



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>

Thu, Oct 1, 2020 at 10:08 AM

[View this email in your browser](#)



Amy Lou, Avery, Mart, Lance

The Un-Golf Celebration is Saturday at 5pm!

Capital City Village and Tarrytown United Methodist Church (TUMC) would like to thank all the wonderful donors who have supported our [Un-Golf Fundraising Event](#) this year. With your help, we have raised more than \$16,000 that will be used to support programs and services for modest-income seniors of CCV and

TUMC mission programs. Your support helps improve lives!

You're invited to a special THANK YOU CELEBRATION via Zoom this Saturday, Oct. 3 at 5pm. We'll draw for prizes from the list below. All contributors automatically qualify for the drawing.

Prizes include:

- Ben Crenshaw signed Masters flags
- Ben Crenshaw signed Masters caps
- Golf round at Riverside Golf Course (team of 4)
- Wine Tasting with Rick Cloud
- Original painting by Jeri Campbell
- Franzetti Jeweler gift certificates
- Phillips Sonicare Electric Toothbrush and Opalescence Teeth Whitening System by Dr. Jim Tyree
- Medicare coverage review with Gary Gerstenhaber
- Hair styling by Jennifer Lorence
- Haverty's Furniture wall hanging
- Gift cards from: HEB; Breed & Co.; Sage Blossom Massage; Lowe's Home Improvement; and TJ Maxx
- Titleist and Pro VI golf balls

We'd like to thank all the many people who helped us make the Un-Golf Fundraiser a success:

Friends of CCV
Gary Glass
Sterling Client
Services
John & Carol
Ekerdt
Randy & Rhonda
Goss

Bob & Mollie Schluter,
in honor of Mart &
Sue Hoffman
Slavis Therapy Works
Aycock Financial
Group/Doug & Vicki
Aycock
Rick Cloud
Sally Ficken

Terry Height
Mart & Sue
Hoffman
David & Barbara
Gamble
Megan Murphy
Bogey & Mulligan
Sawyer
Tarrytown
United
Methodist
Church - Wesley
Class

William Clark Ross -
Farmers Insurance



Sally Van Sickle
Bill Childs
Karen Counts
Cheryl Haywood
Dick Herrington

Alice Maxie
Laurie Brown
Chris & Maya Gamble
Scott Blech
John Turney
Ashley Smith
Gary Gerstenhaber -
Medigap Plans for You

MEDIGAP
PLANS for YOU

Ashley and Zach
Zimmermann
Bryan Buchan
Colby Kern
Tom Knutsen
Jerry Loyd
Tom & Jennie McIlvain
William O'Donnell
Barbara Ogletree
Phyllis & Dan Waddle
James Sligar, in honor of Scottie
Ann Sligar



KAW Planning Group

Tommi, Chammi, LK

Phyllis, Tom, Kay

Scott, Dell, Liby

Marykate

Keeping it "Really" Weird in 2020!

Keep Aging Weird Annual Fundraiser Thursday, November 12 at 5pm

This group deserves a round of applause! They are the planners for the 2020 version of Keep Aging Weird! Yes, it's still on the calendar -- but virtually! You may have noticed there are some great online fundraisers these days, and we plan to have one. As always, there will be raffles and prizes and maybe even more entertainment than usual. [You can buy tickets to the event here.](#)



Here's the official announcement, hot off the presses:

Join us for our 6th annual Keep Aging Weird fundraiser on November 12th. In the interest of keeping our community healthy, this year's event will be entirely virtual. The program will feature KLRU's Judy Maggio as our keynote speaker and Jim Spencer (everyone's favorite weatherman) as our MC. In addition, we'll have music, entertainment, and interviews from Village seniors and community supporters. Register in advance to receive a free "thank you" gift basket. We also have a fantastic array of raffle items that will be available for you to peruse on our website beginning next week. Here's just a preview:

- Two-night stay at The Nest at Palacios (for up to 8 ppl) - \$550 value; donated by Sara Hickman & Lance Schriner
- Ben Crenshaw signed Masters package (flag, cap, & Titleist golf balls) - \$350 value; donated by Ben Crenshaw and Mart & Sue Hoffman
- One-of-a-Kind handmade quilt (50" x 73") signed by the quilter – beyond valuation; donated by the estate of Julie Speaker and Carl & Liby Beck
- Wine Tasting & Appetizers (for up to 8 ppl) - \$500 value; donated by Gary Glass, Sue Hoffman & Barbara Gamble
- Kendra Scott necklaces (3) - \$300 value; donated by Kendra Scott Jewelry
- Unique framed photo of a majestic Blue Heron on African Safari – \$250 value; donated by Drew & Emy Lou Sawyer
- Personalized Pet Portrait - \$250 value; donated by Jeri Campbell
- "Wheel of Fortune" array of local business gift cards - \$295 value: Pacha on Burnet Road, Taco Shack, The Grove .. wine bar/kitchen, Chez Zee - Bistro-bar-bakery-banquet, Upper Crust Bakery, Dinner for 4 at Chipotle, Peached Tortilla, California Pizza Kitchen, Target Gift Card, AMC Movie

Pass (donated by various Austin businesses)

We invite you to celebrate aging well and aging weird with us November 12 at 5pm. Visit the [event page](#) or contact the Capital City Village office for more details or to RSVP in advance.

Village Events



September 23 Poetry Group

Pam, Joe, Ellen, LK

Laura, Mickey, Martha, Scott

Peter, David, Joanne, Beverly

Pam, Kris, Hazel, Ginny

- Thursday, Oct 1 at 9:30am - [Virtual Coffee Hour](#)
- Thursday, Oct 1 at 4:30pm - [Virtual Happy Hour](#)
- Saturday, Oct 3 at 5pm - [Un-Golf Celebration](#) (*See feature article above*)
- Thursday, Oct 8 at 9:30am - [Virtual Coffee Hour](#)
- Tuesday, Oct 13 at 10am - [Managing Mindfulness](#)
- Thursday, Oct 15 at 9:30am - [Virtual Coffee Hour](#)
- Friday, Oct 16 at 4:30pm - [Cooking for Aging Well](#)
- Tuesday, Oct 20 at 10am - [Volunteer Orientation](#)
- Wednesday, Oct 21 at 12pm - [Men's and Women's Lunch Online](#)

- Thursday, Oct 22 at 9:30am - [Virtual Coffee Hour](#)
- Wednesday, Oct 28 at 2pm - [Poetry Group](#)
- Thursday, Oct 29 at 9:30am - [Virtual Coffee Hour](#)
- Friday, Oct 30 at 10:30am - [Changing Our World, One Step at a Time](#) with Ruben Cantu (*See article in "Psychological and Social Needs"*)

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.



CCV on the Radio!

[Listen](#) to CCV's Executive Director, Tommi Ferguson, and Board President, Dr. Tom McHorse, as they share the benefits of Capital City Village with Austin listeners.



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

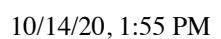
ballot. The eleven nonprofits receiving the most votes will be assigned a fundraising month in 2021.

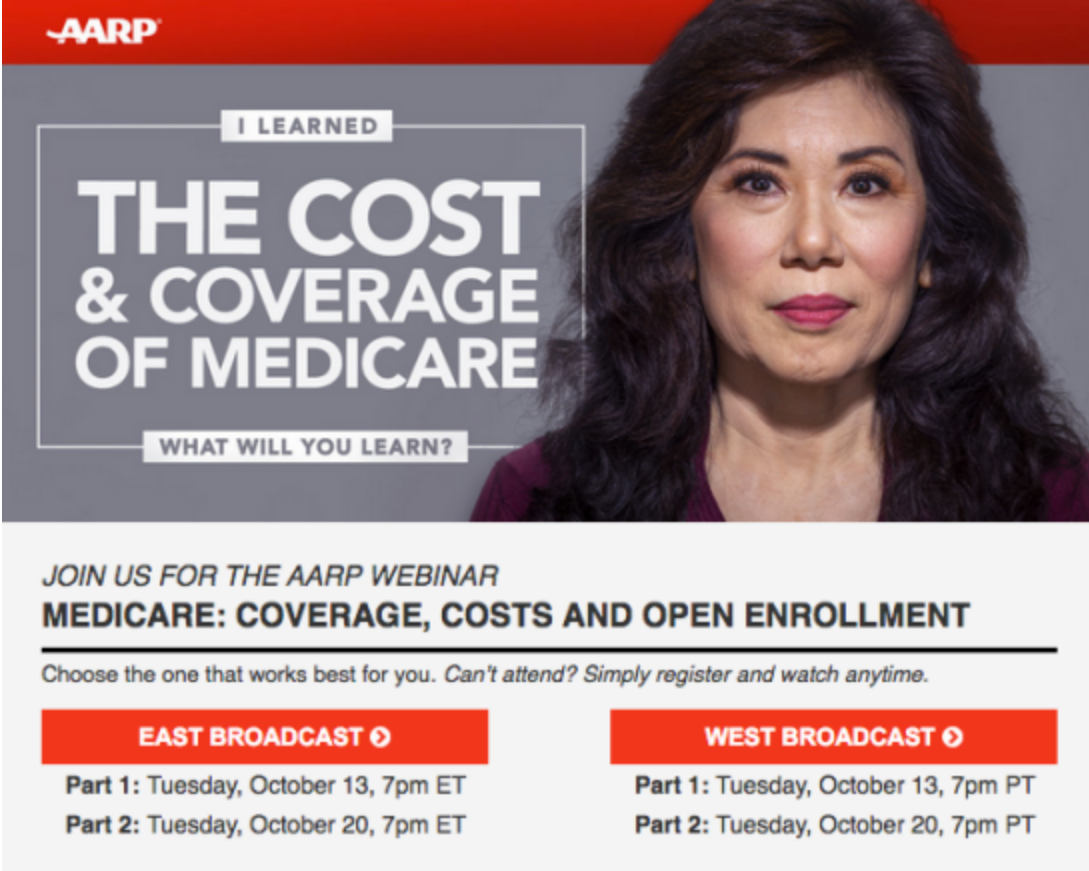
Wheatsville's Community Action program has helped raise critical funds for local nonprofits including more than \$19,000 last year alone. Now - for the first time ever - Capital City Village is among the many wonderful organizations being considered for 2021. If you're a Wheatsville Co-op member please 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.](#)



Capital City Village is a 2019 Top-Rated Nonprofit - Would You Help us Get Our 2020 Badge?

It's easy and only takes 3 minutes! [Go here to get started!](#) Stories about Capital City Village from members and volunteers like you will help us make an even bigger impact in the Austin community!



A promotional graphic for an AARP webinar. At the top is a red banner with the AARP logo. Below it, a woman with dark, wavy hair is shown from the chest up. To her left, a white box contains the text "I LEARNED" above "THE COST & COVERAGE OF MEDICARE" and "WHAT WILL YOU LEARN?" below. Below the woman, the text "JOIN US FOR THE AARP WEBINAR" is followed by "MEDICARE: COVERAGE, COSTS AND OPEN ENROLLMENT". A line of text says "Choose the one that works best for you. Can't attend? Simply register and watch anytime." Below this are two red buttons: "EAST BROADCAST" and "WEST BROADCAST". Under each button are the dates for Part 1 and Part 2 of the webinar.

AARP

I LEARNED

THE COST & COVERAGE OF MEDICARE

WHAT WILL YOU LEARN?

JOIN US FOR THE AARP WEBINAR

MEDICARE: COVERAGE, COSTS AND OPEN ENROLLMENT

Choose the one that works best for you. Can't attend? Simply register and watch anytime.

EAST BROADCAST

Part 1: Tuesday, October 13, 7pm ET
Part 2: Tuesday, October 20, 7pm ET

WEST BROADCAST

Part 1: Tuesday, October 13, 7pm PT
Part 2: Tuesday, October 20, 7pm PT

Health

Set a reminder—it's time to get ready for Medicare Open Enrollment.

Medicare Open Enrollment runs from October 15 to December 7, but did you know you can get an early look at next year's health plans and prescription drug plans starting on October 1?

Premiums for Medicare Advantage Plans are dropping to historic lows for 2021. This type of Medicare health plan, offered by a private company that contracts with Medicare, is an all-in-one alternative to Original Medicare. These "bundled" plans include Part A (Hospital Insurance), Part B (Medical Insurance), and usually Part D (prescription drug coverage). Most plans offer extra benefits—like vision, hearing, dental, and more.

Starting on October 1, you can take an early peek at Medicare health plans and drug plans by using the [Medicare Plan Finder](#). If you have a Medicare Number, you can [log in or create an account](#) to put together or access a list of your drugs, compare your current Medicare plan to others, and see prices based on any help you get with drug costs.

If you're among the 1 in 3 people with Medicare who has diabetes, here's some more good news: starting in 2021, many participating drug plans will offer a 30-day supply of insulin for \$35 or less per month. If you take insulin and enroll in one of these plans, you could save an average of \$446 per year on your out-of-pocket costs for insulin next year.

Exercise

Too many zooms? Here are some stretches:



5 Stretches to Help Your Back and Neck

3:19



Working from home can lead to neck and back pain if you don't have the right desk or chair. Try these stretches to ease back pain or help relax your neck and shoulders.

Other Basic Needs

8 Things You Didn't Know Social Security Could Do for You

Over its history, the Social Security Administration (SSA) has added numerous special services to help customers (that's you and me) deal with pressing medical, familial and financial issues. Here are some of the lesser-known things Social Security can do for you.

1. Expedited disability claims
2. Representative payees

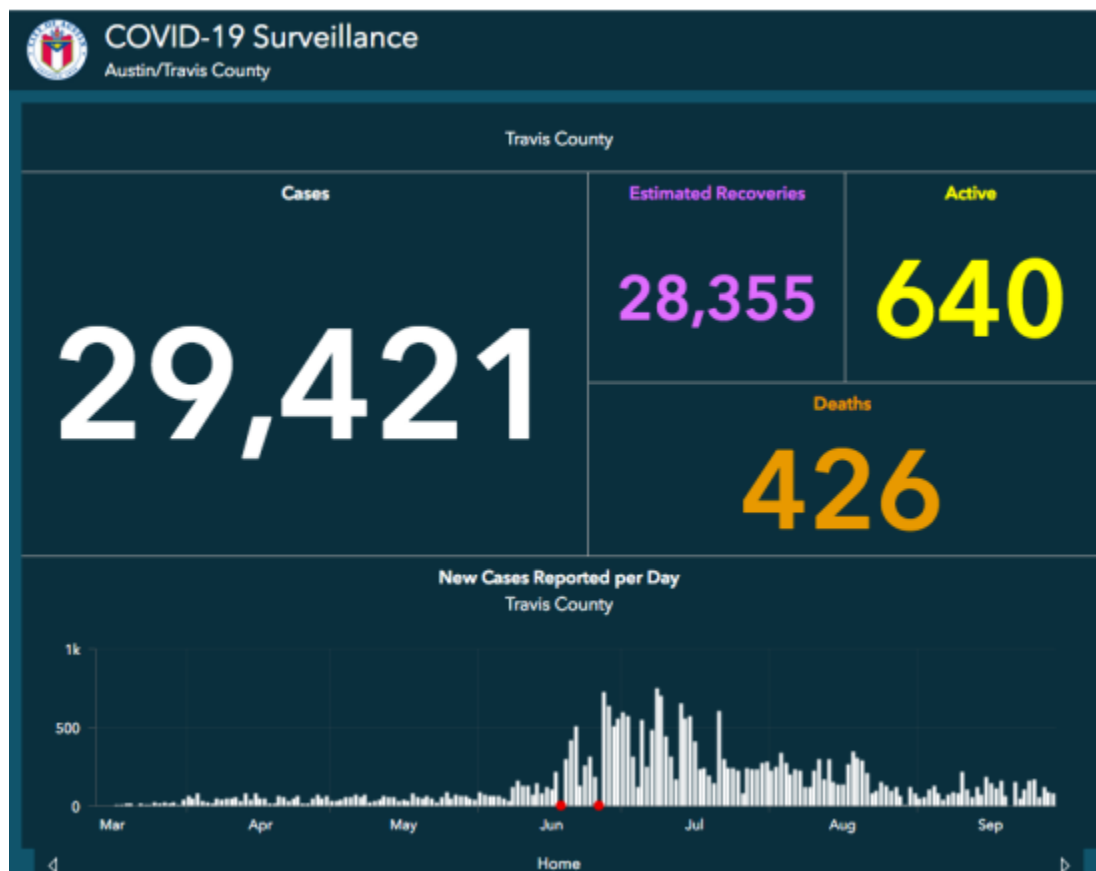
3. Help with Medicare drug costs
4. Translation and interpretation
5. International Social Security agreements
6. Proof of income
7. Benefits for grandchildren
8. Baby names galore!

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

Security and Safety - Living Well at Home



Austin-Travis County is at Stage 3



Staying Safe on Road Trips



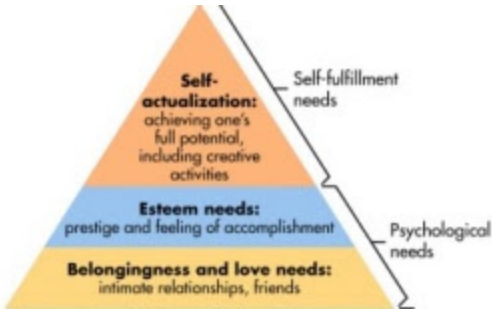
How to Stay Safe From Coronavirus on a Road Trip

[f](#) [t](#) [in](#) [p](#) [e](#)

2:32

COVID-19 makes traveling tricky. If you plan on going out of town to visit family, follow these safety tips to cut down on risk.

Psychological and Social Needs - Living Well at Home





Changing Our World, One Step at a Time
A Conversation with Ruben Cantu
Friday, October 30, 10:30 AM - 12 Noon

Ruben Cantu is a man of many talents including international public speaker, teacher, startup advisor, marketing/branding strategist, serial social entrepreneur, and award-winning filmmaker. Ruben currently serves as founding Executive Director of the Office of Inclusive Innovation and Entrepreneurship and Assistant Professor at UT Austin. He is a community servant and a global citizen focused on using the power of storytelling and technology to be a bridge for peace. His key focus is on creating impactful movements that make the world a better place.

Ruben will speak about his experiences, his goals and what we can do to help him in his efforts to make Austin and the world a better place.

Rubén graduated from Leadership Austin's Essential class of '14. He was nominated as Entrepreneur of the Year for Austin Under 40 in 2015. He also was nominated for Changemaker of the Year in 2016 by the Austin Young Chamber. Ruben was recognized as the 2018 Glen Baumgart Award for Visionary and Community Engagement at the UT Tower Awards.

When not working, he focuses on being a bridge between the local community and international issues that break barriers and foster peace and prosperity. He also is an avid music lover and Jeopardy enthusiast.

[RSVP here. Your confirmation email and your reminder email will include your zoom link.](#)



Young at Heart!

Join the [Young@Heart Chorus](#) on October 3rd at 7:30PM for a very special Virtual Benefit Concert & Album Release Celebration featuring live performances, world premiere music videos, online auction, celebrity appearances by Edie Falco, Larry David, Steve Buscemi, David Byrne, Los Lobos, Paul Shaffer, John Berman, and more. Proceeds from this Benefit concert will sustain Young@Heart through the pandemic.



Voting Information

[Click here for the Austin League of Women Voter's Voting Guide.](#)

[And here for a How to Vote Video from AARP.](#)

Information about Proposition A:

This Friday, October 2 at 11am, AARP is hosting a tele-town hall with Mayor Steve Adler to discuss the ballot measure Prop A which if approved will fund Project Connect, an expansion of Cap Metro's transit services. To sign up to join in case you aren't on our dial out list, [please use this link](#).

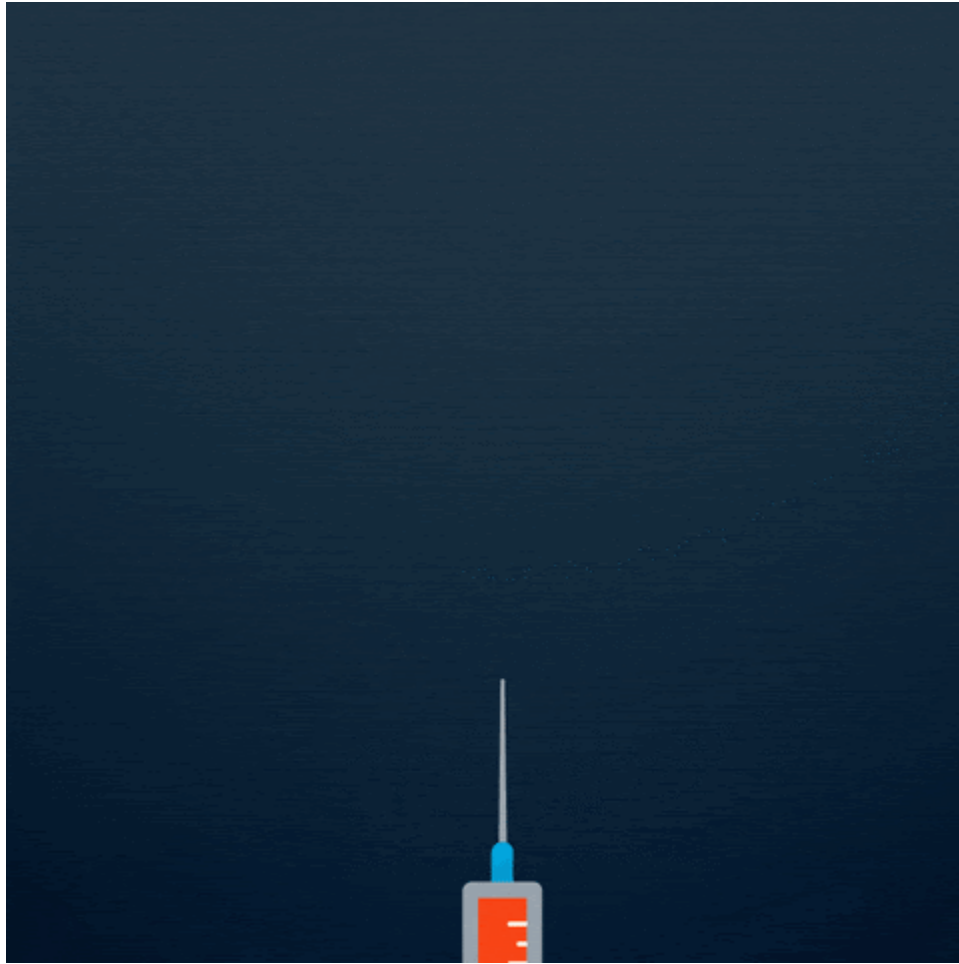
This will be an opportunity to ask questions about Prop A including what expanding transit means for Austin as well as what it will cost residents in terms of property tax increases. AARP is not taking a position; however, they want to equip voters to make an informed decision.

There will be screeners to, hopefully, eliminate any belligerent callers or questions about the camping ordinance or policing issues in order to focus the call on transit and Prop A. Feel free to share, and even press *3 during the call to ask a question about older adults.

From Our Members

Flu Shots

From member and primo volunteer Arnie, "Hi, Margit just got her flu shot at CVS on Far West. They have plenty, and there was no wait. Pass the word..."



Check-ins

Mason and Marty are ok. We are staying inside as much as possible.

Don and Peggy are well.

In the Community

Free Caregiver Virtual Seminar



Medicare 101

Alice Navarro and Delia Garcia from the Area Agency on Aging of the Capital Area will discuss what caregivers need to know about Medicare and Medicaid, the basic differences between the two programs, and what changes are expected in 2021 prior to Open Enrollment, which runs October 15th - December 7th.

Saturday, October 3rd - 10:00-11:30 a.m.



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. Our closing keynote speaker on Wednesday, October 21 is Lori Bitter, a nationally recognized marketing and development consultant, speaker, author and founder of [The Business of Aging](#). Named one of Next Avenue's Influencers in Aging, Lori's book, [The Grandparent Economy](#), is a National Mature Media Award winner. She is a co-producer of the What's Next Boomer Business Summit and The

Silicon Valley Boomer Venture Summit. [Click here to see all the details and RSVP for the Summit.](#)

Living a Healthy Life with Chronic Conditions

**Become your own best advocate to understand your condition and the treatments that work best for you.
Learn to make lifestyle changes to improve your quality of life.**



WHO COULD BENEFIT?

Anyone 60 years or older who:

- is living with a chronic condition
- is interested in symptom and medication management
- wants to learn proper exercise and nutrition
- wants to know what questions to ask

YOU WILL LEARN TO:

- Manage Symptoms
- Incorporate Exercise
- Monitor Nutrition
- Talk with Your Doctor
- Make Informed Treatment Decisions
- Deal with Emotions
- Control Stress

Funded in part by Health and Human Services

UPCOMING ONLINE 6 WEEK WORKSHOP

**ONLINE – join with computer,
tablet, or smart phone**

**Mondays 1:00-3:30
November 2 – December 7**

REGISTRATION IS REQUIRED

There is **NO COST** to participate
Class size is limited

To REGISTER:
Jessica Martone
512-916-6180
jmartone@capcog.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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Ste 283
Austin, TX 78705

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