



Capital City Village <bonniegilson@capitalcityvillage.org>

It's the CCV Newsletter!

1 message

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

Mon, May 1, 2023 at 10:00 AM

Featured Events



**AGE of Central Texas
 Semicircle Driveway
 3710 Cedar St.
 Saturday, May 6 at 9 am**

As we age, one of the most significant factors in maintaining independence is the ability to drive. To encourage safe driving for as long as possible, CCV is hosting a free AARP CarFit check on May 6 from 9 am to 11 am. CCV members and volunteer drivers find out how well they work together with their vehicles.

The CarFit check takes about 30 minutes and is available to all licensed drivers who own a registered vehicle. A trained professional will ask simple questions and complete a 12-point CarFit checklist. Please keep in mind



**Advance Care Planning
 Made Easy
 Epstein Family Community
 Hall – Dell JCC
 7300 Hart Lane
 Friday, May 12 at 11:30 am**

Planning for the last chapter of life can be overwhelming, but it's one of the greatest gifts you can give to those you love. Join us for The GIFT Project, a free hands-on advance planning workshop presented by Hospice Austin. Open to all. Learn how to:

- Identify your healthcare preferences if there comes a time when you cannot speak for yourself
- Decide how to choose a medical power of attorney

this is not a driving test or mechanical inspection. [RSVP here.](#)



- Discuss your wishes with loved ones and medical providers
- Complete your Texas advance directives

Please [RSVP](#) by noon on Wednesday, May 10 to ensure your lunch selection. [Lunch, parking, and other details are available on our event page.](#) Co-sponsored by Shalom Austin and CCV.



Getting the Most from your Doctor Visit
Tarrytown United Methodist Church Admin Bldg
2531 Exposition Blvd
Sunday, May 21 at 2 pm

This event may be attended in person or on zoom. [When you RSVP](#), please indicate in the **COMMENTS** box whether you will be in person or online.

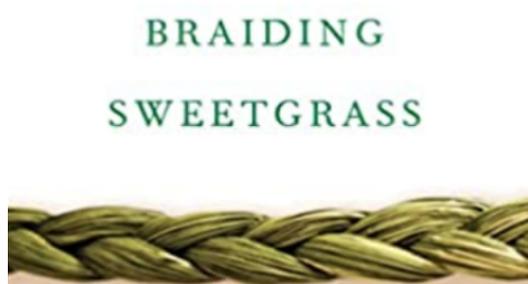
Learn first hand from Drs. Estela Mota and Tom McHorse how to get the most benefit from your doctor appointments. There will be plenty of time for questions you may not feel comfortable asking your own doctor. Learn:

- How to tell your doctor your symptoms so you get an accurate diagnosis

- How to organize your questions in advance and ask targeted questions
- What to listen for during the appointment, and how to ask in-depth follow-up questions
- How to better understand what the doctor tells you about your diagnosis and treatment options

[Read more about the program and RSVP here.](#)

Interest Groups



Virtual Book Club Friday, May 19 at 11 am

Join the [Book Club](#) online. Bring your own lunch and join with others to review this month's book, which is "Braiding Sweetgrass" by Robin Wall Kimmerer.

Third Wednesday Lunch with Nancy Walker AGE Building St. David's Conference Rm 3710 Cedar St Wednesday, May 17 at Noon

This program may be attended in-person or on zoom. [When you RSVP](#), please indicate in the **COMMENTS** box whether you will be in person or online. It's a BYOL (bring your own lunch) event.

Nancy Walker is the Executive Director of the Funeral Consumers Alliance of



Dominoes Monday, May 8 at 6:45 pm

The group gathers at a member home, so [RSVP and we will send you the address.](#)

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.

Most recently, Nancy was selected by KVUE-TV for a Five Who Care award. Five Who Care annually honors five people who go above and beyond in service to their community.

We usually play Mexican Train so no skills necessary.



Third Sunday Sunday, May 21 at 11 am

A small “buddy” group of South Austin folks get together the 3rd Sunday of the month at Wheatsville Coop South Lamar. This is a pleasant and quiet Sunday morning location with easy parking and a variety of food options.



Second Cup Thursday, May 25 at 9:30 am

Join us for Second Cup at Central Market on N. Lamar-2nd floor above the cafe. Elevator access available. If you need a ride, [indicate that on your RSVP](#).

Virtual Coffees 1st, 2nd and 3rd Thursdays at 9:30 am

[Join the Villagers](#) for our weekly virtual coffee hour every Thursday at 9:30 am (except the fourth Thursday). Bring your own coffee, snacks, and a good story or two.



Happy Hour Thursday, May 4 at 4:30 pm

[Join us](#) at 4:30 pm on the first Thursday of each month at La Mancha Tex Mex Tavern on Hancock across from the Yarborough Library.





Capital City Village Office: (512) 524-2709

May 1, 2023

Events

Featured Events

Interest Groups

Birthdays

From the Office

In the Community



Amplify Austin Happy Hour
 Stan, Arnie, Rick, Neil, Sally, Kay,
 Tom, Marie, Sue, Mart

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

- Wednesday, May 3 at 10 am – [Virtual Volunteer Orientation](#)
- Thursday, May 4 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, May 4 at 4:30 pm – [Happy Hour](#) at La Mancha Tex Mex Tavern

Upcoming Events

- Monday, May 8 at 6:45 pm – [Dominoes](#) at a member home
- Thursday, May 11 at 9:30 am – [Virtual Coffee Hour](#)
- Friday, May 12 at 11:30 am – [The Gift Project-Advance Care Planning](#) at Dell JCC
- Wednesday, May 17 at 12 pm – [Third Wednesday Lunch](#) at St. David's Conference Rm, AGE of Central Texas
- Thursday, May 18 at 9:30 am – [Virtual Coffee Hour](#)
- Friday, May 19 at 11 am – [Virtual Book Club](#)
- Sunday, May 21 at 11 am – [Third Sunday](#) at Wheatsville South
- Sunday, May 21 at 2 pm – [Getting the Most from your Doctor Visit](#) at Tarrytown United Methodist Church Admin Building
- Thursday, May 25 at 9:30 am – [Second Cup](#) at Central Market

- Saturday, May 6 at 9 am - [CarFit](#) North, 2nd floor above cafe
[Event for CCV Volunteer and
Member Drivers](#)

From the Office CCV is Hiring!

PROGRAMS AND MEDIA COORDINATOR PART-TIME/ 20 HOURS PER WEEK

Capital City Village helps older Austin residents to remain in their homes with a supportive network of enriching services, informative programs and caring relationships. Through a broad range of member benefits provided by volunteers and preferred professional service providers, we help Austin neighbors to age safely in their homes. CCV programs and events aim to lessen social isolation and prepare all of us for the challenges aging brings.

This position involves program coordination including some in-person attendance as well as newsletter development and website maintenance, among other duties assigned by the Executive Director.

Send resume and statement of interest to johanna@capitalcityvillage.org. If you have any questions, contact Johanna by call or text, 512-524-2709. Position is open until filled.

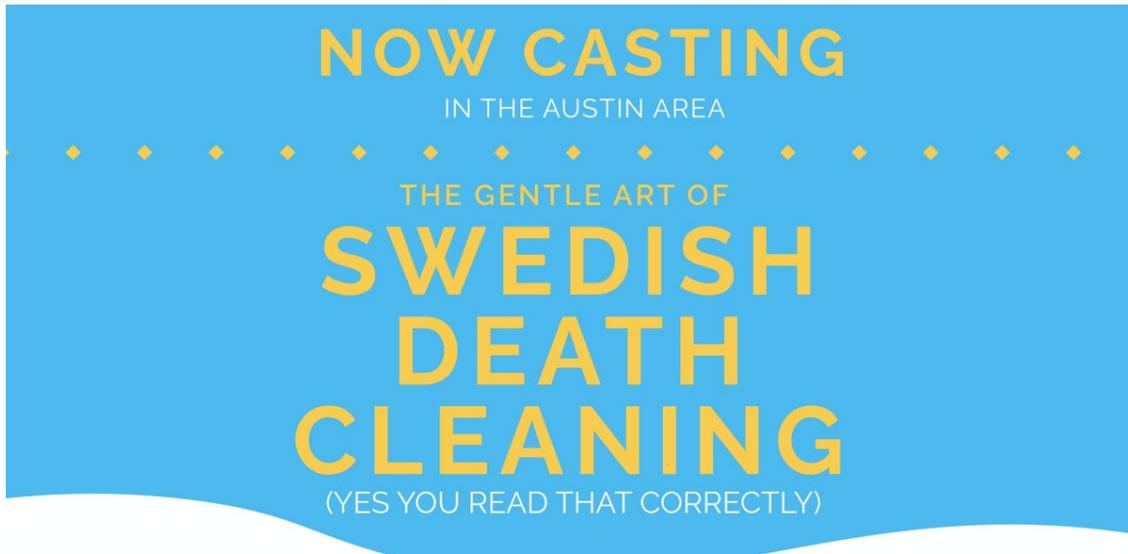
Member and Volunteer Birthdays



If you see any of these members or volunteers in May, wish them happy birthday!

- Harry M
- James B
- Ed F
- Mart H
- Rick C
- Elizabeth N
- Lauren I
- Laurel B
- Sally VS
- Aralyn H

In the Community



Austin Casting Call for The Gentle Art of Swedish Death Cleaning

This streaming program is searching for inspiring individuals and families in Austin who are in need of help organizing and decluttering their homes. The show will follow the journey of people at a crossroads in their lives, offering them the opportunity to transform their living space.

If you know someone who is a newly empty-nester, recently inherited belongings, divorcing, downsizing, or simply turning a new chapter in their life, they may be the perfect fit for our show with Amy Poehler as our Executive Producer.

[Check out the show's trailer and meet our hosts!](#) If you're interested, [fill out this questionnaire](#).

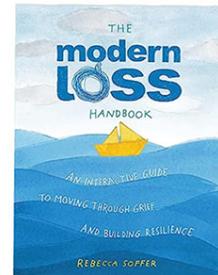


THE MODERN LOSS HANDBOOK TUESDAY, MAY 2 | 7PM

SHALOM AUSTIN COMMUNITY HALL

Author: Rebecca Soffer,
Cofounder of Modern Loss

Moderator: Audrey Burnett,
JFS Therapist/Clinical Intake Specialist



With warmth, wit, and disarming humor, Soffer will unpack the wisdom of the book and discuss how the long arc of loss can be woven into our lives in a way that is practical, creative, comforting, provoking, and, finally, hopeful.



**Older Adult Mental Health
Awareness Day
Symposium
Thursday, May 11 at 10 am
Eastern**

The National Council on Aging is proud to host the 6th annual Older Adult Mental Health Awareness Day Symposium. Registration is free and includes a full day of sessions on how to best meet the mental health needs of older adults. In partnership with Rush University's E4 Center of Excellence for Behavioral Health Disparities in Aging, NCOA anticipates offering free continuing education credit for several professions. [Look here for more information and registration.](#)

ALZHEIMER'S ASSOCIATION®

**A Day of Hope Caregiver
Conference**

Jewish Community Center

Thursday, May 18 at 9 am

Please join the Alzheimer's Association Capital of Texas Chapter and CAPS, Capital Area Parkinson's Society, for this special in-person caregiver conference. Dr. Robin Hilsabeck with the University of Texas will be the keynote speaker.

Breakfast and lunch will be provided, and raffles will take place throughout the day. The first 50 people to register will receive double the amount of raffle tickets, so sign up early! [More information and registration here.](#)





Once we start to act, hope is everywhere. So instead of looking for hope, look for action. Then, and only then, hope will come.

- Greta Thunberg -



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
3710 Cedar St
Ste 283
Austin, TX 78705

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