

The logo features the words "CAPITAL CITY" in a bold, dark purple, sans-serif font. Below this, the word "Village" is written in a large, light blue, cursive script font. The two words are partially overlapping. Below the script, the tagline "STAY WHERE YOU LIVE" and "LIVE WELL WHERE YOU STAY" is written in a smaller, dark grey, sans-serif font, with each line centered.

CAPITAL CITY Village

STAY WHERE YOU LIVE
LIVE WELL WHERE YOU STAY

CAPITAL CITY VILLAGE
MEMBER HANDBOOK
2023

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*** Top 5 Things You Need to Know**



WELCOME TO THE VILLAGE!

We're so glad you're a CCV member! The intent of this handbook is to acquaint you with the many useful aspects of the Village, including its mission, vision, history, policies, services and programs. Please take the opportunity to familiarize yourself with all we have to offer, and the time to think about what you have to offer the collective Village of members, volunteers, donors, and friends.

We are here to serve you and to help you serve. We are the Village! Please contact any of us if you have questions, concerns, suggestions or ideas in regard to Capital City Village.

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The Village Movement

- Beacon Hill Village – the first “village” opens in Boston in 2002
- Capital City Village opens in Austin in Nov. 2011
- Expanded network of community partners, enriching health-focused programs, and supportive people-centered services
- National Village to Village Network (300+ nationwide)



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The Village Movement started with Beacon Hill Village in Boston in 2002 and today there are more than 250 open Villages and more than 100 in development in 43 states and the District of Columbia. Most participate in the [Village-to-Village \(VTV\)](#) network, which helps them share best-practice advice for fundraising, establishing services and managing communities. [The VTV website](#) also offers a national map of current and planned village sites.

Most villages have between 150 and 200 members. The average member is a middle-class, 74-year-old woman. Each member pays an annual fee — the average is about \$435, but can range from \$50 to \$1,500. All villages offer discounts or subsidies for lower-income residents, and most take part in fundraising efforts to support their communities.

VILLAGE CHARACTERISTICS:

- Are membership-driven, grassroots, nonprofit organizations
- Are run by volunteers and paid staff
- Coordinate access to affordable services
- Provide volunteer services including transportation, inspiring health and wellness programs, home repairs, social and educational activities
- Offer access to approved and discounted service providers
- Are based on the needs of your community
- Are one-stop-shopping. Villages do things their members need to age safely and successfully in their own homes.
- Positively impact isolation, interdependence, health and purpose of their individual members to reduce overall cost of care

WHY VILLAGES ARE NEEDED: Until the year 2029, 10,000 people will turn 65 on a daily basis. In Britain and the United States, roughly one in three people older than 65 live alone, and in the United States, half of those older than 85 live alone.

“The profound effects of loneliness on health and independence are a critical public health problem,” said Dr. Carla M. Perissinotto, a geriatrician at the University of California, San Francisco. “It is no longer medically or ethically acceptable to ignore older adults who feel lonely and marginalized.”

Village members experience **reduced isolation, increased independence, and enhanced purpose of life.**



Once upon a time long ago (in 2007), a group of people in a Sunday School class in West Austin were talking about how wonderful it would be to grow old together. In the midst of their explorations into this idea, an article appeared in the “New York Times”. It told the story of Beacon Hill Village, started in 2001 in the Beacon Hill neighborhood of Boston. The Beacon Hill group had followed their desire to age at home and had founded the first Village.

The Austin group was encouraged by this article and in 2008 a couple of them visited Beacon Hill Village, where they found out how it had been done and bought the “manual”. Letting no grass grow under their feet, the Austin group developed a charter for Capital City Village (CCV) and were granted a 501(c)3 nonprofit designation by the State of Texas in 2009.

The CCV founders applied for and received a seed grant from St. David’s Foundation in 2010. This foundation would subsequently provide funding to CCV for four additional years, resulting in (1) the hiring of a part-time Executive Director Beth Jasper in early 2011, (2) the official launch 10/12/2011, (3) operating expenses, and (4) a second part-time staff member in early 2012.

In 2015, with thanks to St. David's Foundation for their five years of support, CCV began its own serious fundraising with the first annual Keep Aging Weird (KAW) luncheon. It was a large step for the Village in remaining self-sufficient, and each year KAW has been more successful. The annual Golf Tournaments were added in 2016 and they have also exceeded expectations.

A major addition in services occurred in 2016 with the inception of the Village Connections program, initially funded by RGK Foundation. Village Connections connects specially-trained volunteers to connect one-to-one with members who may need more assistance with managing their daily lives.

Also in 2016, Executive Director Bonnie Gilson partially retired to the Texas coast, taking the role of Volunteer Director, and she has now transitioned to Tech Advisor. Tommi Ferguson became the new Executive Director. In early 2019, Johanna Mandel joined the organization as Member and Volunteer Services Director. Tommi relocated to Virginia in May 2022 and Johanna Mandel has become the newest Executive Director.

Another "big switch" came in 2020 with the pandemic. The Village found that they could change with the times, and all programs went from in-person to online. The volunteers continued to serve members in ways that were safe – providing household tasks and drives with everyone in full PPE, accomplishing yardwork, and doing online or "masked-up" tech help, which became a vital necessity to prevent isolation. In the fall of 2020, the Village successfully carried out an "UnGolf Tournament" and its first virtual Keep Aging Weird Fundraiser.

Mission, Vision, Value Proposition and Equal Opportunity Statement

Mission

To create a community of members, volunteers and services

to provide participating seniors

the help and information they need to successfully age in place.

Vision: A community of seniors creating a virtual village to enable aging in place with dignity, health, fun and social interaction

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VALUE STATEMENT

Capital City Village, founded in 2011, currently serves about 110 members and believes seniors have the need for social and intellectual contact, autonomy, to live safely in their preferred residence, and a sense of value to others. Our organization supports this vision by providing services and supports that help seniors in Austin, Texas to live fuller, healthier, and more productive lives.

VALUE PROPOSITIONS

Capital City Village supports seniors in Austin who want to age at home by:

1. Offering access to membership, regardless of income, to individuals of diverse backgrounds and talents so that they can live independently through access to services that meet their needs.
2. Providing monthly educational and social programs, semi-monthly newsletters full of the latest data on aging well, and one-on-one information sharing.
3. Offering members access to The Village Connections program, founded in 2016, to combat isolation by providing technical support and specialized volunteer-to-member assistance.
4. Giving volunteer support to members who need help continuing to age at home. This volunteer assistance can include but is not limited to driving, yard work, tech help, and organizing.
5. Referring members to paid service providers who have been recommended by other members and volunteers.

We also propose that we provide value to the greater Austin community by:

1. Increasing wellness in the senior population, because we do get people to the doctor when they need to go, because we provide lots of common-sense health advice, and because we provide educational programs and social opportunities that help overcome isolation.
2. Austin is the second fastest growing senior population in the U.S. We believe we lighten the city's load because we provide programs and services to a community of seniors that might not qualify for city services.

EQUAL OPPORTUNITY STATEMENT

Capital City Village operates its programs and services without regard to race, color, and national origin in accordance with Title VI of the Civil Rights Act. Any

person who believes they have been aggrieved by any unlawful discriminatory practice under Title VI may file a complaint with Capital City Village. For the procedures to file a complaint, contact (512) 524-2709, or info@capitalcityvillage.org, or visit our office at 3710 Cedar St, Suite 283, Austin, TX 78705. A complainant may file a complaint directly with the Federal Transit Administration by contacting the Office of Civil Rights, Title VI Program Coordinator, East Building 5th Floor-TCR, 1200 New Jersey Ave SE, Washington, DC 20590.

Who can be a Member?

- 50 and over
- Want to age in place of their choice
- Single, Couple, Co-Housing
- In service area of CCV (Austin address)



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How does CCV work?



The “hub” of the Village consists of staff and website combined. That means that you can access any of the aforementioned benefits through our website, or you can make an old-fashioned phone call to a staff member. It’s up to you.

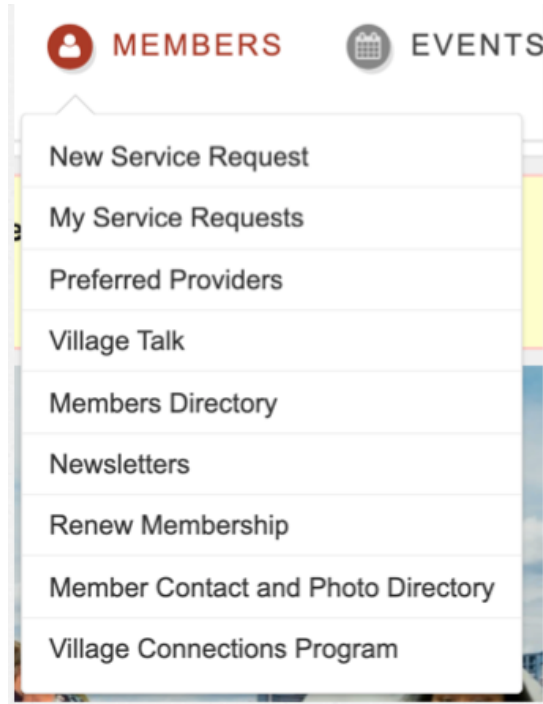


To access our website, go to www.capitalcityvillage.org. There are lots of features that are available to the public, such as our Home Page, all sorts of Village Info, membership benefits, a volunteer application, and our popular events listing, among many other things.

For you as a CCV member, there’s even more. To access the website, you’ll need a password. Request the password from any of the CCV staff and a link will be sent to you. Once you have the link, use these instructions:

- Be sure the password is at least 6 characters long.
- Enter it twice when defining it for the first time.


Once you’re “in”, you can see member information both under the MEMBERS tab and by clicking on your Member Profile square at the top right. Each is covered in this handbook. Click on “MEMBERS” at the top of the page. You’ll see a drop-down menu that looks like this.



Your Membership Benefits:
Volunteer Services

Volunteers are available for:

1. Household tasks such as changing an out-of-reach light bulb
2. Helping with technology
3. Transportation
4. Organizing
5. One-to-one connections through our Village Connections program (more on that later)
6. Buddy check-ins: A volunteer who will check in with you from time to time



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Volunteers are available for household tasks such as changing an out-of-reach light bulb, occasionally walking the dog, hanging a picture, helping with a computer, transportation to doctor and grocery store, organizing, and one-to-one connection through our Village Connections program (see below). There is also the “buddy check-in” (see below), provided by a volunteer who will contact you from time to time on a schedule agreed upon by both of you.

We have a “volunteer first” policy at CCV, meaning we will seek a volunteer to complete your task, and if that is not feasible, we will provide referrals to our recommended service providers (you contract the cost separately). *Please note you are eligible to receive up to three volunteer services per week, whether those are a combination of rides or other services. (For instance a round trip involving one destination is one service; a drive involving two destinations is two services.) The buddy check-in and/or Village Connections contact are not counted toward the three services.*

(1) Village Connections

Capital City Village initiated the Village Connections Program in the Fall of 2016. The mission of the program is to help CCV members who may have greater needs to manage the aging process with help from specially trained volunteers. The

volunteers are trained by social workers that are assisted by a social work intern. They learn how to assist members in creating goals for good health and then they agree to be in frequent contact with their assigned member to help them achieve those goals.

If you are a CCV member who feels you could use a "hand up" with managing the complexity of your aging process, contact us at 512-524-2709 to talk about becoming a Village Connections member. There is no extra fee involved, but there will be the reassurance that you'll be assigned a volunteer who will encourage you and help you organize your life.

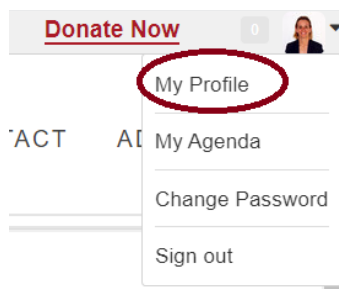
We know this program works to improve quality of life. We've seen members increase participation in social events and physical activity, and even become physically and emotionally healthier.

Many thanks to the RGK Foundation who provided the initial funding for this program, and to the University of Texas for providing social work interns each year! We also appreciate the hours of service of our dedicated Village Connections volunteers, and their care and concern for our members.

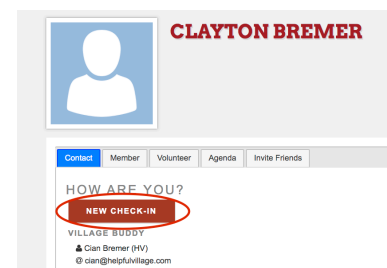
(2) Buddy Check-ins

This feature was introduced in 2020, when we were all isolated. Members who desire a regular call or message from a volunteer can alert the Volunteer Director who will assign a volunteer to them. The member and volunteer set up a regular schedule and the volunteer contacts the member according to that schedule.

Even without a volunteer, a member can check in letting staff know how they are doing. Staff will see your check-in and contact you if you need assistance. Here's how:



Look for the square icon in the top right corner of the website. Click the down arrow next to it and click on "My Profile". Click on "New Check-In". Fill out the check-in.



NEW CHECKIN

Selected person:
Clan Bremer (HV)

DATE

March 20 2020

FEELING HOW

Please choose... ▼

GROCERIES, WOULD YOU APPRECIATE HELP PURCHASING?
☐

MEDICATION, WOULD YOU APPRECIATE HELP ORDERING?
☐

ASKING FOR CALL BACK
☐

COMMENTS

Requesting Volunteer Services



One way to request volunteer services is to call the CCV office at (512) 524-2709. However, take a look here at how you can immediately make requests and access information for yourself. If you haven't yet logged into the website, see "Logging into the CCV Website" on page 11. Once you're in, click on MEMBERS and then NEW SERVICE REQUEST.

To request a volunteer here's what you do:

1. Click on "NEW SERVICE REQUEST".
2. Your name and address are listed under "REQUEST FOR MEMBER".
3. Click in the "TYPE OF SERVICE" field and select the service for which you'd like a volunteer.
4. Type the "PURPOSE" in the next field, e.g., Doctor appointment, etc.
5. When you click in the "SERVICE DATE" field, a calendar pops up and you can select the date of the desired service. *(Please allow three business days for volunteer recruitment.)* Then you can click on "START TIME" and select the time you wish the volunteer to start the task (or pick you up if it's a drive.)
6. Check the next box if the date is flexible. Check the following box if the time is flexible.
7. If you click the box "IS THERE AN APPOINTMENT TIME?" you'll be prompted to click in the "APPOINTMENT TIME" field and select the time of the appointment. *Please ensure that your pick-up time allows sufficient time in Austin traffic to reach your destination on time.*

NEW SERVICE REQUEST

REQUEST FOR MEMBER
 Name: George Julian
 3710 Cedar St
 Austin TX 78705

TYPE OF SERVICE *
 Please choose... ▼

PURPOSE *

SERVICE DATE
 03/18/2021

START TIME
 9:00 AM

☐ CHECK IF FLEXIBLE DATE
☐ CHECK IF FLEXIBLE TIME
☐ IS THERE AN APPOINTMENT TIME?

APPROX. DURATION
 Please choose... ▼

END TIME *

8. Enter the Place Name if appropriate, for instance “St. David’s Physical Therapy” or “CCV program”, etc. Then (if it’s for a drive) enter the address of the place to which you wish to be driven.
9. Click “CHECK FOR ROUND TRIP (NOT ONE WAY)” if it is a round trip.
10. Click in the “APPROX. DURATION” field to select your best estimate of the duration of the assignment, or your stay at the destination. “End Time” will autofill based on the duration and commute, so you don’t need to enter anything there.
11. Under “MEMBER NEEDS (WALKER, ETC)” please indicate whether you have requirements of which the driver should be aware, such as a walker or wheelchair.
12. Click “ASK FOR HELP” to complete your request. Once you’ve entered your request, you can click on MY SERVICE REQUESTS to see any that you’ve entered.
13. After your request has been fulfilled, please complete the Service Evaluation. This can be done in one of two ways, (1) by clicking on the email that comes to you after the service is completed, or (2) on the website.

Clicking the Email:

An email will arrive in your inbox either later the same day or on the following day after a service saying “How was your experience with Capital City Village volunteers yesterday?”. Click FOLLOW-UP FORM to see this screen:

Under HOW WAS YOUR EXPERIENCE?, click the statement that best describes your experience and then fill in any additional details in the box that says “Is there anything else you want to let us know?”.

Under APPROX DURATION, click the down arrow on the right and select the amount of time that’s closest to your total time served, including travel. Then click SUBMIT.

On the Website:

If you're logged into the website you can click VOLUNTEERS and then SERVICE EVALUATIONS.

That will bring you to the page described above under "Clicking the Email" and you may follow those same instructions to fill it out.



Service Requests

Service Evaluations

Your Membership Benefits: Programs

- The Village offers between 15 and 25 programs per month.
- Programs range from social to educational.

<p>Some of the Social Programs:</p> <ol style="list-style-type: none"> 1. Weekly coffee 2. Monthly happy hour 		<p>Both Social and Educational: Men's and Women's Lunches:</p> <ol style="list-style-type: none"> 1. Outside speakers 2. Health 3. Travel
<p>Some of the Educational Programs:</p> <ol style="list-style-type: none"> 1. Inside the Reporting: Michael Barnes 2. Nutrition Series: UT Students 		

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CCV offers a real value to members through a variety of programs and activities. Most are free unless they involve an outside event such as a concert, movie, or meal. The best way to keep abreast of our many programs is on the EVENTS page of our website. You don't even have to log in to see the EVENTS, as this information is available to the public. Just go to the [Capital City Village website](#) and click EVENTS. You can view them as a list or on a calendar and can click on each event for much more information.

As you can see by this typical month, programs are an integral part of the services the Village provides.



We have weekly and monthly events for members, volunteers, guests and potential members to socialize, share information and learn more about CCV. Many participate in our Celeb Salons series, conversations with notable Austin leaders at a local brew pub; "Conversations With" interesting speakers at a member's home (or online); and Men's and Women's Luncheon Groups that meet monthly to dine and foster friendship and mutual support. Our interest groups, started by members and volunteers, now include Dominoes, Book Club, Movie Group, Coffee, Happy Hour, Mindfulness, Poetry, and "Examining White Privilege". We will continue to bring members and the community at large the latest information and guidance on issues related to aging in place and community. Regardless of cost, all programs except the Annual Member Business Meeting are open to the public.

As this photo illustrates, most of our popular programs went online during the pandemic. The good news is that we're getting a wider range of speakers and generally larger audiences as we make these programs so accessible.



Capital City Village provides both social and educational programs. The social programs, where you soon find everyone knows your name, are the weekly coffees, the monthly happy hour, the monthly Men's and Women's Lunch and even the occasional house concert. The educational programs have included health-related information, book reviews, social hot topics, mindfulness, speakers from educational institutions and local nonprofits, the arts, and much more.

Of course, there is crossover. The social programs end up being educational, and the educational programs end up being quite social.

As more and more of us are vaccinated against the virus, the Village is looking toward ways to start to safely resume in-person events, although we will likely also keep a virtual component. More on that as it evolves.

Your Membership Benefits: Recommended Service Providers

CCV has developed an extensive list of providers such as electricians, plumbers, professional organizers, financial managers, home health care companies and more. These providers often give a discount to CCV members.

You may access our recommended provider information either through our website or by calling the office.

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These are paid providers who are recommended by CCV members and volunteers. When you need someone who's not a volunteer, someone you might pay for services, this is a list of providers with whom either a member or volunteer has had experience and has recommended. You may either call the office or check the website for provider referrals.

To search for a recommended provider, click MEMBERS, then "Preferred Providers". That will take you to the PROVIDER CATEGORIES screen. You'll see that the providers are listed by category, such as "Assistance with Personal Care", "Home Repair",

PROVIDER CATEGORIES

▸ ASSISTANCE WITH PERSONAL CARE

[Assisted Living](#)
[Personal Care Services](#)
[Nursing](#)

▸ ASSISTANCE WITH TECHNOLOGY

[Technology Assistance](#)
[Technology Repair](#)

▸ CALLS TO THE VILLAGE FOR MISC INFORMATION AND ADVICE (NOT PP REFERRAL)

[County Information and Referral 311](#)
[Hicap](#)
[Health Plan Member Services](#)

▸ CLASSES ATTENDED

[Educational Classes](#)
[Instructional Classes](#)
[Fitness](#)

▸ COMPANIONSHIP

[Respite Services](#)
[Senior House Call Service](#)

etc. You may click on the category to see if there are recommendations from the Village. These providers may give a discount to CCV members. Be sure to let them know you're calling because you're a CCV member, and ask if there's a discount.

There are quite a few more categories than are shown in this illustration, such as "handyman", "shuttle to airport", "moving" and much more. Click on the category to see if we have recommended providers listed in that area. For instance, if you click on "Plumbing", you'll see this page:

PLUMBER

Providers > HOME REPAIR/HANDYMAN/HOME SAFETY > Plumber

x	Name	Screened?	Rating	Phone	
<input type="checkbox"/>	American Plumbing	Screened ✓	Not rated yet	512-443-7060	SHOW
<input type="checkbox"/>	Clarke Kent Plumbing	Screened ✓	Not rated yet	512-477-2200	SHOW
<input type="checkbox"/>	Paul Blackwell	Screened ✓	Not rated yet		SHOW
<input type="checkbox"/>	Steve's Plumbing Repair, Inc.	Screened ✓	★★★★★ 1 reviews	512-276-7476	SHOW

All of these providers have been screened by CCV and one of them even has a member review. Click on SHOW to see more information about each provider. When you contact a Village-recommended provider, let them know you are a Capital City Village member and that they were recommended by CCV.

If one of our recommended providers does work for you, please be sure to return to the "Preferred Providers" page to write a review. This is very helpful to other members looking for good providers. To write a review, click through to the provider as you did when locating them, and click on the provider name. At the bottom of the page, first click on the number of stars (out of 5) that you think their quality of work merits. Then write your review in the gray box and click SUBMIT.

Your Membership Benefits

Members Directory


This is the first of the two directories. It is the most up to date, but may contain less information. Click on several of the names to see what's provided. You'll see that some members have include more information than others.

MEMBERS DIRECTORY

The following Directory of member contact information is for private use between members only and should not be used for any other purpose.

Full name	Phone
John Aielli	(512) 499-0119
Karen Altha	(512) 771-6132
Doug Aycock	(512) 431-4899
Vicki Aycock	(512) 632-8146
Donald "Dan" Aynesworth	(512) 586-8495

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GEORGE JULIAN

Contact

Member

Volunteer

Agenda

BIO
Test member.

CONTACT INFO
 ☎ (512) 999-9999
 @ bgilson@capitalcityvillage.org
 📍 No address or address is not accurate

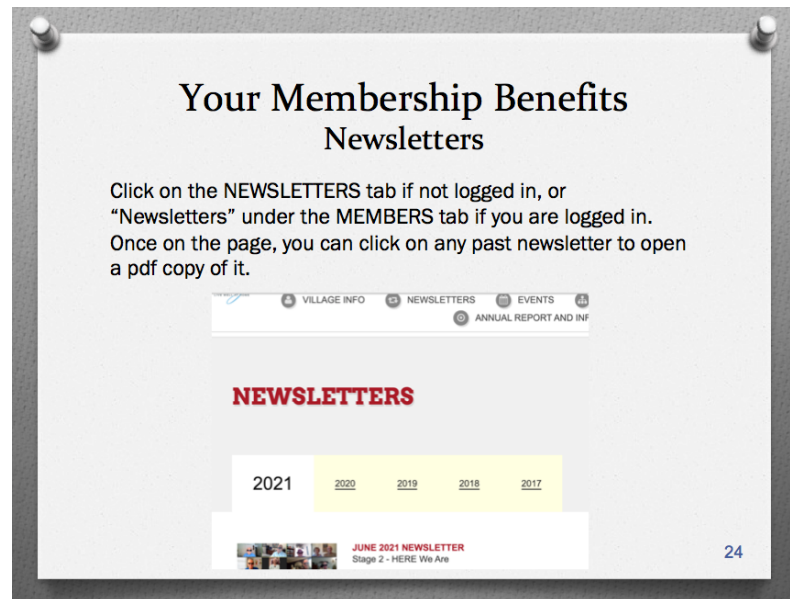
EMERGENCY CONTACTS
No emergency contacts yet

HOW ARE YOU?
NEW CHECK-IN

VILLAGE BUDDY
 👤 [Bonnie Gilson](#)

Keep in mind that there are two Member Directories in your dropdown menu. This one is easily accessed online and shows Full Name and Phone. When you click on the member's name, you'll see a page that looks like this.

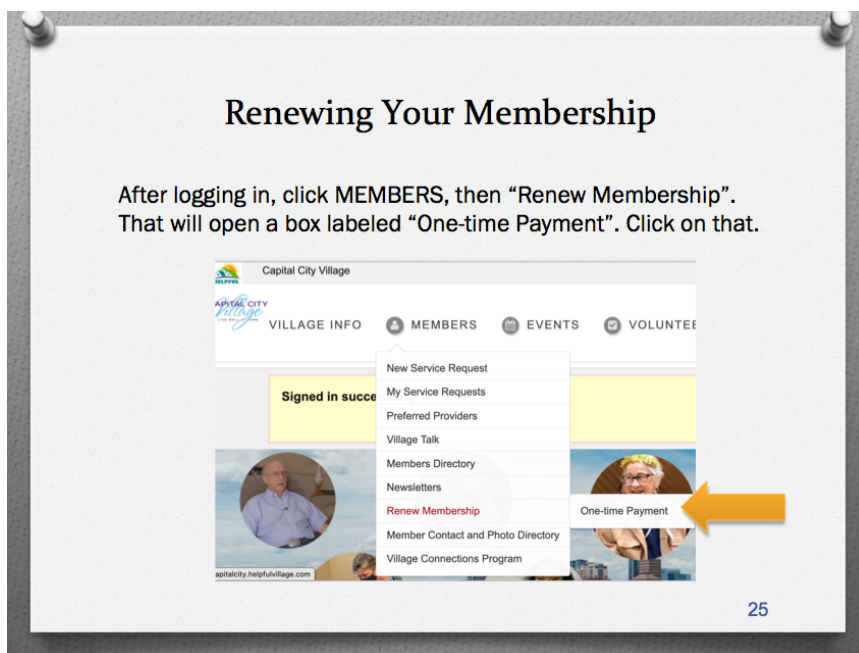
From this screen you can see the member's contact information and any bio information they have entered. If you have clicked into your own record, you can update it with information you'd like to share with other members.



This is the second of the two forms of Member Directory available to you. When you go to this page, you'll find a link to click on in order to open a readable/printable pdf file. It's a CCV member directory of all members who have agreed to be included, along with pictures of those who have chosen to also include their likenesses. *It includes more contact information than the previous online directory.*

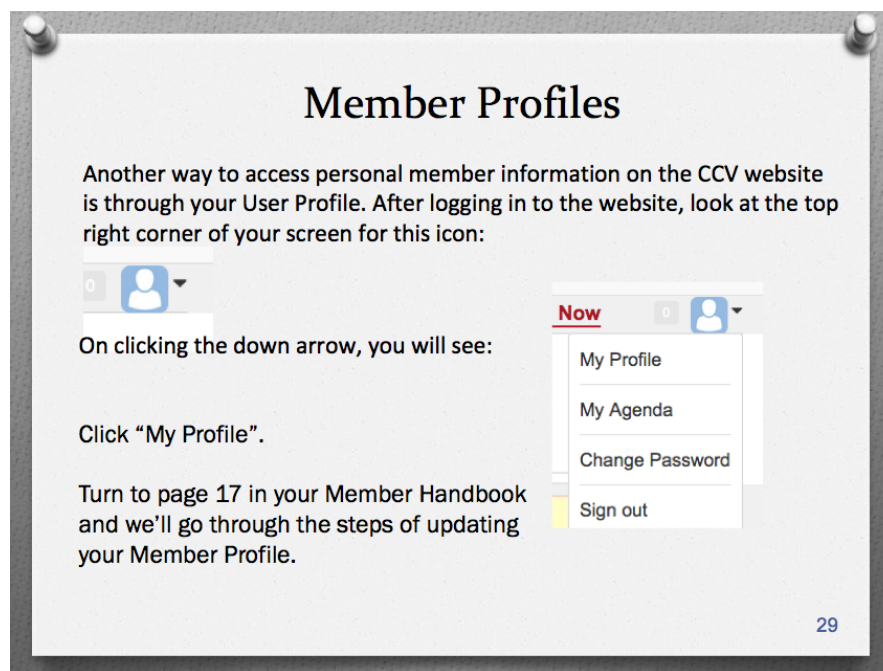
Newsletters contains former CCV newsletters, which are issued twice a month. You may click on any one of them and it will open a readable/printable pdf file. CCV's newsletters are issued on the 1st and 16th of each month. They include:

1. Feature articles of interest to Village members
2. A listing of upcoming events which can be clicked on to RSVP
3. Health, financial and social articles
4. Articles from members, volunteers, and Board members
5. Contact information for staff
6. Community information



When you click "Renew Membership" a subheading pops out that says "One-Time Payment". If you wish to renew your membership and you know that you still qualify for the same member fee, then click "One-Time Payment". That will produce a screen that will allow you to renew at your present rate and pay by credit card, check or cash. Of course, if you select "credit card" your renewal is immediate (subject to CCV membership and renewal policies). If you select "check" or "cash" your renewal is reviewed when the remittance is received.

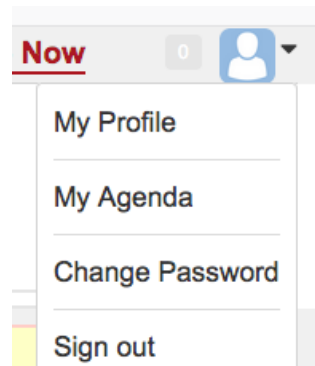
If you wish to change your payment details (for instance from annual payment to monthly payments or vice versa) please contact the office at (512) 524-2709



Another way to access personal member information on the CCV website is through your Member Profile. After logging in to the website, look at the top right corner of your screen for this icon.

On clicking the down arrow, you will see:

Under "My Profile", there are four tabs, "Contact", "Member", "Volunteer", and "Agenda".



CONTACT

Under the "Contact" tab, there are four categories you may fill in. Click EDIT at the bottom of the page in order to add information.

1. BIO – Write anything about yourself that you'd like other CCV members to know.
2. CONTACT INFO – After clicking EDIT, you can add as much contact information as you want other members to have.

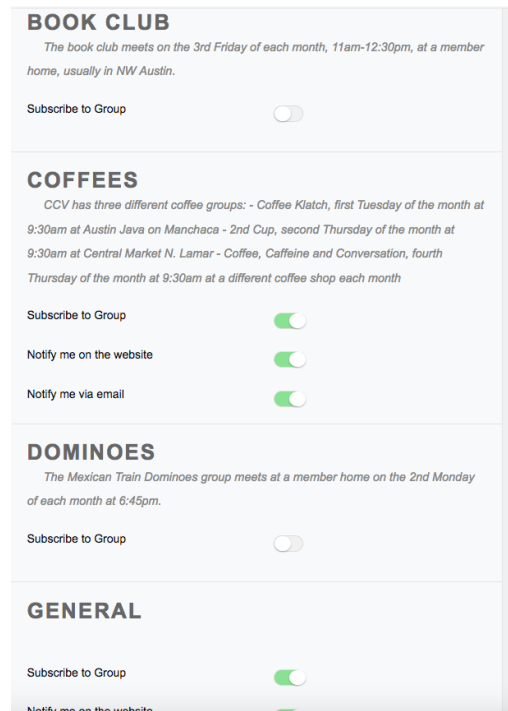
3. EMERGENCY CONTACTS – also accessed by clicking EDIT.
4. HOW ARE YOU? – Click NEW CHECK-IN to let CCV staff know how you're doing or if there's something you want us to know.

MEMBER

When you click on the Member tab you'll see a screen that looks like this.

Clicking on One-Time Payment will take you to a screen where you can renew your membership using a credit card.

The Interest Groups that you've signed up for will display. If you press the interest groups settings button, you will be



BOOK CLUB
The book club meets on the 3rd Friday of each month, 11am-12:30pm, at a member home, usually in NW Austin.

Subscribe to Group ☐

COFFEES
CCV has three different coffee groups: - Coffee Klatch, first Tuesday of the month at 9:30am at Austin Java on Manchaca - 2nd Cup, second Thursday of the month at 9:30am at Central Market N. Lamar - Coffee, Caffeine and Conversation, fourth Thursday of the month at 9:30am at a different coffee shop each month

Subscribe to Group ☒

Notify me on the website ☒

Notify me via email ☒

DOMINOES
The Mexican Train Dominoes group meets at a member home on the 2nd Monday of each month at 6:45pm.

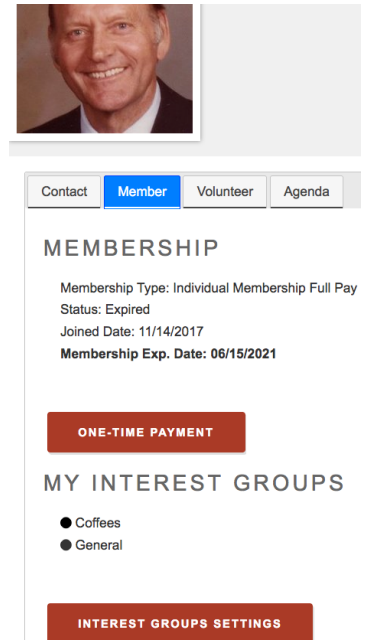
Subscribe to Group ☐

GENERAL

Subscribe to Group ☒

Notify me on the website ☒

able to activate notifications for the groups you are interested in. Be sure to subscribe to "General" in addition to any other specific groups, as you may see more messages in that category.



Contact **Member** Volunteer Agenda

MEMBERSHIP

Membership Type: Individual Membership Full Pay
Status: Expired
Joined Date: 11/14/2017
Membership Exp. Date: 06/15/2021

ONE-TIME PAYMENT

MY INTEREST GROUPS

- ☒ Coffees
- ☒ General

INTEREST GROUPS SETTINGS

VOLUNTEER

Clicking on the Volunteer tab will show you any volunteer categories for which you have signed up. If you click EDIT on the volunteer page, you'll be taken to a screen where you can click categories in which you'd like to volunteer. You're also able to edit other parts of your profile on this page, such as your bio, address and emergency contacts.

AGENDA

Clicking the Agenda tab will show you a display of any future events you've RSVP'd for, as well as any services you are scheduled to provide or receive.

You Too Can be a Volunteer!

Here are the volunteer categories:

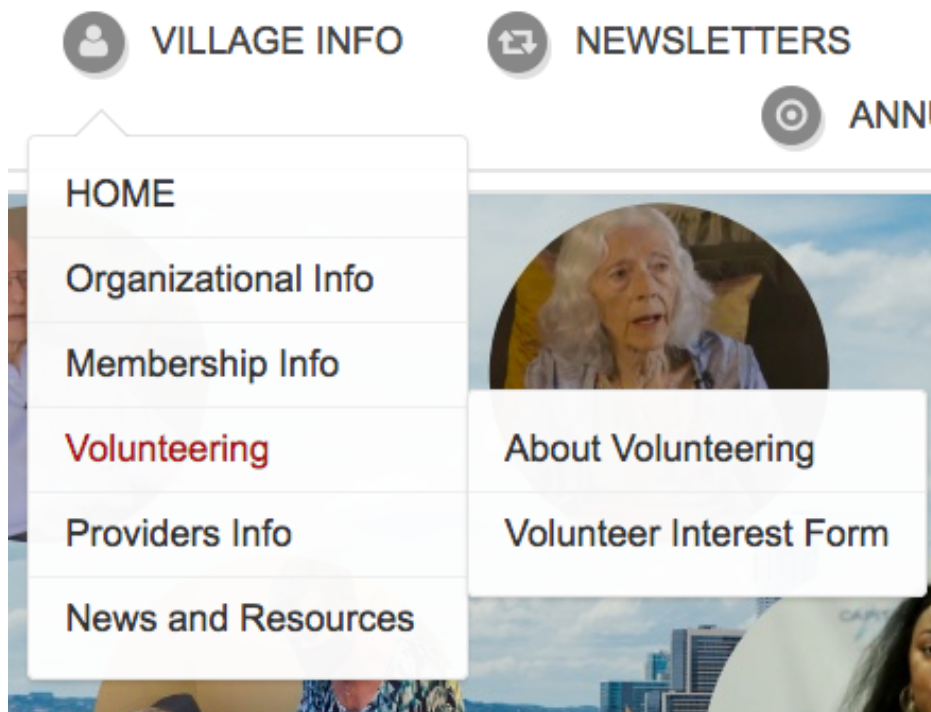
VOLUNTEER SERVICES <input type="checkbox"/> Computer and Device Assistance <input checked="" type="checkbox"/> Driving* <input type="checkbox"/> Home/Yard <input type="checkbox"/> Legal <input type="checkbox"/> MedPal <input type="checkbox"/> Office <input type="checkbox"/> Organizing <input type="checkbox"/> Pet Care <input type="checkbox"/> Reading aloud <input type="checkbox"/> Translation <input type="checkbox"/> Village Connections (Requires additional training)*	VOLUNTEER BUILDER <input type="checkbox"/> Article Writing/Photography <input type="checkbox"/> Calling from Home <input type="checkbox"/> Committee Volunteering* <input type="checkbox"/> Events* <input type="checkbox"/> Financial* <input type="checkbox"/> Interest Groups* <input type="checkbox"/> IT Technical <input type="checkbox"/> Media <input type="checkbox"/> Office Answering Phones* <input type="checkbox"/> Office Data Entry* <input type="checkbox"/> Office Envelope Stuffing* <input type="checkbox"/> Office Phone Outreach* <input type="checkbox"/> Program Hosting* <input type="checkbox"/> Provider Services Volunteer <input type="checkbox"/> Snacks for Meetings* <input type="checkbox"/> Village Connections*
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* Volunteer activities requiring Village Validation:

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Our best source of volunteers is our membership. Please consider expanding your membership to volunteering. We find that members who volunteer are (1) very pleased with the experience, and (2) much more involved in the Village. You can express your interest in volunteering by clicking the VOLUNTEER tab in your Member Profile.

Or, if you're not logged in, click VILLAGE INFO, then "Volunteering", then "Volunteer Interest Form". Filling out that form, including your areas of interest, will trigger a contact from the Member and Volunteer Services Director who will schedule you for a volunteer orientation. (If you'd rather just phone someone, you may reach the Member and Volunteer Services Director at (512) 468-5594.)



Volunteering for Committees and Board

Interested in Committee Work? It's a great way to get to know active Village members and put some "sweat equity" into the Village. Our committees are:

- Development and Marketing - Interim Chair Tom McHorse
- Finance - Chair Tom Knutsen
- Governance - Chair Maxine Barkan
- Membership Services - Chair Sue Hoffman
- Programs - Chair Rick Cloud
- Community Outreach/Membership Recruitment - Chair Doug Bell

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One very effective way of volunteering with the Village is committee or Board service. We have hardworking committees who make it possible for the Village to carry out its mission with very small staff numbers.

Our current Board is composed of the following people:

Mart Hoffman, President	Scott Blech, Past President
Tom McHorse, Past President	Barbara Epstein
Sue Hoffman, President Emeritus	
Laurie Brown, Treasurer	Gayle Hight

You can read their bios [on our website here](#).

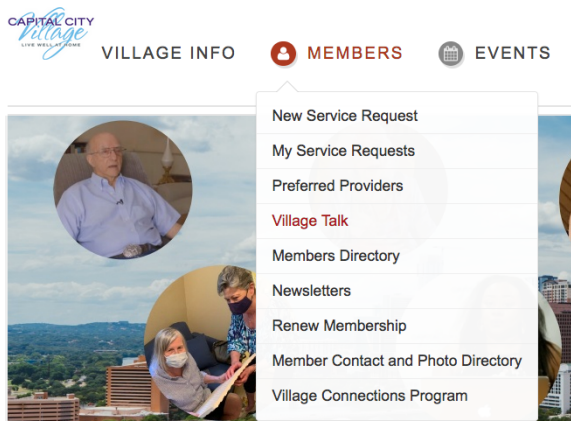
CCV's Committees are listed in the slide above this section.

If you are interested in serving on a committee please contact us at info@capitalcityvillage.org and we will connect you to the committee chair.



VILLAGE TALK is a blog for Village members. You may write about topics of interest to other members. Your submission will be subject to editing and approval.

Village Talk is where Village members can post discussions about certain and general interests within their Village. Go to Members -->Village Talk.



General Post vs. Announcements in Village Talk:

- **General Posts** are posts ALL ACTIVE members can see and comment on in your Villages Village Talk
- It is used for members to ask general questions or concerns about their Village

To create a general post, make sure your interest group is General.

You can “like” and comment on posts.

 A screenshot of the 'VILLAGE TALK' interface. Below the title, it says 'All Posts > General'. There is a text input field with a placeholder 'What do you want to talk about, Cian?'. Below this is a section labeled 'INTEREST GROUP' with a dropdown menu currently set to 'General'. A red circle highlights the 'General' option in the dropdown. To the right of the dropdown is a red 'SEND' button.

 A flyer titled 'CCV Fundraisers' pinned to a grey background. It lists two bullet points: 'Our biggest fundraiser is the “Keep Aging Weird” luncheon. Committee work on KAW starts early each year and we welcome new event volunteers.' and 'We also always hope for 100% participation of members in the event, whether that’s donating, attending, volunteering or all of the above.' At the bottom is a logo for 'KEEP AGING WEIRD' featuring a guitar and flowers, with 'CAPITAL CITY VILLAGE' written below it.

CCV Fundraisers

- Our biggest fundraiser is the “Keep Aging Weird” luncheon. Committee work on KAW starts early each year and we welcome new event volunteers.
- We also always hope for 100% participation of members in the event, whether that’s donating, attending, volunteering or all of the above.



CAPITAL CITY VILLAGE

The Village's two annual fundraisers are (1) the Golf Tournament and (2) the Keep Aging Weird luncheon.

GOLF TOURNAMENT

The Golf Tournament has been an annual CCV event since 2016, and is done in partnership with Tarrytown United Methodist Church. Each year the tournament, held at Riverside Golf Course, gathers more interest from Austin golfers and non-golfers alike. Funds raised from the golf tournament are used for CCV's Scholarship Program making these supportive programs and services available to seniors regardless of their household income, and to augment CCV operations.

The Shot Scramble format welcomes players of all skill levels. Players who don't have a partner can be matched with someone else. The registration includes green fee, golf cart and lunch. Hole sponsorships and underwriting opportunities start at \$250. Non-golfers enjoy volunteering during the tournaments.



KEEP AGING WEIRD

The first "Keep Aging Weird" luncheon was held in 2015. Each year the event becomes more popular with (1) a keynote speaker, (2) staff, member and volunteer speakers, (3) a well-stocked raffle, (4) opportunities for "paddles up" donations, (5) door prizes, and (6) buffet lunch. "KAW" became our go-to

fundraiser after five years of funding by St. David's Foundation, and it has become a major source of income for the Village.

Committee work on KAW starts early each year and we welcome new event volunteers. We also always hope for 100% participation of members in the event, whether that's donating, attending, volunteering or all of the above



Partners

Village

We could not succeed without the many partners who have assisted us through the years. From the crucial initial funding provided by St. David's Foundation to the support of an individual volunteer, we cannot be more grateful. With apologies for those we've surely missed, here is a partial list of partners who have made our work possible:

1. AARP Texas
2. Aging is Cool
3. ARA Diagnostic Imaging
4. Asset Strategies Group
5. Austin National Financial Services
6. Austin Regional Clinic
7. Austin Subaru

8. AustinUP
9. Belmont Village Senior Living
10. BSA
11. Capital Metro
12. Cari Clark Realtor
13. Drive A Senior
14. Fidelity Investments
15. FVF Law Injury Attorneys
16. Jeanne and Lew Little
17. Our members
18. Our volunteers
19. Peoples Rx
20. RGK Foundation
21. SAIVA
22. Sara and Dick Rathgeber
23. Shell Foundation
24. St. David's Foundation
25. Well Med

Outreach – Social Media

There's another way you can help. Social media is a powerful force in helping nonprofits like ours gain traction in communities. We routinely post notices on:

- Our website
- CCV's Facebook page
- CCV's Twitter page
- Nextdoor
- A Mighty Good Time



YOU can help by sharing our posts on your own Facebook, Twitter, Nextdoor, or other account.

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Besides our [website](#), Capital City Village has a presence on [Facebook](#), [Twitter](#), [Nextdoor](#), and [“A Mighty Good Time”](#). YOU can help by sharing our information

on your own social media. For instance, when our newsletters are issued (on the 1st and 16th), there's always a social media post connecting to it on the CCV Facebook page. Just share that on your own page to expand our outreach. Similarly, when you see CCV postings on Twitter or Nextdoor, you can share those too.