

# August 2019 Newsletter

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## **U.S. Immigration in the Current Era: Facts, Myths, and Contemplations**

2-4pm Sunday, August 25  
at Belmont Village Senior Living, Town Hall Room

Join Capital City Village and Belmont Village Senior Living for "U.S. Immigration in the Current Era: Facts, Myths, and Contemplations", presented by Mark Kinzler at Belmont Village Senior Living West Lake, 4310 Bee Caves Rd, in the Town Hall

Room.

Mr. Kinzler is the owner and managing attorney of a private immigration law practice, the Law Office of Mark Kinzler, P.C., in Austin. He also currently works for the students of Texas State University as the immigration attorney for the Attorney for Students Office. He has been practicing immigration law since 2005 and his practice has focused on protecting and defending the rights of immigrants in a wide variety of immigration-related matters including deportation defense, asylum, and benefits for immigrant victims of crimes and abuse. He graduated from the University of Texas at Austin with a B.A. in Sociology, and received his J.D. from Lewis and Clark Law School in Portland, Oregon in 2005.



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## **Find Your Own Healthcare Data**

Friday, August 23, 10am-12pm at AGE Building

On average, you are likely to be in a healthcare setting 17 times during the year. You may see your primary care doctor, visit the hospital, and see your dentist, pharmacist, and some specialists. During those visits, medical professionals want to know a lot of information about your medical situation: your medical history, medications, etc. Each of these visits can also generate a lot of new health information about you.

Where can you find this health information? What are the best ways to store it and share it with future healthcare providers? If you have a medical emergency, how can you make sure the first responders know your medical information? Are there ways to make your next new doctor visit easier and faster?

Capital City Village and AGE are presenting a class to help you with these questions. The class will teach you how to find and organize your healthcare information. This is a special class, as one of the instructors is a retired

physician! If there is time, you can try to access your own health data during class, so you may want to bring your own device (Phone, tablet, USB flash drive) to store the information.

[Click here to get all the information about this class, and to RSVP.](#)

**Dr. Tom McHorse, Presenter**



## Village Events



**Photo by Tom Knutsen**

## August Events

Click on any of these events to find out more and RSVP:

- Thursday, Aug 1 - 4:30-6:30pm - [Happy Hour](#) at LaMancha Tex-Mex (NC)
- Tuesday, Aug 6 - 9:30-10:30am - [Coffee Klatch](#) at Austin Java Manchaca Rd (S)
- Thursday, Aug 8 - 9:30-10:30am - [2nd Cup](#) at Central Market N Lamar
- Thursday, Aug 8 - 2:45-5:30pm - [Movie Group](#) at Regal Arbor at Great Hills (NW)
- Monday, Aug 12 - 6:45-9pm - [Dominoes](#) at a member home (NW)
- Tuesday, Aug 13 - 10am-12pm - [ShortTakes](#) at a member home (SW).  
*See article below.*
- Thursday, Aug 15 - 11:30am-1pm - [Lunch & Laughter](#) at Wheatsville S. Lamar
- Wednesday, Aug 21 - 12-1pm - [Men's Lunch](#) at Andiamo Ristorante (NC)
- Thursday, Aug 22 - 9:30-10:30am - [Coffee Caffeine and Conversation](#) at Upper Crust Bakery on Burnet (NC)
- Friday, Aug 23 - 10am-12pm - [Find Your Own Healthcare Data](#) at the AGE Building (C). *See second feature article.*
- Sunday, Aug 25 - 2-4pm - [U.S. Immigration in the Current Era](#) at Belmont Village Senior Living, West Lake. *See first feature article.*
- Tuesday, Aug 27 - 10am-12pm - [Managing Mindfulness](#) at a member home (S)
- Wednesday, Aug 28 - 11:30am-1pm - [Women's Lunch](#) at Andiamo Ristorante (NC)

### Save the Date:

- Saturday, Sept 28 - 8:30am-1pm - [4th Annual CCV Golf Tournament](#) at Riverside Golf Course (E)
- Thursday, Oct 31 - 11am-1pm - [Keep Aging Weird Annual Luncheon](#) at Norris Conference Center (NC)





## CCV Member Wins First Place Grand Prize at World-Famous Knitting Camp

Village member Jane Lippman has won the first place grand prize at the Meg Swanson Knitting Camp. We asked Jane about the experience and she shared these fun facts with us:

"Every summer there is a contest. This year's theme was Mythology and my contest entry was 'The Three Graces.' The competition was stiff, and I was very lucky to win First Place Grand Prize.

'The Three Graces' may possibly be considered X-rated by some people because it features a Rubens painting of three ladies who seem to have left their clothing at home. This work of art was produced in the 17<sup>th</sup> century. 'The Three Graces' are the Greek goddesses Euphrosyne, Thalia and Aglaea.

I bought from Steve Plummer, the most famous international expert in Illusion Knitting, a pattern for a wall hanging that contained 9 charts and proceeded to knit a blanket consisting of 494 rows with 300 stitches in each row. Steve wrote on his website that this design was his biggest and most complex illusion design to date. While the knitting wasn't extremely complicated, there was a LOT of it, and much time and patience were required. The top and bottom edges are my own touch."

Congratulations to Jane!

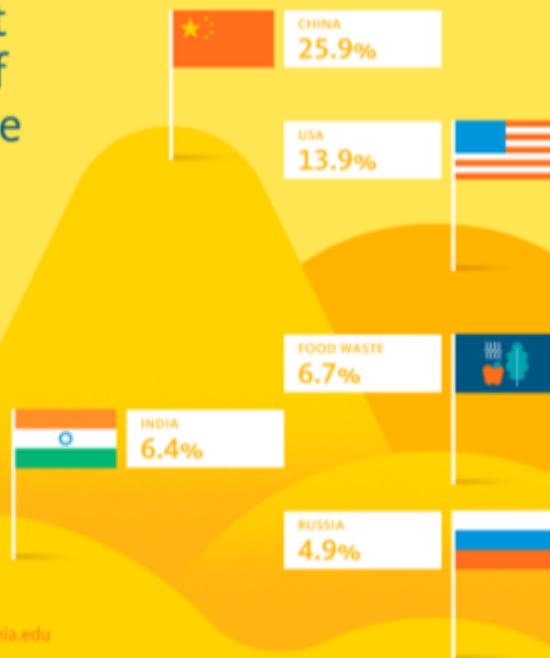






## The largest emitters of greenhouse gases

Percent of global greenhouse gas emissions\*



Learn more at [climate.universityofcalifornia.edu](https://climate.universityofcalifornia.edu)



\*Based on UN FAO Food Waste Footprint (2013) and WRI 2013 country-level emissions. Proxied for scale, all countries contribute to food waste.

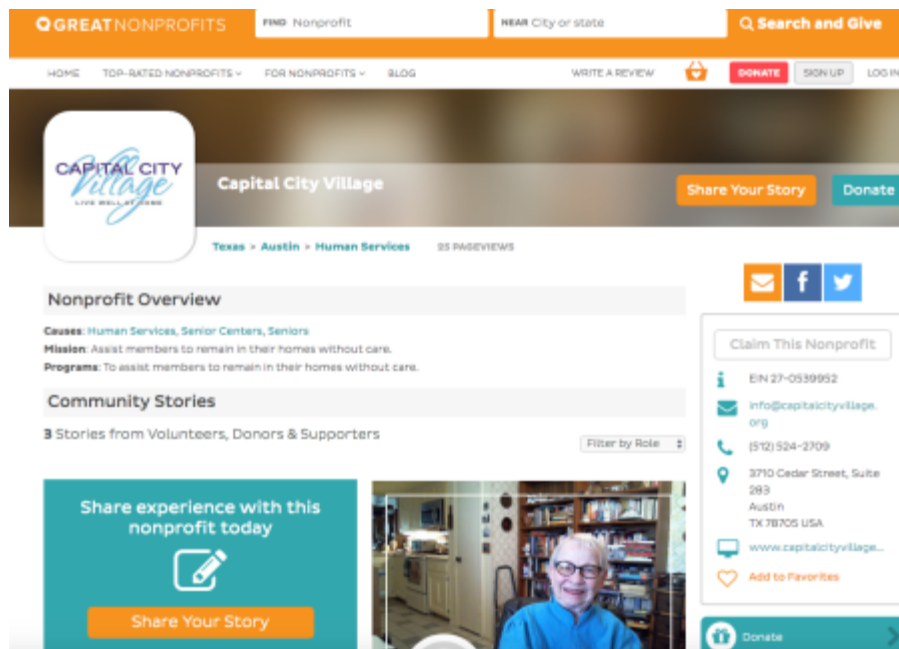
# ShortTakes Continues their Assault on Food Waste!

[Tuesday, August 13, 10am-12pm](#)

In August [ShortTakes](#) continues this series. They will be discussing the chapter on Food in Dr. Michael Webber's book "Power Trip". Dr. Webber is a mechanical engineering professor at UT Austin, specializing in energy resources. He currently resides in Paris, France, as chief science and technology officer for a global energy and infrastructure services firm. Dr. Webber's book covers (in easy-to-read lay-person terms) the histories of energy, water, food, transportation, wealth, cities, and security.

This month we'll meet at a private home. [RSVP](#) and we'll send you the address.

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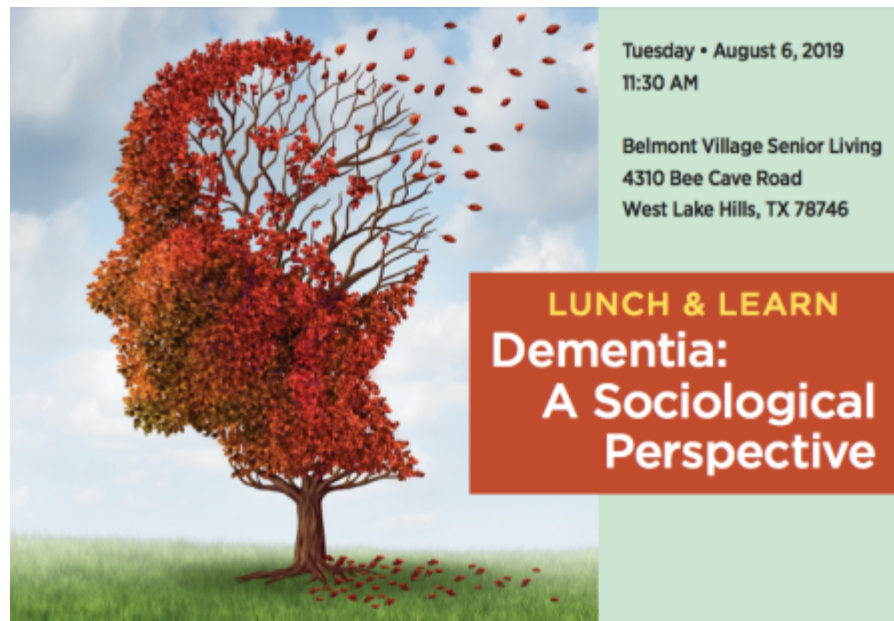


## Help Us Get the Word Out - Write a Review for Capital City Village

We are so grateful for several Village members who have already written reviews for us on the site "Great Nonprofits". Will you join them and write a review for us here: <https://greatnonprofits.org/reviews/write/capital-city-village>.

Take a look at the reviews already on the site  
here: <https://greatnonprofits.org/org/capital-city-village>.

## In the Community



### **Lunch & Learn - Dementia: A Sociological Perspective**

**11:30am Tuesday, August 6, Belmont Village Senior Living - West Lake**

Speaker: Christopher Johnston, Ph.D.  
Clinical Professor - Sociology, Texas State University

Dr. Johnston has more than 30 years' experience in the field of gerontology with an emphasis in dementia studies. Join us for an informative lunch and learn to hear Dr. Johnston discuss his theory on how dementia is a shift in the way a person experiences the world and explore how to better understand the disease to help those living with it.

Lunch will be served. RSVP to Peg Bulger at 512-347-1700 or  
[pbulger@belmontvillage.com](mailto:pbulger@belmontvillage.com).



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# Striking a BALANCE

## CAREGIVER CONFERENCE

The [18th Annual Striking A Balance Caregiver Conference](#) will be held on Saturday, August 24, 2019, at the Doubletree by Hilton Hotel Austin ([6505 N Interstate Hwy 35, Austin, TX 78752](#)), from 8:30 a.m. to 2:30 p.m. AGE of Central Texas and the [Area Agency on Aging of the Capital Area](#) come together every year to co-host the largest, longest-run free caregiver conference in Central Texas.

During this free annual conference, family caregivers discover local resources, learn new skills to meet the needs of their caregiving situation, and connect with other caregivers and local experts on aging. The day also includes a keynote talk by a nationally-renown expert in aging and caregiver concerns, workshops on topics related to caregiving with experts available for questions, along with a complimentary lunch and opportunities to visit with leading senior services non-profit organizations and companies.



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3710 Cedar St, Suite 283, Austin, TX 78705

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