

Mid-February 2018 Newsletter

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Photo by Teresa Palacios

**Village Members - Don't Miss the Music - And
Everything Else!**

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 and outstanding musical entertainment. Our own member Joe Farley is providing the show and has convinced [Diana Alvort](#), who was on "The Voice", to be the other half of his duo. Check out some of Diana's music here: <https://www.diana-alvort.com/music>.

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.



Photo by Tom Knutsen

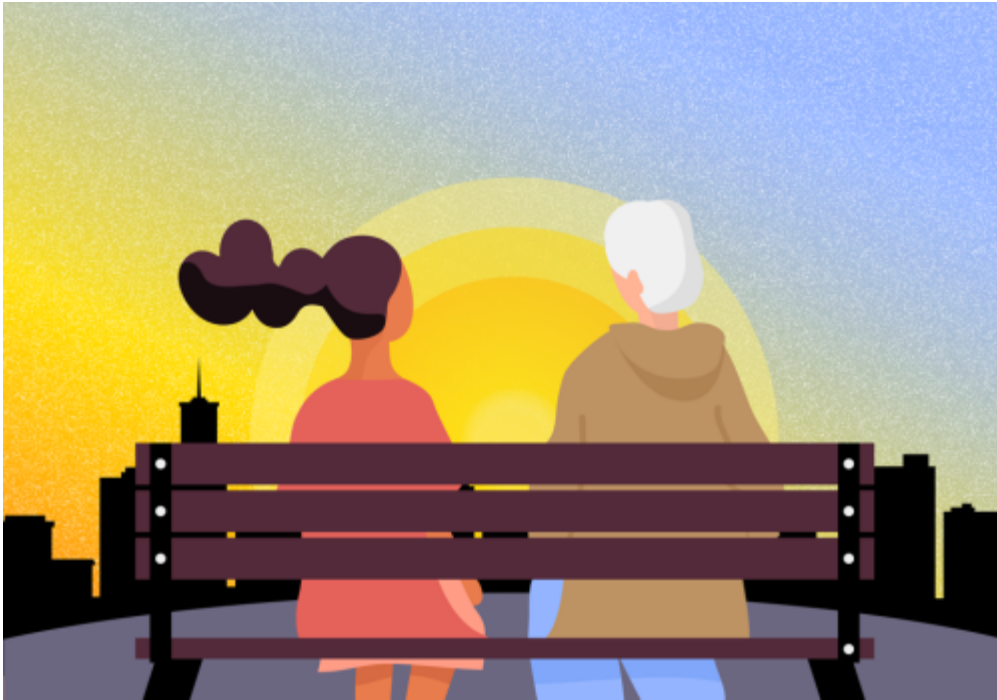
Capital City Village Featured in CityLab Article

We are so fortunate to have the accomplished writer and editor Megan Kimble as a CCV volunteer. She has written a touching and enlightening article about our Village for "CityLab". You will not only recognize some of the people in the pictures - you'll even recognize, with a smile, some of the members she mentions. The article is called "The Quest for a Multigenerational City" and starts out like this:

... ..

"The lives of the young and the old rarely cross in many American cities. After I moved to Austin, I used a volunteer opportunity as a way to change that."

[Read the full article here.](#)



Village Events



Photo by Tom McHorse

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.

- Wednesday, Feb 20 - 12-1pm - [Men's Lunch](#) at Andiamo Ristorante (N. Central). *See article below.*
- 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 - 9:30-10:30am - [Coffee Caffeine and Conversation](#) at Carpenter Hotel Cafe (S. Central)
- 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

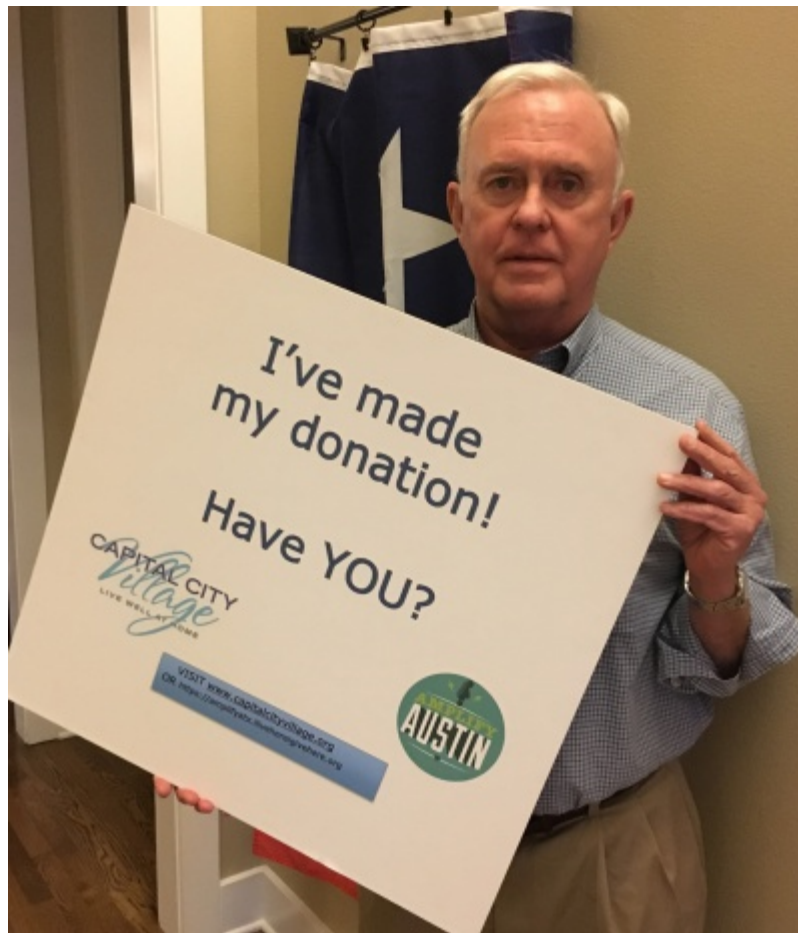
Save the Date:

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



Amplify Austin

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 28 at 6pm at a member home. You can donate right there and share food and drink with other like-minded friends. Or you can [schedule your donation now](#) and just be congratulated on your foresight. [RSVP](#) and we'll send you the address of the party.



[Click here to schedule your Amplify donation.](#)





Coffee Caffeine and Conversation Meets in Central Austin

9:30-10:30am Thursday, February 28

Cool near-central Austin vibe at the Carpenter's Hall boutique hotel nestled under the towering pecan trees at 400 Josephine Street - right behind P.Terrys on South Lamar just North of Barton Springs Road.

We're meeting in the coffee shop (not the Cafe) near the front entrance - both indoor and outdoor seating.

There is metered street parking in front and a small free parking lot in the back.

NO RSVP required - just join us for a new uniquely Austin experience!!



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](#).

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 (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



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 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

...and the knife on a canvas 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!!!](#)

11:30am Wednesday, February 27. And [please RSVP](#) if you plan to attend.



Jerry Dykstra



Don Cook



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.

There's a tour [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 27](#) and more information will be provided in regard to carpooling and other details.

From Our Members



Does Your Clutter Paralyze You?

by Pam Farley

In January we had a very lively ShortTakes meeting in a south-located library. We began by listening to "[From Clutter to Clarity](#)" a TEDx talk by Kerry Thomas. We also found helpful an AARP article called "[20 Tips to Declutter Your Home](#)". As most of us feel overwhelmed by our clutter we hope you will find this video and article helpful. Let's just start and feel good about tiny declutter bites, as we can't do it all at once.

As part of the meeting, several of us brought books to donate to the library and items that we have since taken to thrift stores. We then shared information on local resources that accept our stuff. And now we are sharing the information we gathered with the broader CCV community, knowing that the list is not complete, but that it provides us with a starting point.

Local Resources - Click each to get more information.

[Hazardous Waste Electronics and Appliances, Plastic Bags](#)

Resale (thrift Stores) Clothing, Household Goods, Electronics

Home Improvement Materials:
[Habitat for Humanity Restore](#)

Craft/Art Materials
[Austin Creative Reuse](#)

Consignment Stores
[Bangles and Beads, upscale](#)

household goods, electronics.

[Salvation Army](#) —can pick up large items such as furniture.

[Goodwill](#)

[Pets Alive](#)

[The Settlement Home](#) — can pick up.

[Paralyzed Veterans of America](#) — can pick up.

[Austin Free Store](#)

[Craig's List](#) — sell or donate privately.

[Dabbies and Beaus](#). upscale women's clothing and accessories

[Next to New](#)

household items, furniture

Books/Paper

Sell — [Half Price Books](#)

Donate — [Austin Public Library](#).

[Recycled Reads](#)

[Paper Shredding](#)

Many local non-profits accept lightly used items for their clients:

[SAFE](#) (Stop Abuse for Everyone)

[Givingcity Austin](#)

Caregiver Information

GPS A ROAD MAP FOR CARING FOR AGING FAMILY MEMBERS

Presented by



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. We're here to help!

There is no fee to attend. Breakfast and lunch provided.

Hear from expert speakers and visit with a range of local providers across the care spectrum.

Saturday, March 2, 2019

8:30 am—2:30 pm

Riverbend Church

New Community Center

4214 N. Capital Of TX Hwy, Austin, TX 78746

Pre-registration required to

www.txalz.org, (512) 241-0420 x10, or VCardenas@txalz.org

Speakers

Tam Cummings, PhD, Gerontologist and Author www.tamcumplings.com

— “Dementia and Alzheimer's/ The Final Chapter”

Debbie Deacon, PhD, CCM, TCC, Founder of CareFor, “Avoiding the Pitfalls of Dependent Aging”

Debbie Pearson, RN, CCIM, TXCG, Founder of CareFor - **Avoiding the Pitfalls of Dependent Aging**
Annette Juba, LCSW, AGE of Central Texas Deputy Director - **"Caregivers Need Care Too"**



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

(O) 512-471-4696

jzuniga@nursing.utexas.edu



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

TEXAS A&M UNIVERSITY

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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