



Capital City Village <bonniegilson@capitalcityvillage.org>

## It's the CCV Newsletter!

1 message

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

Thu, Jun 16, 2022 at 9:59 AM

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Capital City Village Office: (512) 524-2709  
Volunteer Director: (512) 468-5594

June 16, 2022



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

## Featured Event



**Positive Aging**  
**A Virtual Conversation with Dr. Mark Carlson**  
**Wednesday, June 29 at 2 pm**

This is an online presentation. [Register to receive your zoom link.](#)

For some of us, growing older can be challenging, even scary at times. However, there are many positive aspects that can make older adults feel happy, content, energized and optimistic. The truth is, so much of our abilities come from our perspective on the matter. Join Dr. Carlson for an enlightening conversation on Positive Aging. He will discuss the psychology of aging and share 9 key principles on Positive Aging. [Read more about Dr. Carlson and RSVP here.](#)

## Village Event Calendar



### May Poetry Group

Wayne, Pam, Tobin

Laura, Beverly, Joe

Bill, Martha

*There are some in-person events this month. "Virtual" indicates that the event is not in-person.*

- Thursday, June 16 at 9:30 am – [Virtual Coffee Hour](#)
- Wednesday, June 22 at 9 am – [Virtual Village Buddy Check-in Tutorial](#)
- Wednesday, June 22 at 11 am – [Virtual Village Buddy Check-in Tutorial](#)
- Wednesday, June 22 at 2 pm – [Virtual Poetry Group](#)
- Thursday, June 23 at 9:30 am – [Second Cup at Central Market North Lamar](#)
- Sunday, June 26 at 11 am – [Fourth Sunday at Wheatsville](#)
- Wednesday, June 29 at 2 pm – [Positive Aging with Dr. Mark Carlson](#) (Virtual Presentation)
- Thursday, June 30 at 9:30 am – [Virtual Coffee Hour](#)

Save the date:

Saturday, September 24 – [7th Annual CCV Golf Tournament](#) at Riverside Golf Course

## In-Person Events



**In-Person Coffee**

**Tommi, John, Stan, Jane, Sally**

We have a couple of in-person events in the second half of June.

[Second Cup at Central Market North Lamar](#)

Thursday, June 23 at 9:30 am

[Fourth Sunday at Wheatsville South Lamar](#)

Sunday, June 26 at 11 am

## Have a Car You're Not Using?

### Donate Your Car to Help CCV!

Capital City Village is now an approved recipient on CARS: [careasy.org](https://careasy.org). If you find that you have a vehicle you no longer need, you can donate it for the benefit of the Village. Just [click on the link](#) and select Capital City Village as your charity.

CARS makes donating your car easy. They take care of everything from the pick-up and sale to sending you the donation receipt and necessary tax documents. CARS is committed to treating every vehicle donor with gratitude and great service while delivering the highest possible returns to partners. To date, CARS has returned more than \$300 million to nonprofit partners because of vehicle donors like you.



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## Reminder of Member Memorial

We remembered our member Kathy Wohler in the May 16 newsletter. This is a reminder that Kathy's service is planned for 10 am Friday, June 17 at Tarrytown United Methodist Church Chapel.



Kathy Wohler - Photo by Debra Reinhard

**Joy is an act of rebellion. And so is allowing ourselves to feel our grief.**

**- Octavia Raheem -**

## From our Members

**Most older adults want to 'age in place' but many haven't taken steps to help them do so.**

[Board member, volunteer and member Sue recommends this article from "Science Daily".](#)

# ScienceDaily®

Sue also asked us to remind you of the annual [Kiwanis Peach Sale](#). CCV is one of the recipients of the Northwest Kiwanis donations and has been for a number of years.

[Orders](#) are needed by June 29 and delivery is July 9, in the Anderson HS parking lot.



## From our Volunteer Director





**Squirrel trying to cool off, Tiptonville, TN**

**Photo by Bonnie Gilson**

## **Six Ways to Prevent Heat Stroke in Seniors**

[Our Volunteer Director suggested this very applicable article.](#) Everybody stay cool!

## **In the Community**



## CHRONIC CONDITIONS SELF-MANAGEMENT WORKSHOP

**JUNE 23- JULY 28, 2022**  
**THURSDAYS**  
**1:30 - 4:00 PM**

**REGISTRATION REQUIRED:**  
 Contact Jessica Martone  
[Jessica.Martone@traviscountytx.gov](mailto:Jessica.Martone@traviscountytx.gov)  
 (737) 356-8620

The Chronic Conditions Self-Management workshop is for people with chronic conditions and their caregivers. This is a 6 week workshop. The program is highly interactive, focusing on building skills, sharing experiences and support.

**WORKSHOP TOPICS :**

Techniques to deal with symptoms of chronic conditions, such as fatigue, pain, sleeplessness, shortness of breath, stress, and emotional problems such as depression, anger, fear, and frustration.



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 (Volunteer Director)

– call us if you need us!



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