City Village](#) when you think of the nonprofit(s) to which you donate on that day. And to make it even more fun, join us for the [Amplify Kickoff Party](#) Thursday, February

day. And to make it even more fun, join us for the [Amplify Nickerl Party](#) Thursday, February 28 at 6pm at a member home. You can donate right there and share food and drink with other like-minded friends. [RSVP](#) and we'll send you the address of the party.



See the Latest Solutions for Homelessness - Tour Community First! Village

Community First! Village is a 51-acre master planned community that provides affordable, permanent housing and a supportive community for the chronically homeless in Central Texas. A development of Mobile Loaves & Fishes, this transformative residential program exists to love and serve our neighbors who have been living on the streets, while also empowering the surrounding community into a lifestyle of service with the homeless.

You have two different opportunities to tour Community First! Village. There's a tour [Saturday, February 2](#) at 10:30am and a second chance [Wednesday, February 27](#) at 10am. Join CCV members, volunteers and friends at 9301 Hog Eye Road for a one to 1-1/2 hour tour of this unique approach to providing homes for the homeless. It is a walking tour and some areas are not accessible for those who have mobility issues. [RSVP here for February 2](#) or [here for February 27](#) and more information will be provided in regard to carpooling and other details.

Improving our Health



Nurse Coaching Opportunity

The UT Nursing School is looking for volunteers who would be interested in Nurse Coaching by one of our students. The student can take on a family or one person, depending upon who is interested. The volunteer would get about 3 visits from a nurse and receive some tailored education, do some goal setting, and linked to resources if necessary.

Meeting schedule: One-on-One sessions with graduate nursing students from The UT Austin School of Nursing (Registered Nurses) 3-5 – 1-2-hour sessions

Who should think about client wellness/navigation coaching?

Anyone who is interested in making lifestyle changes, like improving their nutrition, managing their weight, managing stress, stopping smoking, and starting an exercise program.

What happens during client wellness/navigation coaching?

- You will meet individually with your wellness coach/navigator for about 1-2 hours for at least 3-5 sessions.
- During the first session the coach/navigator will be asking you a series of questions to determine what **you are** interested in changing and what may impact those changes.
- Each session will end with you setting a weekly goal to work on. The wellness coaching/navigation is centered on what YOU want to work on.
- The wellness coach/navigator is there to help facilitate you in making a lifestyle change by providing information, possible strategies for you to choose from, and ways to improve your motivation.

What wellness coaching/navigation is not:

- Telling you what to do or what not to do.
- Personal training or personal client care.
- A structured diet program.

Past participants have rated this program highly and found it to be helpful in achieving their desired lifestyle changes. If you are interested, please contact:

Julie A Zuniga, PhD, RN
Assistant Professor

The University of Texas at Austin | School of Nursing
1710 Red River Street | Austin, TX 78701
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Are you 65 or older?

JOIN OUR NEIGHBORHOOD AND HEALTH STUDY!

A doctoral dissertation study by a Texas A&M student, Sinan Zhong

WHO may be eligible?

- 65 years or older who live in ordinary communities in the City of Austin, Texas

WHAT is involved?

- Fill out a 30-minute survey.
- Receive a \$10 gift card.

HOW to join?

- Visit survey.healthyagingtexas.org

For questions or a paper copy of the survey, contact:
Sinan Zhong
Phone: 979-255-6755
Email: zsn198838@tamu.edu
Website: healthyagingtexas.org



Participate in Health Study

My name is Sinan Zhong, a doctoral student from the College of Architecture at Texas A&M University. I am currently conducting my dissertation research on Neighborhood and Health to explore the influences of neighborhood environment (e.g. social and physical environment) on active and healthy aging in place.

I will need to recruit around 500 older adults aged 65 or over in Austin to complete a 30-minute survey (either paper or online survey). You may complete the survey at <http://survey.healthyagingtexas.org/> and you'll receive a \$10 gift card for completing it.

Thank you for your time and consideration, and I look forward to hearing from you on this.

Sinan Zhong, Ph.D. Candidate, MLA

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