



Capital City Village <bonniegilson@capitalcityvillage.org>

Because of You We Are Able to Fight Isolation!

1 message

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

Wed, Mar 16, 2022 at 9:59 AM

[View this email in your browser](#)





Rick, Mart, Sue, Kay, Carl
Tom, Birthday Guy Stan, Liby
Typewriter Rodeo's Sean Petrie, Tommi; Tom, Stan, Sue
Thanks to Liby and Tommi for the pictures of real in-person people.

From Our Executive Director - Thank You!

To all of our CCV supporters, thank you so much for your donations during Amplify Austin 2022, the City's annual day-of-giving. Because of your support we exceeded our goal, raising more than \$9,000! You made direct donations, spread the word among your social circles, and helped us AMPLIFY the good work of Capital City Village.

Funds raised during Amplify Austin support our At-Home Fund for modest-income seniors and help recruit and train new volunteers to provide services to our community. We couldn't do it without you! Many thanks for all you do to support our mission!

Tommi Ferguson

Capital City Village Office: (512) 524-2709
Member Services: (512) 468-5594

March 16, 2022



Click on the button to go straight to your favorite section.

Featured Events



Featuring an Interview of Dr. Gupta by Anderson Cooper

Mens and Women's Lunch
Brain Health
Wednesday, March 16 at 12 Noon

By now we all know how to keep our hearts healthy: Move a lot, eat good stuff, keep learning, get a good night's sleep and cultivate a big social network. But what about our brain health? The brain is plastic and highly flexible, able to rewire itself and create new neural pathways to get its job done when old pathways are blocked or no longer function.

For the March 16 joint men's and women's virtual lunch, CNN's Anderson Cooper will discuss highlights of Dr. Sanjay Gupta's "Keep Sharp: Build a Better Brain at Any Age" with Dr. Gupta on an interesting video.

[To read more and RSVP, click here.](#)



**"Translating the Diary of a WWII French Banker" with
Michele Aynesworth
Sunday, March 27 at 2 pm**

Join CCV Members, Volunteers and Friends for "[A Conversation With Michele Aynesworth - Translating the Diary of a WWII French Banker](#)". Her slides are a look back at the incredible journey she and her husband took in 2010 to translate Charles Rist's wartime diary. [Read more about Michele and RSVP here.](#)

Village Event Calendar



January 27 Writers Series with Dr. Vanessa Miller

Tommi, Ellen, Vanessa, Gail

John, Mart and Sue

(Most March Events are still being conducted virtually because they were planned during Stage 4 restrictions. Now that we are at Stage 2, watch for in-person events soon!)

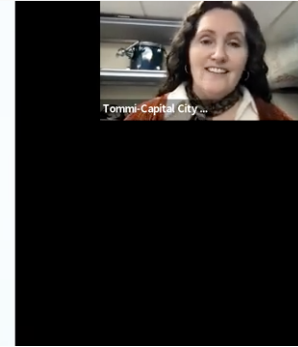
- Wednesday, Mar 16 at 12 pm – [Men's and Women's Lunch](#)
- Thursday, Mar 17 at 9:30 am – [Coffee Hour](#)
- Friday, Mar 18 at 11 am – [Book Club](#)
- Wednesday, Mar 23 at 2 pm – [Poetry Group](#)
- Thursday, Mar 24 at 9:30 am – [Coffee Hour](#)
- Sunday, Mar 27 at 2 pm – [Translating the Diary of a French WWII Banker](#) with Michele Aynesworth
- Monday, Mar 30 at 9 am – [Village Buddy Check-in Tutorial](#)
- Monday, Mar 30 at 1 pm – [Village Buddy Check-in Tutorial](#)
- Thursday, Mar 31 at 9:30 am – [Coffee Hour](#)

Save the Date:

- Sunday, Apr 24 at 2:30 pm – [History and Status of Texas Electrical Grid with Jim Woodrick](#) at Tarrytown United Methodist Church and on zoom

Members & Volunteers

- **Membership in 2021 (static)**
 - 17 new members (3 HH; 11 Ind.)
 - 1 death; several moves or non-renewals
 - Increasing referrals from professionals
 - Refer-a-Friend campaign helped



Tommi sharing the "State of the Village"

Annual Meeting – The State of the Village

For the second edition of our series reporting on our Annual Meeting, here are a few facts reported by Tommi, Johanna and Bonnie in regard to the state of the Village. [You can view our Annual Impact Report on the home page of our website.](#) You can see a brief membership report in the graphic at the top of this article, and here's a page from the Annual Impact Report outlining our stellar volunteer activity in 2021.

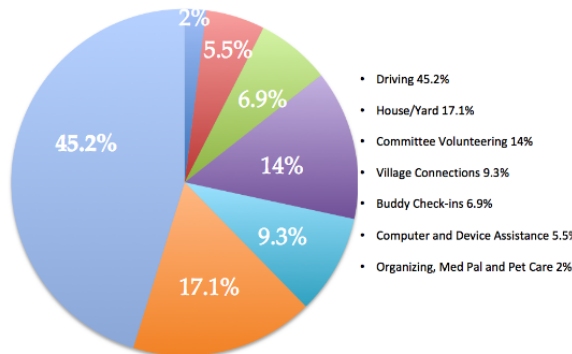
Volunteers Stepping Up and Stepping Out

Driving members once again became our #1 volunteer activity as we learned to safely transport members in the 2nd year of the pandemic.



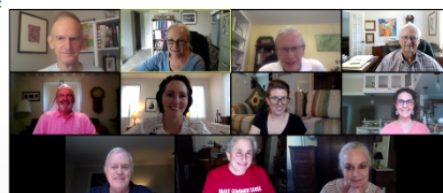
568 hours driving
26 members

Percentage of Total Hours
1256 Volunteer Hours



Our small-but-mighty cadre of handy volunteers did a lot of installations and fix-its.

Committees keep the Village going! Members of the Board plus Finance, Programs, Membership Services, Development & Marketing, and Outreach Committees put in well over 113 hours of volunteering.



213 hours for 25 members

March Member and Volunteer Birthdays



If you see any of these members or volunteers in March, wish them a happy birthday! Someone's turning 100 this month!

Liby B
Austin B
Patricia F
Donna B G
John A
Marie G
Margit O
Jane L
Suzann M
Maxine B
John P
Stan B

Ways You Can Help Ukraine

We are saddened by the ongoing tragedy in Ukraine. [Here's an article from](#)

[NPR with ways you can help.](#)

From our Member and Volunteer Services Director



Calling all Village Buddies

Mark your calendars for Wednesday, March 30 to attend a brief virtual discussion about the importance of entering buddy check-in calls into our Village's online system. Join Johanna and other volunteers at either 9 am or 1 pm or Wednesday to learn more. Please RSVP here for [9 am](#) or [1 pm](#).



I love to make lists. I also like to leave them on the kitchen counter and then guess what's on the list while at the store.



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!



Copyright © 2022 Capital City Village, All rights reserved.

You are receiving this email because you signed up for this mailing list on our the village website

Our mailing address is:

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

[Add us to your address book](#)

Want to change how you receive these emails?

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

