



Bonnie Gilson <bonniegilson@capitalcityvillage.org>

How's Everybody Doing?

1 message

Capital City Village <info@capitalcityvillage.org>
Reply-To: Capital City Village <info@capitalcityvillage.org>
To: Bonnie <bonniegilson@capitalcityvillage.org>

Wed, Sep 16, 2020 at 10:17 AM

[View this email in your browser](#)





September 3 Happy Hour

Ann, Bonnie, Stan Rick

Arnie and Margit, Suzann, Carl and Liby, Henry and Ellen

Marie, Mart, Vivian, LK

Smiling Faces Greet Us All the Time! Join Us for a Program or Two

Capital City Village is out there on the airwaves stamping out isolation and loneliness! When the shutdowns happened, we went "live" online and haven't stopped. If you're looking for something to do where you can be greeted by smiling faces (and maybe learn something too), we have it. We have a coffee group every Thursday morning at 9:30am and a Happy Hour on the first Thursday of each month at 4:30pm. In addition to these:

The Men's and Women's Lunch is today! Look for a special treat this month with Tom Knutsen's own brand of humor. And speaking of lunch, learn to cook a healthy meal with Cali this Friday at 4:30pm.

For you book lovers - join the book club this Friday at 11am. Bring your own potluck and enjoy great conversation. This month's book is "Upstairs at the White House".

Our newest interest group, for those who like poetry, starts next Wednesday, September 23 at 2pm. Get the details below in our Psychological and Social Needs section.

We also have some great educational programs coming up in the last week of this month. Dr. Tyler Hollmig will address "Skin Health and Beauty, an Evidence-Based Approach" Monday, September 28 at 4pm. A couple of days later, on Wednesday, September 30 at 3pm, Alan Graham will take us on a virtual tour of Community First! Village.



Dr. Tyler Hollmig



Alan Graham

Check our Events Listing and articles below for links to all these programs. And remember, you do have to RSVP to get your zoom link, which will come to you in your confirmation email, and then again in a reminder email the day before the event.



Emy Lou, Avery, Mart, Lance

Stay Home, Stay Safe and Play Another Day!

This year Capital City Village (CCV) and Tarrytown United Methodist Church (TUMC) are encouraging golfers to stay home, stay safe and play another day. Our [Un-Golf Fundraising Event](#) this year has \$8k (more than half our goal!) in Angel support and we're looking for matching funds to further our mission of helping seniors age well in their homes and neighborhoods. Funds raised from

the Un-Golf event will be used to support programs and services for modest-income seniors of CCV and TUMC mission programs. Your pledge of support can help improve lives! It will feel almost as good as a light breeze on the green. Plus, every pledge will automatically give the donor a shot at great prizes. Here's how to support us and get a chance at those prizes:

- [Fore Caddie: \\$100 \(4 prize entries\)](#)
- [Pin Seeker: \\$150 \(6 prize entries\)](#)
- [Yes, a Birdie: \\$250 \(12 prize entries\)](#)
- [An Eagle Again!: \\$500 \(30 prize entries\)](#)

Prizes include:

- Ben Crenshaw signed Masters flags
- Ben Crenshaw signed Masters caps
- Golf round at Riverside Golf Course (team of 4)
- HEB gift cards
- Titleist golf balls by the dozen
- And much more!

There will be a virtual wrap-up event at 5pm Saturday, October 3. Watch our newsletters and website for more details. [Click here to purchase your "tickets"](#).

Thanks to our donors:

Friend of CCV

John & Carol Ekerdt

Randy & Rhonda Goss

Megan Murphy

Sally Van Sickle

Bill Childs

**Bob & Mollie Schluter, in honor of Mart &
Sue Hoffman**

Rick Cloud

Alice Maxie

Scott Blech

John Turney

Bryan Buchan

Tom & Jennie McIlvain

William O'Donnell

Barbara Ogletree

James Sligar, in honor of Scottie

Ann Sligar

Village Events



September 3 Coffee Group

Rick, Caroline and Tom, Arnie and Margit, Karen

Tommi, LK, Susan, Marie

Marykate, Vivian, Sue, Natalie

Tom, Stan

- Wednesday, Sept 16 at noon - [Men's and Women's Lunch](#) featuring Tom Knutsen (See *PSYCHOLOGICAL AND SOCIAL* below)
- Thursday, Sept 17 at 9:30am - [Virtual Coffee Hour](#)
- Friday, Sept 18 at 11am - [Book Club](#)
- Friday, Sept 18 at 4:30pm - [Cooking for Aging Well](#) (See *FOOD* below)
- Wednesday, Sept 23 at 2pm - [Poetry Group](#) (See *PSYCHOLOGICAL AND SOCIAL* below)
- Thursday, Sept 24 at 9:30am - [Virtual Coffee Hour](#)
- Monday, Sept 28 at 4pm - [Skin Health and Beauty, an Evidence-Based Approach](#) (See *HEALTH* below)
- Wednesday, Sept 30 at 3pm - [Conversation with Alan Graham of Community First! Village](#) (See *PSYCHOLOGICAL AND SOCIAL* below)
- Thursday, Oct 1 at 9:30am - [Virtual Coffee Hour](#)
- Thursday, Oct 1 at 4:30pm - [Virtual Happy Hour](#)

- Saturday, Oct 3 at 5pm [UnGolf Tournament Celebration](#) (*See feature article above*)

You must RSVP to get a meeting invitation, which will arrive with your confirmation email and again on the reminder email the day before the program. Please KEEP THAT EMAIL and use the JOIN ONLINE MEETING NOW box to join the event.

[Click here](#) for a quick tutorial on getting into Zoom. We have learned that Zoom works best on Chrome or Firefox.

Save the Date:

[Keep Aging Weird Annual Luncheon](#), Thursday, November 12 will be held online! Watch for more details.



Help us Win! Capital City Village is a Finalist

Spread the news! Capital City Village is a finalist for Wheatsville Co-op's annual Community Action support program for 2021. Voting runs from Sept. 14th through Nov. 20th. There are 20 community nonprofit organizations on the ballot. The eleven nonprofits receiving the most votes will be assigned a fundraising month in 2021.

Wheatsville's Community Action program has helped raise critical funds for local nonprofits including more than \$19,000 last year alone. Now - for the first time ever - Capital City Village is among the many wonderful organizations being considered for 2021. If you're a Wheatsville Co-op member please vote for Capital City Village! Wheatsville owners received an email for the online ballot Monday, Sept. 14th (check your spam folder!). [Click this link to find out more.](#)

Food, Health and Exercise - Living Well at Home



June 26 Nutrition for Aging Well Class

Tommi, Cali, Nirmala, Prema

Food

Join us for a Cooking Class!

Learn some new recipes! Cali, a UT nutrition student, will be presenting and demonstrating for our CCV and SAIVA members Friday, September 18 at 4:30. She'll pick a recipe that's heart healthy and/or senior friendly each month and provide the recipe and shopping list in advance. [RSVP here to receive the zoom link for the online class.](#)

Here are the recipes that Cali will prepare:

Baked Zucchini Fritters

@foodandnutrition

Ingredients:

- 6 small zucchini
- 1 tsp salt
- 4 scallions, sliced thin
- 1/4 cup of cilantro, chopped
- 2 ears fresh corn (~ 1.5 cups of sweet corn)
- 1 cup shredded sharp cheddar cheese
- Pinch of fresh ground pepper
- 1 large egg, beaten lightly
- 1/2 cup brown rice flour (or regular flour)
- 1/2 tsp baking powder
- optional toppings for serving
 - Sour cream
 - Greek yogurt
 - Lemon zest

Directions:

1. Shred Zucchini in a food processor. Toss with salt and place in a colander for 15 minutes to allow zucchini to release water. Squeeze dry with towel and place in a large mixing bowl.
2. Preheat oven to 400 F and line one baking sheet with parchment paper.
3. Cut the corn from the cob and add it to the mixing bowl with zucchini. Or if using canned corn, drain and place in bowl.
4. Add scallions, cilantro, and cheese and stir to combine. Season with additional salt and/or pepper if necessary.
5. Mix in beaten egg, flour, and baking powder and stir.
6. Form batter into 3-inch wide by 1/2-inch tall patties and lay out on baking sheet. Bake for 10 minutes or until lightly golden brown. Flip fritters over and bake for another 10-12 minutes on the other side.
7. Serve hot or room temperature, with sour cream, greek yogurt, lemon zest, or any other desired toppings.

Zesty Kale Apple Salad

@avocadosnotanimals

Ingredients:

- 3 cups of kale, massaged
- 1 large apple, diced
- 1/4 cup pumpkin seeds
- 1/4 cup parmesan cheese
- 1/4 cup dried cranberries
- 1 cup carrots, diced
- 1 cup cucumber, diced
- Zest of 1 lemon
- Juice of 2 lemons
- 2 tbsp olive oil
- 1 tbsp honey

Directions:

1. Add all ingredients into large bowl and toss well!

Health

Skin Health and Beauty - An Evidence-Based Approach Monday, September 28 at 4pm

Join CCV members, volunteers and friends for "[Skin Health and Beauty, An Evidence-Based Approach](#)", presented by Dr. Tyler Hollmig. The discussion will center around the changes in our skin as we age that are due to intrinsic and extrinsic factors, including genetics and environmental exposures, that result in

the appearance of aging and development of issues including skin cancer. We will also discuss evidence-based treatments that improve skin health, skin appearance, and cure skin cancer.



Dr. Tyler Hollmig is Director of Dermatologic Surgery and Director of Laser & Cosmetic Dermatology at Ascension Texas and at UT Dell Medical School. He grew up in New Braunfels and attended Duke University, graduating *magna cum laude*. Dr. Hollmig then attended medical school at the University of Texas Southwestern and graduated as valedictorian. He underwent dermatology residency training at Stanford, followed by a fellowship in Mohs and Dermatologic Surgery at the Medical University of South Carolina in Charleston. Dr. Hollmig subsequently returned to Stanford to join the medical faculty as Mohs surgeon and Director of Laser and Aesthetic Dermatology, where he practiced for five years. He was then recruited to Ascension Seton and UT Dell to become the Director of Dermatologic surgery and Director of Laser and Cosmetic Dermatology.

[RSVP for Dr. Hollmig's presentation here.](#) Your zoom link will be sent in the confirmation email and again in a reminder email the day before the event.

Exercise

Active Aging

Check out this new program from Amy Temperley of Aging is Cool in partnership with Belmont Village Senior Living:



Active Aging: Innovative Ways Seniors Can Stay Fit

THURSDAY, OCTOBER 1, 2020
1:00 - 2:00 PM CDT


VIRTUAL EVENT

Register
<https://bit.ly/31ZJAPo>



SPEAKER: Amy Temperley, Co-Founder, Aging Is Cool

Amy founded Aging Is Cool with her husband, Damien Temperley, in 2017 with a goal to help older adults Stay Strong, Stay Smart, and Stay Social. They do this through a variety of mechanisms including engaging activities for older adults and training, consulting and support for residential communities.

According to the World Health Organization, active aging is a process of “optimizing opportunities for health, participation, and security to enhance the quality of life as people age.” There are many ways to bring active aging into your life—but where do you begin? Join us for an interactive Zoom webinar to explore the innovative ways to overcome the myths of aging and how to stay active, healthier and more enjoyable during our senior years through fitness, brain health, attitude, socialization, gratitude, and humor.

Register at <https://bit.ly/31ZJAPo>.

For questions, contact Jamie Smithson at jsmithson@belmontvillage.com or call 512-348-3318.

How to Register Online

- 1) On a desktop computer or mobile device, open an internet browser and input the url: <https://bit.ly/31ZJAPo>
- 2) Register with the online form to receive the meeting information.
- 3) You will receive an email with event link, meeting ID and password.

How to Join a Virtual Event

- 1) On a desktop computer or mobile device, open your confirmation email and click: *Click here to join*.
- 2) Input the meeting ID and password provided within the email.

For help in setting up Zoom or registering, please contact Jamie Smithson at jsmithson@belmontvillage.com

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SENIOR LIVING
WEST LAKE HILLS • LAKEWAY

Austin is Number 17 in this New Study

If you're able to do so, biking can be a great way to get around. Besides the physical benefits, this mode of transportation is great for the environment and generally requires you to have less of your money set aside for commuting costs. Some cities, though, are much better for biking than others in terms of safety, costs and accessibility. While the pandemic continues to limit much of how Austinites live, the city's abundance of trails and protected bike lanes have managed to keep things wide open for cyclists. These elements and more, according to a new [study](#) by SmartAsset, are why Austin is one of the top 25

most bike-friendly cities in the nation.

Other Basic Needs

The Pandemic Takes a Toll on Social Security Reserves

The Social Security Old-Age and Survivors Insurance (OASI) trust fund, which pays benefits to retired workers and their survivors, will run short of money in 2031, according to a new forecast from the Congressional Budget Office (CBO). That's one year earlier than CBO's 2019 projection, and three years earlier than the projection issued in April by Social Security's trustees.

Economic damage from the pandemic hit the trust fund hard. Nevertheless, even if money in the OASI trust fund were exhausted there would still be sufficient incoming revenue to pay over three-fourths of scheduled benefits in 2031 and beyond to retirees and survivors. [Read the full article from AARP here.](#)

Need a Little Extra Help?

RISE 2.0

Emergency Assistance



On **Sept. 14, 2020**, the application will open for Relief in a State of Emergency 2.0 (RISE 2.0) emergency assistance for those who are facing financial hardships due to COVID-19. The application will close on **Sept. 21, 2020** and funds will be distributed in \$2,000 increments per household based on a randomized selection process.

Eligibility Requirements

- ✓ Resident of Austin–Travis County
- ✓ Under 200% of Federal Poverty
- ✓ Over 18 years of age or older
- ✓ Impacted by COVID-19
- ✓ Have received less than \$1,000 financial assistance in the last 30 days

Application Process

- ✓ A phone bank will be open Sept. 8–11, 2020 (7 a.m.–7 p.m.) to answer questions about the application process.
- ✓ From Sept. 14–21, 2020 the online application portal and phone bank will be open to complete the application.
- ✓ The online portal will be available in English and Spanish.
- ✓ The phone bank will be available in any requested language.



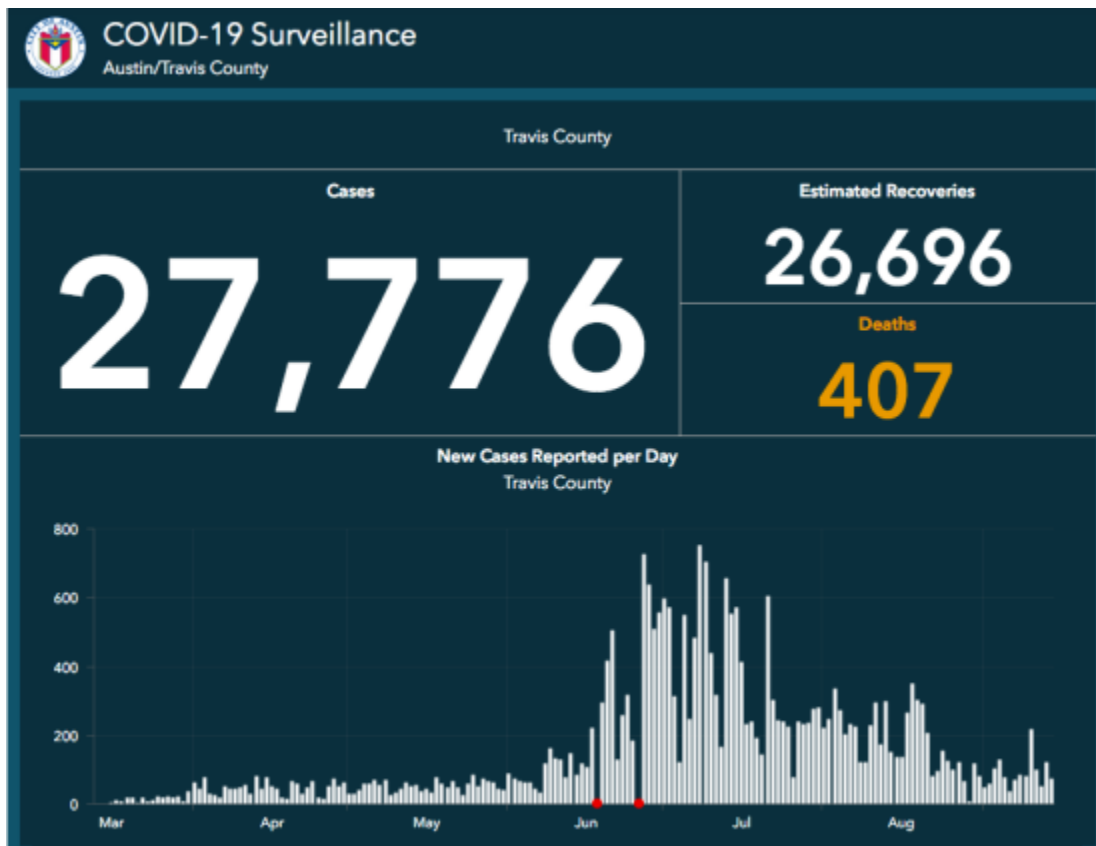
Online Portal: fund.uptogether.org/rise2
Phone Bank: 512-714-6950



Security and Safety - Living Well at Home



Austin-Travis County is at Stage 3



White House recommends more restaurant and bar restrictions for at-risk Texas counties

Among the recommendations stated in the report were, but not limited to:

- Consider a further reduction in hours and occupancy limits in bars and restaurants in university counties
- Ensure there are quick turnaround times for results and rapid isolation of cases and quarantine of contacts. Residential cases and contacts should not be sent home to isolate or quarantine

- Increase testing capacity by increasing the budget and capacity of public health labs through: first, ensuring hospitals move elective surgeries and admissions testing to pooling in order to reserve tests for community outreach, and second, utilizing all university, veterinary, and research platform for surveillance and testing of students
- Recruit college and university students to expand public health messaging and contact tracing capacity
- Ask citizens and students to limit all social gatherings to 10 or fewer people

Austin Interim Health Authority Dr. Mark Escott told KVUE Wednesday he agrees with this recommendation and said he hopes bars will stay closed. He said, luckily, college-aged students don't have a high rate of death, but they do spread COVID-19. He added, "we have to react if that's the circumstance we experience."

[Read the full article from CultureMap here.](#)



Psychological and Social Needs - Living Well at Home



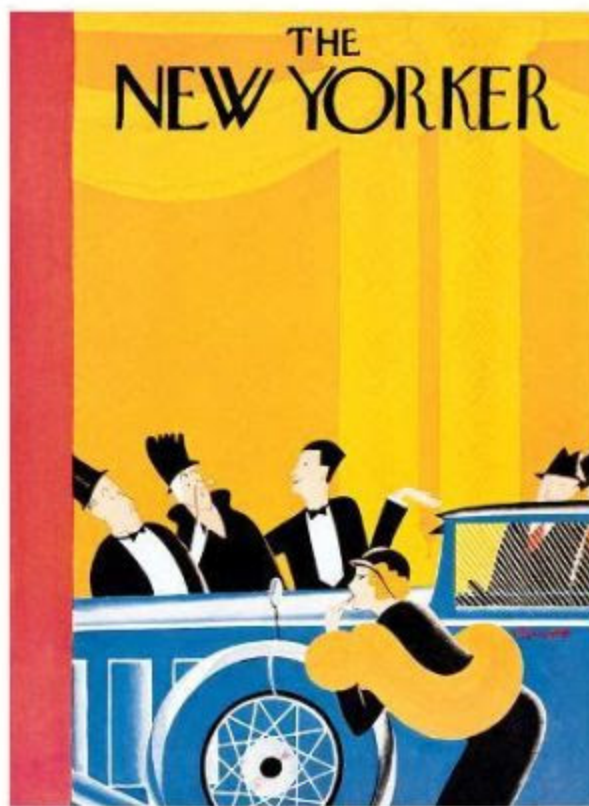
A Conversation with Alan Graham of Community First! Village

Join us Wednesday, September 30 at 3pm to hear from the visionary and founder of Community First! Village, Alan Graham.

Alan will share his story and how it relates to the formation of Mobile Loaves & Fishes (MLF). It started with a food truck ministry in 1998 and ultimately led to the formation of Community First! Village. While the Village is currently closed to visitors, he will share a short video that will give viewers an idea of what it looks like. Alan will discuss the vision, mission, values and goals of MLF.

He will also talk about the three core programs of MLF: the truck ministry, Community First! Village and Community Works. Through these programs, MLF empowers communities into a lifestyle of service with the homeless. He will discuss Phases I and II of the Village, and plans for Phases III and IV.

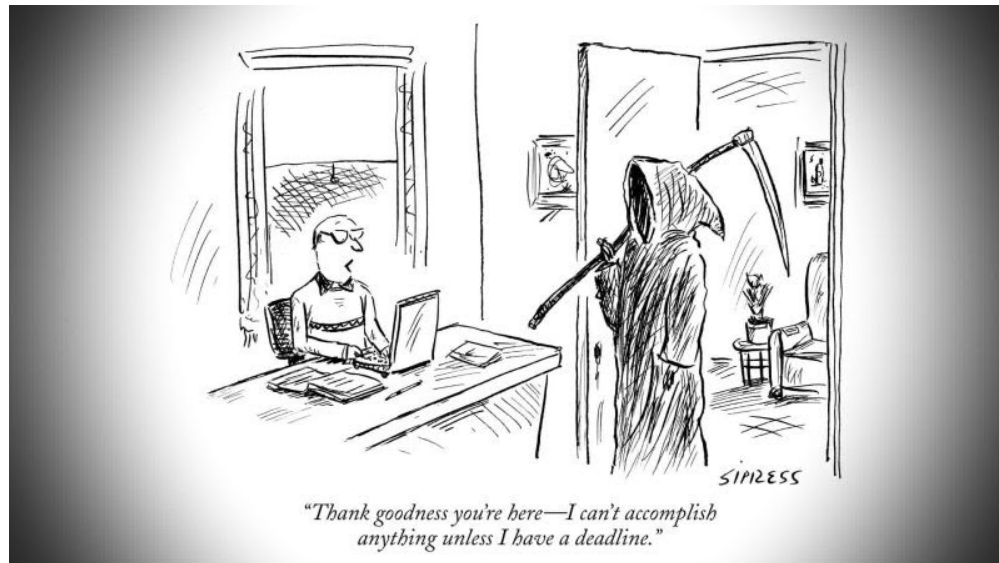
Alan is happy to answer any questions after his talk. [RSVP here](#) to receive your invitation, which will arrive in your confirmation email and then again in a reminder email the day before the event. We will be accepting donations for this event. They will be evenly split between CCV and MLF.



**Men's and Women's Lunch to Feature Tom Knutsen's "God
and Man in Cartoons From the 'New Yorker'"
Online Wednesday, September 16 at Noon**

Join CCV members, volunteers and friends for an entertaining virtual [Men's and Women's Lunch](#). Our presenter, Tom Knutsen, will treat us to a show and tell from his collection of "God and Man in Cartoons from The New Yorker".

So, please plan to attend for some wacky humor and bizarre insights!



New Poetry Interest Group Starts September 23!

The [CCV Poetry Group](#) will meet for the first time at 2pm Wednesday, September 23. After that, they will meet on the fourth Wednesday of each month from 2:00 to 3:30 (via Zoom).

The CCV Poetry Group is for YOU:

- If you like to hear poetry....come listen, no need to bring anything.....
- If you like to share poetry....bring any poem, famous or otherwise.....
- If you like to write poetry....come share your own poems.....
- If you like to discuss poetry....we'll explore each poem's relevance to us.....
- If you appreciate how poetry can speak to our heart, not just our head.....
- If you value how poetry "quiets the noise" and takes us to what

matters.....

Monthly themes will make space for all of us to relate.....and find, or write, poems that speak to us individually....our September 23rd theme will be "What Friendship Can Look Like/Be Like/Feel Like!"

Questions? Please contact Joe or Pam Farley, co-facilitators for the CCV Poetry Group. [RSVP Now for Wednesday, September 23rd!](#)



How to Vote in Texas' 2020 Election: What You Need to Know

Texas lawmakers haven't changed much about how the state will conduct its general election amid the coronavirus pandemic:

- As usual, Texas will allow absentee voting for those 65 and older, people with disabilities, and those away from their home county during the voting period, allowing them to safely cast ballots from home.
 - Texas voters will be able to cast their ballots early and in person beginning Oct. 13. In July, Gov. Greg Abbott extended the early voting window, which had been scheduled to open a week later, helping voters avoid long Election Day lines.
 - Despite considerable discussion among state lawmakers and a few court
-

challenges over the issue of expanded mail-in voting, the rules for voting from home have not changed this year. [Please continue to read this Texas voting guide here.](#)

IN HONOR OF NATIONAL POW/MIA RECOGNITION DAY
A 90 MINUTE VIRTUAL EVENT
PRESENTED BY THE NATIONAL PRISONER OF WAR MUSEUM

★ THE SACK OF CEMENT CROSS ★

JOHN OLSON'S LAST MILITARY CAMPAIGN

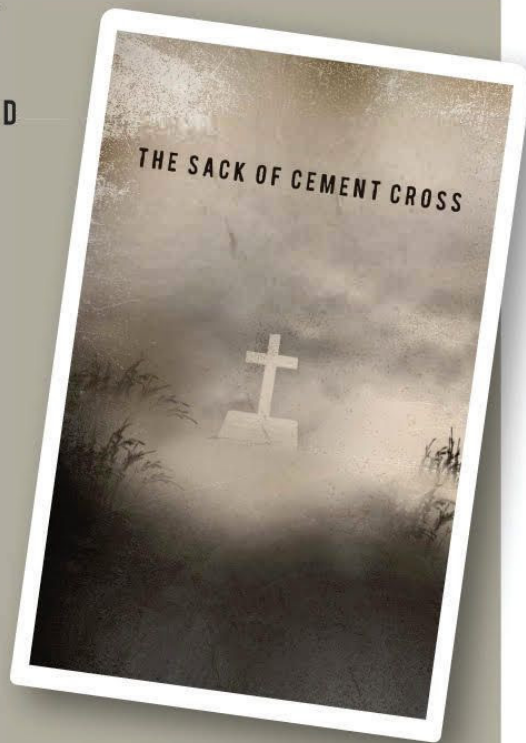
THURSDAY, SEPTEMBER 17, [REDACTED]

REGISTER : WWW.EVENTBRITE.COM/e/118216967131

A 90 MINUTE VIRTUAL EVENT
ABOUT THE BATAAN DEATH
MARCH, CAMP O'DONNELL AND
THE SACK OF CEMENT CROSS
CONSTRUCTED BY POWS IN
MEMORY OF THE 1,547 WHO
DIED AT CAMP O'DONNELL

PANEL MEMBERS

- ★ GIA WAGNER
SUPERINTENDENT,
ANDERSONVILLE NATIONAL HISTORIC SITE
NATIONAL PRISONER OF WAR MUSEUM
- ★ RANDY OLSON (MODERATOR),
FILMMAKER, SON OF COL. JOHN OLSON
- ★ CHRIS SCHAEFER,
FILMMAKER/HISTORIAN
- ★ FRED BALDASSARRE,
HISTORIAN
- ★ DAN CROWLEY,
98 YR OLD VETERAN OF BATAAN, FORMER P.O.W.
- ★ JOHN EAKIN, SPECIALIST
IDENTIFICATION OF MIA/KIA REMAINS



**The Sack of Cement Cross, Thursday, September 17, 2020,
6:00 PM – 7:30 PM CDT**

A virtual event about The Bataan Death March and The Sack of Cement Cross made by POWs in memory of the 1,547 who died at Camp O'Donnell. [Register here.](#)

From Our Members

Here's an Article About One of Our Newest Members, John Aielli

John has given us permission to share this [article from CultureMap](#). We're glad he chose to join us at the Village!



Grief and Loss

From member and Board member Sue: "I was talking to the new ED at Austin Center for Grief & Loss and she told me about this new program they are offering because of the pandemic."



THE AUSTIN CENTER FOR
Grief & Loss
Hope > Healing > Transformation

512-472-7878
info@austingrief.org
www.austingrief.org



If you are experiencing excessive worry, irritability, restlessness, feelings of being overwhelmed or lost, hopelessness, decreased interest or pleasure in activities, or changes in your eating and sleeping habits. The Austin Center for Grief & Loss can provide support. We have expanded our services in response to the pandemic and social unrest to provide telehealth services for a broad spectrum of mental health concerns including: depression, anxiety, loss, and trauma. Our professional therapists are highly experienced and compassionate.

Our Services

All services are provided via secure online platform




- Individual Therapy Services for Adults and Children
- Couples and Family Counseling Services
- Support Groups for Adults and Children



In the Community

Capital City Village Executive Director Featured at OLLI

To learn more about Osher Lifelong Learning Institute, [look here](#).

Friday, October 16th, 2020	
<p>1:00PM – 2:10PM</p> <p>Austin: Hip, Aging, Innovative</p> <p>Austin is the coolest city in the US, as well as the fastest aging city in the US. A cadre are helping Austin to become age-friendly with innovation, motivation and strategy. This panel will include Age-Friendly Austin's Program Coordinator and Exec Directors from AustinUP and Capital City Village.</p> <p>These entities are at the forefront of Austin's efforts to expand our ability to have a thriving inter-generational community where people of all ages are engaged and supported throughout their lives.</p> <p>The panel will further explain Austin's efforts to become Austin's virtual community of committed seniors aging in place.</p>	<div style="display: flex; flex-direction: column; align-items: center;">    </div> <p>Tommi Ferguson is Executive Director of the Capital City Village, a local nonprofit organization dedicated to helping Austin seniors age well at home.</p> <p>Teresa Ferguson has served as AustinUP's executive director since 2015. She built a career in marketing and public relations while working at state associations, technology firms & law firms.</p> <p>Tabitha Taylor is the City of Austin's Age-Friendly Program Coordinator. Tabitha oversees the Age-Friendly Action Plan in order to create a supportive, welcoming and vibrant environment for older adults.</p> <p style="text-align: right;">Coordinator: Marilyn Heath</p>

Programs from Belmont Village Senior Living

Thanks to Belmont for sharing these videos of some of their successful programs:

Dr. Sherrie All - What to do After a Diagnosis of Memory Loss

<https://www.youtube.com/watch?v=FkS1BDgpzpA&feature=youtu.be>

“Too Soon To Forget” film on early onset Alzheimer's, screening with Q&A

<https://www.youtube.com/watch?v=lb7X6MHGVdg&feature=youtu.be>

Dr. Chris Johnson – Dementia As A Trip Through Time

<https://www.youtube.com/watch?v=HIH4klk0-hk&feature=youtu.be>


Dr. Sherrie All – 7 Secretes of Brain Science

<https://www.youtube.com/watch?v=7uGNbDCdxXg&feature=youtu.be>

And here's one of their upcoming programs:

Dementia Care Around the World

THURSDAY • SEPTEMBER 17, 2020
1:00 PM CDT




VIRTUAL EVENT

Zoom

URL
<https://zoom.us/join>

Meeting ID
951-9476-1861

Password
RSVP to Receive





SPEAKER: Christopher Johnston, Ph.D.

Clinical Professor, Sociology, Texas State University
Dr. Johnson has more than 30 years' experience in the field of gerontology with an emphasis in Dementia Studies. He is currently a Clinical Professor of Sociology and was a major contributor to the new Master of Science in Dementia and Aging studies at Texas State University.

Currently, there are an estimated 50 million people living with dementia around the world. While 6 million of these individuals live here in the US, how are the other 44 million being cared for? Join us to learn about the different ways healthcare systems, countries and cultures support those living with dementia.

How to Join a Virtual Event

1) On a desktop computer or mobile device, open an internet browser and input the url: <https://zoom.us/join>.

OR

Download the desktop or mobile app and sign up for a free Zoom account.

2) Input the meeting ID:
951-9476-1861

3) Input the password:
[RSVP to receive password]

For help in setting up Zoom, please contact Jamie Smithson at jsmithson@belmontvillage.com.

RSVP to Jamie Smithson at jsmithson@belmontvillage.com or call 512-348-3318.

BELMONT Village
SENIOR LIVING
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ATX Aging & Innovation Summit 2020

The Age of Resilience Meets the Resilience of Age, October

20-21, 2020

This virtual event hosted by [AustinUP](#), featuring multiple sessions held over two days, will explore Covid-inspired innovation and insight that could improve the lives of older adults as we emerge from this devastating pandemic. Our speakers and panels will take a closer look at how the events of 2020 are changing the way we think about aging – especially in the areas of technology, equity and access.

Our keynote presentation on Tuesday, October 20, 9 – 10 a.m., will feature Robert Morison, Senior Advisor at [AgeWave](#), the nation's foremost thought leader on issues relating to an aging population. [Click here to see all the details and RSVP for the Summit.](#)



Allowing Curiosity, Self-Compassion, and Humility to Navigate Chaos

Whether it is the current social unrest and change in our country, or this unprecedented season of pandemic and its uncertainties related to physical and mental health and financial security; many people are feeling overwhelmed and under resourced. Come and rest awhile as Scott Van Camp guides us into bringing more balance to our lives through curiosity, self-compassion, and humility. You will leave with compassion for yourself, tools to diffuse the inner critic, and tips for how to spend more time in the present moment.

Brown Bag Lunch & Learn

Friday, September 25, 2020

12:00 - 2:00 PM

2 CEUs Included for LPC, LMFT, LMSW, LCSW

Presented by: Scott Van Camp, LMFT

Clinical Director at The Austin Center for Grief & Loss



THE AUSTIN CENTER FOR

Grief&Loss

Hope > Healing > Transformation

512-472-7878

info@austingrief.org

www.austingrief.org



Visit our [website](#) for so much more information. Please let us know ways we can help you during this time, from getting you to necessary doctor's appointments to making sure you have food, meds and services essential to quality of life.

Our staff is working remotely, but working nonetheless, and many of our volunteers are still volunteering. The Village can make a difference and we will. Our phone numbers are 512-524-2709 (office) and 512-468-5594 (Member and Volunteer Services) - call us if you need us!



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Our mailing address is:

Capital City Village
3710 Cedar St
Ste 283
Austin, TX 78705

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You can [update your preferences](#) or [unsubscribe from this list](#).

