



Capital City Village <bonniegilson@capitalcityvillage.org>

Annual Meeting Coming Up!

1 message

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Tue, Feb 1, 2022 at 9:59 AM

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H

Screenshots from the 2021 Annual Meeting

Yep – it's our second year on zoom!

Mart and Sue, Tommi, Vivian

Arnie and Margit, Johanna

Jane, Scott

**The Capital City Village Annual Meeting is Thursday,
 February 24 at 2 pm – [RSVP here!](#)**

The Village Annual Meeting is Thursday, February 24 at 2 pm. We'll be sharing The State of the Village, and you'll get to know a few more of your fellow members. Gary Knippa & Friends will be providing entertainment. [RSVP to get your zoom link.](#)



Gary Knippa & Friends

Capital City Village Office: (512) 524-2709

Member Services: (512) 468-5594

February 1, 2022

[Events](#)

[Featured
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Community](#)

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Featured Event



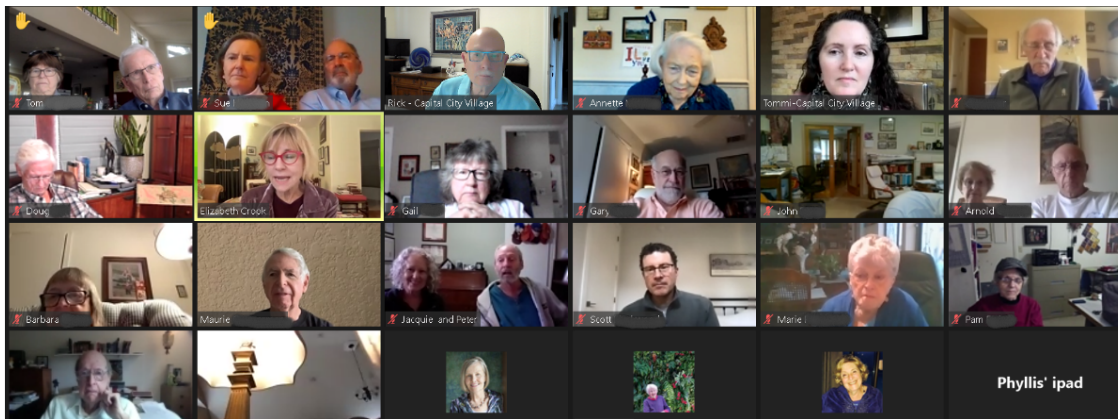
Rick at the Balloon Fiesta and Utah

Men's and Women's Lunch
Albuquerque Balloon Fiesta and Utah National Parks
with Rick Cloud

Wednesday, February 16 at Noon

Join CCV members, volunteers and friends for Rick's latest travelogue. He'll feature the annual Albuquerque Hot Air Balloon Fiesta with 550 balloons and his UT *Flying Longhorns* trip to Moab, Utah and nearby national parks and monuments. [RSVP to get your zoom link.](#)

Village Event Calendar



CCV Writers Series with Elizabeth Crook

Kay and Tom, Sue and Mart, Rick, Annette, Tommi, Drew

Doug, Elizabeth Crook, Gail, Gary, John, Margit and Arnie

Barbara, Maurie, Jacquie and Peter, Scott, Marie, Pam

Stan, Liby, Joan, Ellen, Carol, Phyllis

(All Events are being conducted virtually due to Stage 5 restrictions)

- Wednesday, Feb 2 at 10 am – [Volunteer Orientation](#)
- Thursday, Feb 3 at 9:30 am – [Coffee Hour](#)
- Thursday, Feb 3 at 4:30 pm – [Happy Hour](#)
- Thursday, Feb 10 at 9:30 am – [Coffee Hour](#)
- Wednesday, Feb 16 at 12 pm – [Men's and Women's Lunch with Rick Cloud](#)
- Thursday, Feb 17 at 9:30 am – [Coffee Hour](#)
- Friday, Feb 18 at 11 am – [Book Club](#)
- Monday, Feb 21 – Office closed for President's Day
- Wednesday, Feb 23 at 2 pm – [Poetry Group](#)
- Thursday, Feb 24 at 9:30 am – [Coffee Hour](#)
- Thursday, Feb 24 at 2 pm – [Village Annual Meeting](#)

Save the Date:

- Wednesday – Thursday, Mar 2–3 from 6 pm to 6 pm – [Amplify Austin](#)

From our Members

[Aralyn Hughes on "Happiness – Who's to Blame?"](#)

We have some pretty talented members at CCV and Aralyn is no exception!
We believe you'll enjoy this [YouTube video](#) from her.



The Story of Austin Energy

Member, Volunteer and Board Member Pam thought you might enjoy [this documentary](#). We agree!



From the Member and Volunteer Services Director

Call for Volunteers

We're looking for volunteers to deliver fifty Emergency Preparedness Kits for Seniors provided to CCV through generous donations made to the Aging Services Council of Central Texas. [Email Sue Hoffman](#) if you are able to help. Selected CCV members will be receiving the kits in the next few weeks.



Red Angels Program

Created in remembrance of fallen Fire Cadet Devon Coney, who passed away in the summer of 2018, the Red Angels Program is composed of Austin firefighters and licensed nurses from area medical facilities who

go door-to-door offering free in-home safety and wellness visits. Besides conducting a home hazard assessment and installing working smoke alarms if needed, they conduct basic health checks (e.g., blood pressure, glucose, pulse, and respiration), all in the comfort of an individual's home!

If you or someone you know would like to get on the schedule, just call (512) 974-0290 or e-mail red.angels@austintexas.gov, and we'll take care of the rest!



The Village Movement Turns 20!

To celebrate the 20-year anniversary of the Village Movement and the positive impact Villages are having on the experience of aging, Tuesday, February 15 will be recognized as National Village Day. From its beginnings when a small group of Beacon Hill neighbors established the first Village in Boston in 2002 to a thriving network today of more than 300 nonprofit, community-based Villages across the country, the Village model is now established as a cost-effective, sustainable solution for healthy, vibrant aging – a milestone worthy of celebration!

Celebrating **20** YEARS VILLAGE movement



"I will never be an old man. To me, old age is always 15 years older than I am." Francis Bacon

In the Community



Amplify Austin Day is March 2 - 3

Mark your calendars for the biggest day of giving in Central Texas!

The 10th annual Amplify Austin Day is kicking off at 6pm on Wednesday, March 2nd for 24 hours of giving, supporting 700 nonprofits and 20 cause categories, across 7 counties. This year, in celebration of our 10th event, we are going bigger than ever! It's time to challenge every Central Texan to show up like never before, with the goal of reaching 50,000 donors!

CAREGIVER TRAINING CAMP

Caregivers - discover local caregiver resources, learn new skills,
and connect with other caregivers and local experts on aging!

Saturday, February 5th

9:00 a.m. - 2:00 p.m.

Online via Zoom

Register with your
Smart Device



Sign up today! Space is limited, and registration is required.

Register online: www.TinyURL.com/AGEcamp2022

For assistance in registering, call (512) 600-9275

Keynote Presentations:



"I'm a Caregiver, Now What?!"

Mary Etuk
CaregiverU Program Associate



"Practical Tools for Dementia Caregiving"

Sarah Hyde-Williams
Senior Living Advisors of Texas



"Tackling Medical Issues"

Lina Supnet-Zapata, MBA
Executive Director/Managing
Partner, Mir Care Consultants, Inc.



"The Caregiver Playbook"

Natalie Alcorta, BSW
AGE of Central Texas
Resource & Information Center Director



- Hosted by -
**AGE of Central Texas and the
Williamson County EMS Community
Health Paramedic Program**





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 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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