



Capital City Village <bonniegilson@capitalcityvillage.org>

It's the CCV Newsletter!

1 message

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Wed, Mar 1, 2023 at 10:00 AM



GIVE THE GIFT OF INDEPENDENCE
 TO AN AUSTIN SENIOR
 6 P.M. MARCH 1 – 6 P.M. MARCH 2

CAPITAL CITY
Village
 WWW.CAPITALCITYVILLAGE.ORG
 512-524-2709



Let's Get Happy and Amplify CCV!
24 Hours of Giving Including a Special Happy Hour
6 pm March 1 to 6 pm March 2
Happy Hour at 4:30 Thursday March 2

Amplify Austin is a citywide celebration of all our wonderful nonprofits. You can participate by [giving online](#) and/or by rounding out the 24 hours of Amplify at CCV's [Happy Hour at La Mancha Tex Mex Tavern, 2203 Hancock Dr.](#) Checks and donations by debit/credit card will be accepted live and in-person. Contact [Johanna](#) to donate today, by email (click on her name) or phone, 512-524-2709. Join us for some fun!



Capital City Village Office: (512) 524-2709

March 1, 2023

Events

Featured Events

Amplify Austin

From the Office

From our
Volunteers

In the Community

Birthdays

Upcoming Events



January Poetry Group
Pam, Joe, Tobin, Dorothy
Eileen, Marge, Veda, Barbara
Jean, Laura, Linda, Bill

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

- Wednesday, Mar 1 at 10 am – [Virtual Volunteer Orientation](#)
- Thursday, Mar 2 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Mar 2 at 4:30 pm – [Special Happy Hour](#) at La Mancha Tex Mex
LAST CHANCE! Sip and Support CCV 's Amplify Austin campaign
- Sunday, Mar 5 at 2 pm – [The Father of Texas, Stephen F. Austin with Buck Cole](#)
(In-Person and Virtual)
- Thursday, Mar 9 at 9:30 am – [Virtual Coffee Hour](#)
- Monday, Mar 13 at 6:45 pm – [Dominoes](#) at a member home
- Wednesday, Mar 15 at 12 pm – [Men's and Women's Lunch with Nancy Walker](#)
- Thursday, Mar 16 at 9:30 am – [Virtual Coffee Hour](#)
- Friday, Mar 17 at 11 am – [Virtual Book Club](#)
- Sunday, Mar 19 at 11 am – [Third Sunday at Wheatsville](#) S. Lamar
- Wednesday, Mar 22 at 2 pm – [Virtual Poetry Group](#)
- Thursday, Mar 23 at 9:30 am – [Second Cup at Central Market](#) N. Lamar
- Thursday, Mar 30 at 9:30 am – [Virtual Coffee Hour](#)
- Sunday, Apr 2 at 2 pm – [Intro to Social Justice with Amelia Card](#) (Virtual)

Featured Events



The Father of Texas: Stephen F Austin, with Buck Cole
Tarrytown United Methodist Church Admin Bldg
2531 Exposition Blvd
Sunday, March 5 at 2 pm

By popular demand, Buck Cole returns presenting “[The Father of Texas: Stephen F. Austin](#)” at the meeting room in Tarrytown United Methodist Church Admin building. Street and garage parking with elevator access just inside the garage.

Both in-person and zoom options are available. [Please indicate in the COMMENTS section on your RSVP](#) whether you will be in-person or online.



Men's and Women's Lunch with Nancy Walker
Casa Chapala, 9041 Research Blvd, Suite 100
Wednesday, March 15 at Noon

[Join us at Casa Chapala](#) for lunch with Nancy Walker. Nancy is the Executive Director of the Funeral Consumers Alliance of Central Texas, a volunteer-run nonprofit founded in 1964. Since 2010, Nancy has spoken to dozens of senior groups about ways to make consumer-savvy final arrangements. Twice a year, she teaches an eight-session End-of-Life Options class through Lifetime Learning Institute (LLI) here in Austin. Nancy earned an MA in English at the University of North Carolina at Chapel Hill and a BA in English at Tulane University's Sophie Newcomb College. [Please RSVP so we'll know how many to plan for.](#)

Examining White Privilege presents...

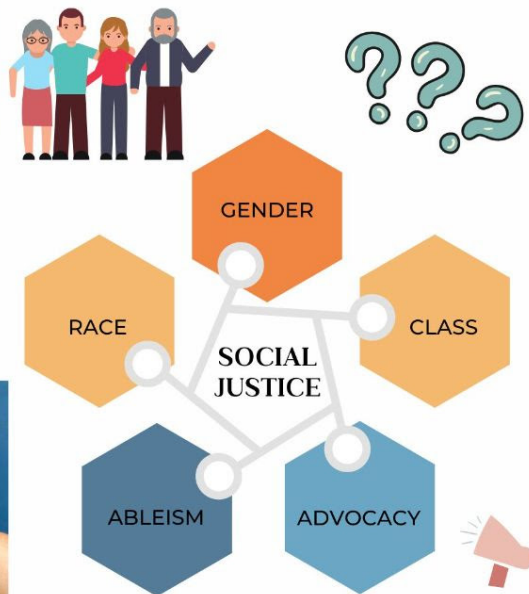
An Intro to Social Justice

Sunday, April 2nd
2:00 - 3:30pm On Zoom

Have you wondered about
race, gender, class, ableism, and advocacy?

What do these terms really mean and
how do we experience them in our daily
lives with family, friends and strangers?

Amelia Card, our UT Social Work Intern,
will guide us through a guilt-free and
brave conversation about what social
justice means, how it impacts our
communities and ways we can
advocate for ourself and others.



Congratulations to our Volunteer of the Year



Caryl Yontz named CCV's 2022 Sue Hoffman Volunteer of the Year

Congratulations to Caryl, who has spent countless hours in fundraising efforts for

the Village. She is a member of the Keep Aging Weird Planning Committee.

**When you are present in your own life it extends
infinitely in every direction.**

- John Tarrant -

Member and Volunteer Birthdays



If you see any of these people in March, wish them happy birthday!

Liby B
Shayna B
Patricia F
Donna B G
Marie G
Margit O
Carol M
Jane L
Suzann M
John P
Stan B

From the Office



Winter Weather Preparedness

If you or someone in your household are a City of Austin Utilities customer and have a medical condition that could become life-threatening during a power outage, you may qualify for the [Medically Vulnerable Registry](#). Designed for customers who need critical care or have chronic conditions, this registry provides personal case management from the City of Austin and partnering social service agencies.



Medicare.gov
The Official U.S. Government Site for Medicare

Medicare Advantage Open Enrollment Period Runs Through March 31

You can make changes to Medicare Advantage Plans during the [Medicare Advantage Open Enrollment Period](#), which runs January 1 – March 31.

If you're enrolled in a Medicare Advantage Plan, you can make these changes:

- Switch to a different Medicare Advantage Plan
- Switch to Original Medicare (and join a separate Medicare drug plan)

[Explore Your Options](#)

If you're happy with the plan you have, there's no need to take any action. But, if you want to find a plan that better fits your needs and budget this year, now's your chance to [shop for a new plan](#).



National Slam the Scam Day March 9, 2023

From Social Security:

Recognize the four basic signs of a scam:

1. Scammers **pretend** to be from a familiar organization or agency, like the Social Security Administration. They may email attachments with official-looking logos, seals, signatures, or pictures of employee credentials.
2. Scammers mention a **problem** or a prize. They may say your Social Security number was involved in a crime or ask for personal information.
3. Scammers **pressure** you to act immediately. They may threaten you with arrest or legal action.
4. Scammers tell you to **pay** using a gift card, prepaid debit card, cryptocurrency, wire or money transfer, or by mailing cash. They may also tell you to transfer your money to a “safe” account.

[Report Social Security-related scams to the SSA Office of the Inspector General.](#)

In the Community



Changing the Care Conversation Caregiver Forum
Norris Conference Center, 2525 W. Anderson Ln
Tuesday, March 7 at 9 am

This event will focus on family caregivers and their lived experiences, to provide training, discussion and actions they and agencies who support them may take to bring the message of the importance of family caregiver contributions to the long-term support system in Texas. We will also highlight the growing need for additional training, education and financial support for these caregivers and begin to craft a communications plan to help ensure caregiver voices are heard in public and policy arenas.

This Caregiver Forum is brought to you by the Aging Services Council as part of *Changing the Care Conversation Grant* spearheaded by Community Catalyst, a national non-profit advocacy organization in partnership with Grantmakers on Aging and St. David's Foundation. [Register here.](#)



The Gathering at Westlake Hills Presbyterian Church

The Gathering is a Memory Loss Respite Program. Caregivers searching for respite have found that their loved ones can have fun doing activities, socializing and eating lunch with a group of caring volunteers. Our program takes place most Wednesdays from 9:30am to 1:30pm. The main requirements to qualify for The Gathering are that participants must be independent with restroom, walking, and eating. If you need any other information, please let me know! I'd be happy to talk to you on the phone any time! Thanks, LuCinda Chiles Director of The Gathering at WHPC 512-327-1116, ext. 103, [7127 Bee Cave Road Austin, TX 78746](#), lucindac@whpc.org.



Visit our [website](#) for so much more information. Please let us know ways we can help you, from opportunities for socialization to getting you to necessary doctor's appointments to making sure you have food, meds and services essential to quality of life.

Call us at 512-524-2709 if you need us!



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Capital City Village

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Ste 283

Austin, TX 78705

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