



Bonnie Gilson <bonniegilson@capitalcityvillage.org>

Last Chance to RSVP for the Racing Grandmother!

1 message

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Sun, Jan 31, 2021 at 11:59 AM

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January 31, 2021

Featured Events



Judy Ray - Racing Grandmother

Monday, February 1 at 2pm

Judy Ray, a client advisor at BMW of Austin, describes herself as a "crazy grandmother who loves high-performance driving and racing." And, no, she doesn't believe in driving fast on the street! Originally from Kentucky, Judy lived in California before settling in Texas.

She has driven (raced!) circuits across Europe - Nurburgring, Spa-Francorchamps, the Al-Ring, and the Salzburgring - and 48 different tracks in the U.S., including Austin's Circuit of the Americas. She first experienced the Circuit of the Americas when it was under construction and has been back many times, requested by management to give "hot laps" to their customers, giving her the opportunity to share her passion with people from all over the world.

[RSVP here to receive your invitation](#) to hear more about her self-described life of cars, kids, and cats!



Casa Marianella – Dedicated to Serving Immigrants

A Presentation by Jennifer Long

Sunday, February 7 at 2 pm

Did you know that Casa Marianella is the only homeless shelter in Austin dedicated solely to serving immigrants, and that 65% of its residents, including children, are asylum seekers from immigration

detention. It's been serving displaced immigrants in Austin for 29 years.

Shelter is provided in renovated houses in east Austin. Services include housing, legal assistance, ESL classes and help with medical and social needs, all to promote self-sufficiency.

[Sign up for a Zoom presentation](#) to learn more about Casa Marianella. Jennifer Long, the organization's Executive Director will join us and answer our questions.

And there is a wealth of information on [their website](#).

[RSVP here and your zoom link will be included in your confirmation email](#), then once again in your reminder email the day before the event.



Jennifer Long, Executive Director, Casa Marianella



Matt Hinsley**Pepe Romero**

Personal Stories of Pepe Romero – Matt Hinsley of Austin Classical Guitar

Matt Hinsley, Executive Director of Austin Classical Guitar, will share personal stories of his history with Pepe Romero, noted Spanish guitarist on Monday, February 15 from 2–3:30. Enjoy a taped interview and musical selections by Romero and follow up Q&A with Matt. This will be the first of ACG presentations tailored for CCV members.

Here's a personal recommendation from our member Ellen: "I was first introduced to Austin's Classical Guitar Society years ago at one of their free concerts at a neighborhood church featuring an international guitarist. Those opportunities for personal connections to the artist led me to an appreciation for the broad community outreach of ACG. I hope you will enjoy the music as much as I have."

Be sure to [RSVP here to receive your invitation](#), which will be included in your confirmation email and again in your reminder email the day before the event.

Village Event Calendar



January 14 Coffee Group

Priscilla, Rick, Marie, Karen

Natalie, Stan, Jane, Carol

Scott, Susan, LK

Reminder: It is necessary to RSVP for events to receive the zoom invitation.

- Monday, Feb 1 at 2 pm – [Judy Ray - Racing Grandmother!](#)
- Thursday, Feb 4 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Feb 4 at 4:30 pm – [Virtual Happy Hour](#)
- Sunday, Feb 7 at 2 pm – [Casa Marianella - Dedicated to Serving Immigrants](#)
- Thursday, Feb 11 at 9:30 am – [Virtual Coffee Hour](#)
- Monday, Feb 15 – Office closed for President's Day
- Monday, Feb 15 at 2pm – [Personal Stories of Pepe Romero - Matt Hinsley of ACG](#)
- Tuesday, Feb 16 at 10 am – [Virtual Volunteer Orientation](#)
- Thursday, Feb 18 at 9:30 am – [Virtual Coffee Hour](#)
- Friday, Feb 19 at 11 am – [Book Club](#)
- Friday, Feb 19 at 4pm – [Cooking for Aging Well](#)
- Sunday, Feb 21 at 2 pm – [Annual Member Meeting](#)
- Wednesday, Feb 24 at 11:30 am – [Men's and Women's Lunch with Saleem Assaf](#)
- Wednesday, Feb 24 at 2 pm – [Poetry Group](#)
- Thursday, Feb 25 at 9:30 am – [Virtual Coffee Hour](#)

Save the Date!

- Thursday, Mar 4 at 6 pm to Friday, Mar 5 at 6 pm – [Amplify Austin Day of Giving](#)
- Thursday, Mar 11 at 2:30 pm – [Examining White Privilege Series](#) begins

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

Today's Newsletter Articles

These links will take you directly to each article:

- [Annual Member Meeting](#)
- [Austin Commission on Seniors Meetings](#)

- [Book Club](#)
- [Casa Marianella – Dedicated to Serving Immigrants](#)
- [Consider Doubling up on your Masks](#)
- [Ear Health with Saleem Assaf \(February Men's and Women's Lunch\)](#)
- [Easy Exercising](#)
- [Examining White Privilege](#)
- [Fall Prevention Course](#)
- [February Birthdays](#)
- [From and About Our Members and Volunteers](#)
- [From the Member and Volunteer Service Director](#)
- [Judy Ray – Racing Grandmother](#)
- [Keep Trying if You Haven't Gotten the Vaccine Yet](#)
- [Personal Stories of Pepe Romero – Matt Hinsley of ACG](#)
- [Scam Example](#)

Basic Needs



Health

February Men's and Women's Lunch Presents "Ear and Hearing Health" with Saleem Assaf of The Better Hearing Center of Austin

Wednesday, February 24 at 11:30am

Join the Men's and Women's Lunch in February for a special program in partnership with SAIVA. Saleem Assaf from The Better Hearing Center of

Austin will present "[Ear and Hearing Health](#)". He'll cover these points:

- Ear maintenance and cleaning – myths and truths.
- The ear-to-brain connection
- Hearing's impact on our physical, social and mental well being
- The A-B-C's of hearing aids
- Q&A

Be sure and [RSVP to receive your zoom invitation](#), which will arrive in your confirmation email and again the day before the event in your reminder email.



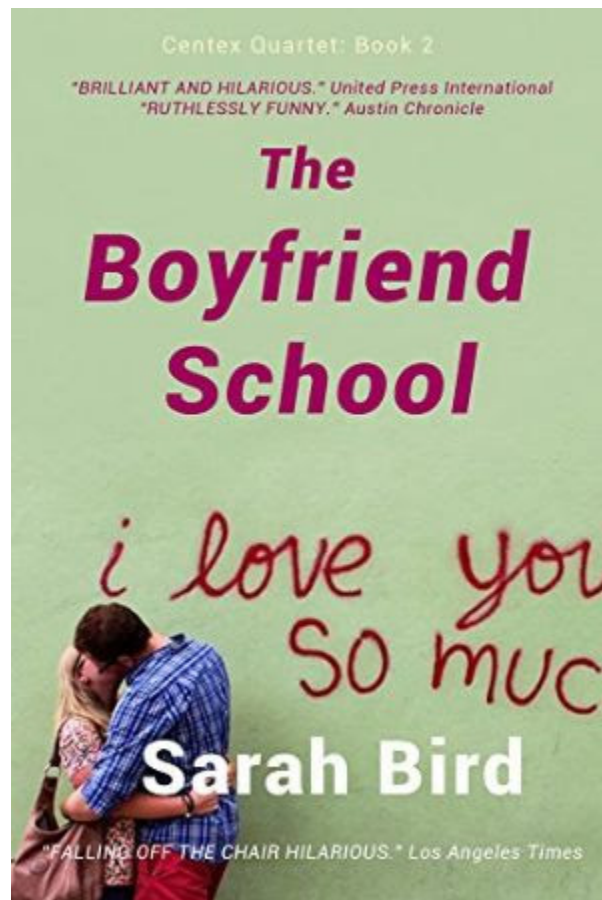
CCV Member/Volunteers Carl and Ginny

Consider Doubling Up on Your Masks

With COVID-19 cases surging and the discovery of new, faster-spreading coronavirus strains in the U.S., it might be time to double down on face masks — literally — by wearing two at a time. Layering one mask over another can significantly boost your protection against

the coronavirus, some experts say, especially if your ordinary mask is thin or loose-fitting. [See lots more information about the types of masks to use in this AARP article.](#)

Psychological and Social Wellbeing



Book Club Selections for Upcoming Months

The [CCV Book Club](#) will be meeting online Friday, February 19 at 11am to review "Boy Friend School" by Sarah Bird. Join them with your favorite potluck and some good conversation.

So that you have plenty of time to prepare, here are their selections for the next several months:

- March: "Paris in the Present Tense," by Mark Helprin

- April: "The Dog Who Wouldn't Be," by Farley Mowat
- May: "The Mourning Sexton," by Michael Baron

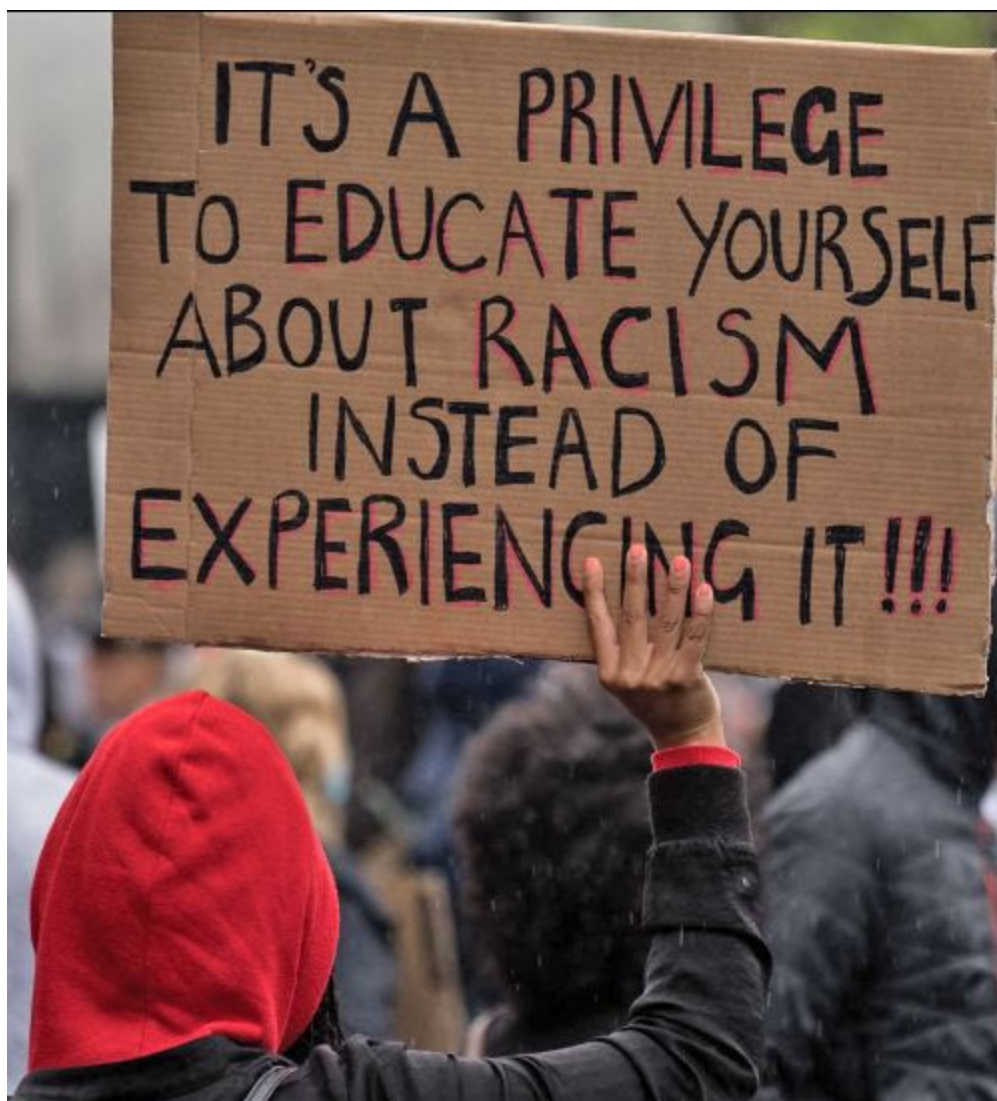
[RSVP to receive your invitation](#), which will be included in your confirmation email and again in your reminder email the day before the event.



CCV's Annual Member Meeting is Sunday, February 21 at 2pm

Capital City Village's [Annual Member Meeting](#) is Sunday, February 21 at 2pm. You'll hear the "State of the Village" and there will be fun involved. Check our mid-February newsletter for more details.

[RSVP here](#) to receive your invitation, which will be included in your confirmation email and again in your reminder email the day before the event.



Examining White Privilege: 6 to 7 Week Interest Group Begins Thursday, March 11, 2021 at 2:30pm

(Co-facilitators: Ginny Fredricks and Pam Farley)

Last year, Ginny and Pam hosted the first CCV interest group on *white privilege*. They are offering another group beginning in March 2021. Many of us want to be part of the solution in dismantling *white privilege*. A common question is what can I do as a white person?

If you are ready to explore your own thinking on *white privilege* with other CCV members and friends, this is your opportunity! Please consider making a commitment and registering for this 6–7 week study group using the guidance of the book, *Me and White Supremacy: Combat Racism, Change the World, and Become a Good Ancestor*,

written by Layla Saad. We will also discuss some of Emmanuel Acho's YouTube videos: "Difficult Conversations with a Black Man," designed to educate and inform White America on racism, systemic racism, social injustice, rioting and the hurt that Black Americans are feeling today.

We will meet once a week for six-to-seven weeks, via Zoom from 2:30-4 pm. You will need your own copy (e-book or hard copy -- not the audio version) of the book, as personal journaling will occur outside of the meetings. To facilitate discussion, the group will be limited to 10 people. A commitment to the six-to-seven week format is expected.

[Please check the event page to RSVP and learn how to order the materials.](#)

From (And About) Our Members and Volunteers



LK and Caroline distantly celebrating their common birthday a year ago

Happy February Birthday to CCV Members and Volunteers:

- 1 - Donna H
- 2 - Allison M, Volunteer
- 9 - Julie T

11 - Bill V S
13 - Gary G, JoAnna R
16 - Marie R
18 - Linda D, Faye G
22 - Mary Ann B
27 - Linda Kay K, Caroline K

Want to celebrate someone's birthday? [Make a donation to Capital City Village](#) in their honor and we'll send them a birthday letter!



Easy Exercising!

From our volunteer Henry: "I thought this would be a good candidate for inclusion in the newsletter:

Denise Austin has been teaching classes, producing fitness shows, creating exercise videos and writing books and columns on exercise and staying fit for decades. She has served two terms as a member of the President's Council on Physical Fitness and Sports.

Austin is known for her focus on staying fit naturally, emphasizing that she herself exercises only about 30 minutes a day and does not skip meals. She supports a balanced program of exercise and proper diet,

and encourages people to stay away from fad diets or 'crazy claims' for quick fixes.

[Here is a link to her 'Ten Minute Walking Workout'.](#)

If you find yourself sitting for several hours at a time, at your computer, reading or otherwise, this is an excellent way to break up your day, get your circulation moving and in general make yourself feel great. Give it a try!! It's never too late to start moving!!"

Keep Trying!

We received this from member and volunteer Joe, who received it from a friend of the Village:

"Just logged into covid19.austintexas.gov/. I heard they had vaccines and I got an appointment for tomorrow. I am in the over 65 group. I was already registered and so went in there, not in the registration area.

Once you've registered, you have to log in with your email and APH ID. I believe it is on the end of your email. Very important. Then you get an appointment and you hit next and it says keep hitting next as it is high traffic. I did it for 5 minutes and got appointment for tomorrow."



Our member Jane asked us to share this:

"AGE of Central Texas will be offering a free of charge, virtual two-hour falls prevention class this February. It will be taught on Zoom from 10–11 on Wednesday, February 17 and from 10–11 on Friday, February 19. Even though this class is much shorter than AGE's face to face 'A Matter of Balance' class, I believe there is a lot of very useful information provided."



FREE Online Falls Prevention Course for Older Adults

“Empowering YOU to Prevent Falls”

Falls are both common and costly with billions of dollars spent to treat the injuries of the one in four older adults who will suffer a fall each year. The good news is that most falls can be prevented! Learning ways to prevent falls and putting that learning into action can empower you to keep yourself safe. This two-part fall prevention course uses information from the Centers for Disease Control and Prevention, along with information from other reputable sources, to give valuable guidance on ways that older adults can prevent falls.

Feb. 17th and Feb. 19th | 10:00-11:00 a.m.

- Session 1 – Annual Action Steps to Prevent Falls:
 - Medication Review and Vision Check
 - Home Safety Check
- Session 2 – Daily Action Steps to Prevent Falls:
 - Lifestyle Choices
 - Exercise and Physical Activity

This free caregiver education series is designed for older adults and is presented in partnership with CaregiverU and AGE of Central Texas.

Registration is required and space is limited.

Register for Free: Email lhill@ageofcentraltx.org or call Lori Hill at 512-573-8069 for registration assistance



Another Scam Example

Member and volunteer Rick is sharing more scam info:

"Good example of scam!! I of course did NOT order Apple iPad... no need to panic ... just logged into my Amazon account and checked my Ordered List!"



Dear customer,

Thank you for your order!

The estimated delivery date is based on the handling time and the warehouse processing time. In certain cases, the estimated delivery date will vary.

You will receive a tracking number by email once your package ships. You can check the status of your order on our App.

Find your order confirmation below. Thank you again for ordering from amazon.

For any changes to this order , contact Order Help-Desk

Order Help-Desk: +1-855-599-1370

Your Order #M2011-5524899631 (placed on 2021-01-20) (estimated delivery date 2021-01-31)

Billing Information:

Billed to:

treyxx@hotmail.com

**From the Member and Volunteer Services
Director**



Valentine Surprise!

CCV members and volunteers will be receiving a special greeting this month for Valentine's Day, so watch your snail mail for a surprise:).

Helpful Videos from AGE

[Brain Health and Aging Webinar Recording](#)

[Driving Safety Seminar Recording](#)

In the Community



The City of Austin's Commission on Seniors is preparing for fiscal year 2022 budget recommendations; the goal of the recommendations are to inform and educate City leadership on the programs and services needed to support older adults.

Due to the current unprecedented times of COVID-19, we are unable to host an in-person session, however we are working very diligently to host several community-wide virtual town hall meetings.

[Please complete the registration process using this link](#). Participants will receive the appropriate Zoom links after registration.

Meeting Topics, Dates and Times

Public Safety, Tuesday, February 9, 6:30 pm – 8:00 pm

Health and Environment, Thursday, February 11, 6:30 pm – 8:00 pm

Economic Opportunity, Culture, and Affordability, Wednesday, February 17, 6:30 pm – 8:00 pm

Are you unable to attend the virtual town hall sessions or do you want to give additional feedback? No problem, we want to hear from you! Please share your concerns and/or opinions by [completing this survey](#). The survey closes Monday, February 22.



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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