

# April 2018 Newsletter

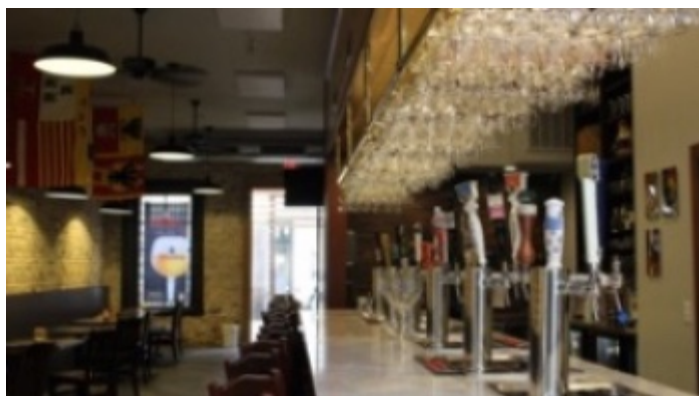
[Campaign Preview](#)[HTML Source](#)[Plain-Text Email](#)[Details](#)

---



## Socialization and Education Go Hand in Hand at the Village!

Scroll Down to See ALL April CCV Events and Opportunities.



## North Meets South - Member Mixer at Mort Subite (downtown) Sunday, April 8, 4-6pm

Join CCV members, volunteers and friends for a unique gathering that will help us test out a new program series - **Celeb Salons**.

We'll gather next **Sunday, April 8th, 4-6pm at Mort Subite Belgian Pub** (308 Congress Ave. in downtown Austin). Our featured guests will be brothers **Dean Blackwood** (Revenant Records, Dell attorney by day) and **Scott Blackwood** (PEN USA award-winning local author) will discuss their collaboration on a Grammy award-winning 2-volume collection of early Paramount Records

recordings (1917-1932).

*How did a Wisconsin chair company, producing records on the cheap and run by men with little knowledge of their audience or the music business, build one of the greatest musical rosters ever assembled under one roof? The answer lies in "The Rise and Fall of Paramount Records 1917-1932," an epic, two-volume omnibus of art, words and music housed in a limited-edition, hand-sculpted cabinet-of-wonder, jointly released by Jack White's Third Man Records and John Fahey's Revenant Records.*



**Register via the event page on the CCV website. Registration is limited. Members: \$10; guests: \$15. Registration includes one drink (craft beer or wine) and light bites.** Plus, you'll be helping Capital City Village preview our new program series Celeb Salons: exclusive, up close gatherings with some of Austin's local notables. Additional details about future speakers and dates will be announced at the event next Sunday, April 8th.

[CLICK HERE to register now.](#)





## April Events at a Glance

Check out our new and improved [Events](#) listing on our new [website](#)! You can RSVP for any of our events online now.

***Just click the name of the event below and you'll go to more information and be able to RSVP.***

- Tuesday, April 3, 9:30-10:30am - [Coffee Klatch](#) at Wheatsville South
- Thursday, April 5, 4:30-6:30pm - [Happy Hour](#) at LaMancha Tex-Mex Tavern
- Friday, April 6, 2:50-6pm - [Movie Group](#) at Regal Arbor 8 at Great Hills, "The Death of Stalin"
- Sunday, April 8, 4-6pm - [Member Mixer](#) at Mort Subite. *See feature article above.*
- Monday, April 9, 6:45-9pm - [Dominoes](#) at a Member Home
- Tuesday, April 10, 9am-5pm - [Livability for Longevity Symposium](#) at Bass Lecture Hall. *See article below.*
- Tuesday, April 10, 10am-12pm - [ShortTakes](#) at a Member Home, discussing ageism? at the Oscars.
- Wednesday, April 18, 12-1pm - [Men's Lunch](#) at Andiamo Ristorante. *See article below.*
- Thursday, April 19, 11:30am-12:30pm - [Lunch & Laughter](#) at Wheatsville South
- Friday, April 20, 11:00am-12:30pm - [Book Group](#) at a Member Home. *See article below.*
- Monday, April 23, 10am-1pm - [Volunteer Orientation](#) at CCV Office. *See article below.*
- Tuesday, April 24, 10:00am-12:00pm - [Managing Mindfulness](#) at a Member Home

- Wednesday, April 25, 11:30am-12:30pm - [Women's Lunch](#) at Adiamo Ristorante
- Thursday, April 26, 9:30-10:30am - [Coffee, Caffeine and Conversation](#) at Epoch at The Village on Anderson Ln

[View All CCV Events and Details, and RSVP!](#)

---



# Livability *for* Longevity

A SYMPOSIUM CONNECTING PEOPLE, PROCESS AND POLICY  
FOR HEALTHY AGING IN AUSTIN

This is a free event hosted by [AustinUP](#) and the [LBJ School of Public Affairs](#) to explore projects and policies designed to serve the current and future needs of older adults in our community, including elements of the [Age-friendly Austin Action Plan](#) related to affordable housing, healthcare, workforce development and more.

## [Livability for Longevity](#)

A Symposium Connecting People, Process and Policy for Healthy Aging in Austin

Tuesday, April 10, 2018

9 a.m. – 5 p.m.

Bass Lecture Hall, [LBJ School of Public Affairs](#)

Located on the lower level of Sid Richardson Hall (SRH)

2315 Red River St.

Austin, TX 78712-1536

[To RSVP and view the agenda, click here.](#)

---



## **Book Group Celebration** **Maxine's 99th!** **And [Check Out Their Upcoming Schedule](#)**

Capital City Village Board Member and book expert Maxine Barkan's 99th birthday was celebrated in style at the March Book Group meeting. Maxine has been a CCV member since 2014 and is an instrumental member of our Board, chairing the Governance Committee. If you see Maxine, wish her a happy birthday!

- [Friday, April 20 the group will review "The Dali Lama's Cat" by David Michie.](#)
- Friday, May 18 - "A Gentleman in Moscow" by Amor Towles.
- Friday June 15 - "In the Land of Invisible Women" by Qanta Ahmed, M.D.
- No books in July or August.
- Friday, September 21 - "The Newcomers: Finding Refuge, Friendship and Hope in an American Classroom" by Helen Thorpe

The Book Group meets on the third Friday of each month from 11am to 12:30pm at a Member home. Bring a little something for potluck and join the group.



## We're Looking for Volunteers



Have you considered volunteering with Capital City Village? We have many opportunities for you to add value to our Village. Drivers get members places they need to be. Handy workers help out in the home. Volunteers help with these and so many other things, like tech assistance and yard work. And there's our Village Connections program, which pairs one volunteer with one member. Volunteers are also instrumental in running the Village, doing everything from committee work to event planning.

So you see, there are many opportunities! We have a [Volunteer Orientation](#) planned Monday, April 23, 10:00am to 1pm. [Fill out our online volunteer orientation here](#) and we'll contact you about the details. And thanks!

---





## Men's Lunch to Feature Don Cook, "Flying an F-100"

Our next meeting of the CCV Men's Lunch Group will be Wednesday, April 18th at 1200 hours at Andiamo's Ristorante, [2521 Rutland Drive](#) (at Burnet Road).

Don Cook will share his experiences as as one of the USAF speed freaks who were "Flying an F-100".

Note from Henry: I believe that Don and his USAF colleagues were flying over Vietnam, which is where I will be in April; with luck, no one will be shooting at us, which was not the case when Don was flying.

So, if you plan to attend, please [RSVP here to reserve a spot](#).

---



## WEST 2018 Studio Tour

Mickey Stam, a new CCV member, will be a guide for the Weavers and Spinners Society of Austin's stop in the North Shoal Creek neighborhood during the West Austin Studio Tour Friday, May 11 at 7pm for the opening night. Refreshments are included. Weavers, spinners, and a dyer will be demonstrating their skills. Wearable art, home decor items,

The WEST Studio Tour continues for two weekends, May 12-13 and 19-20, 11am-6pm.  
Contact [Mickey](#) for more information.

## You May be Eligible for a Research Study: Memories 2: Exploring Connections Between Sleep Apnea Therapy and Memory Decline



As we age, it seems inevitable that we will have problems with our memory. While it is common to have a lapse in memory from time to time, persistent mild cognitive impairment is found in 7–15% of adults aged 55 and older, thus affecting over 4,000,000 US adults alone. This percentage increases with advancing age. A growing body of evidence suggests that obstructive sleep apnea may be linked to memory decline. Sleep apnea is a medical condition that many people do not know they have, because it occurs during sleep. Sleep apnea is associated with snoring, pauses in breathing, and drops in oxygen in the brain and blood, and it may affect memory in older adults.

The MEMORIES2 study is being conducted at 5 sites around the United States: the University of Pennsylvania, Washington University in St. Louis, the University of Virginia, and the University of Texas at Austin. This new federally funded \$8.6million research study is seeking to answer the question “Does treating sleep apnea with continuous positive airway pressure (CPAP) help maintain memory in persons aged 55–75 years?” The study’s researchers are interested in enrolling individuals who **have** sleep apnea as well as those who **do not**.



The principle investigators are three veteran professors and sleep scientists: Dr. Kathy Richards, at the University of Texas at Austin, and Drs. Nalaka Gonneratne and David Wolk, at the University of Pennsylvania.

Mild cognitive impairment results in memory impairment with little to no decline in everyday function; however, it is a transitional stage between normal aging and Alzheimer's disease. Few treatments are available to slow the memory decline in older adults with mild cognitive impairment, but treatment of obstructive sleep apnea shows great promise for achieving this goal.

The gold standard treatment for obstructive sleep apnea is continuous positive airway pressure (CPAP), but it can be difficult for people to adapt to this treatment. In a previous NIH-funded study (MEMORIES1) conducted by the investigators for this study, it was found that support and troubleshooting of problems with CPAP made it easier for people to use and be successful with their CPAP therapy. This project will offer the same support for participants.

What are the benefits of participating in this study? They may include the following:

- As part of the research study, you may receive memory tests and brain scans to evaluate your memory problems at no cost to you.
- You will receive personalized telephone support sessions with a registered nurse to assist with troubleshooting your CPAP therapy.
- Compensation for your time and effort will be up to \$400.
- You will be making a contribution to important research aimed at slowing the progression of MCI to Alzheimer's disease in older adults with obstructive sleep apnea.

To get more information or to learn about how you can participate in the MEMORIES2 project, please contact our research coordinator at (512) 471-9462 or [MEMORIES2@utexas.edu](mailto:MEMORIES2@utexas.edu). To obtain detailed information about the study, visit the following government website:

<https://clinicaltrials.gov/ct2/show/NCT03113461?term=Nalaka&rank=4>

The study has been approved by the Institutional Review Board at the University of Texas at Austin and the Central Institutional Review Board at the University of Pennsylvania.

Thanks to Dr. Patricia Carter, UT Nursing School, for providing this information.



---

**Our mailing address is:**

3710 Cedar St, Suite 283, Austin, TX 78705

Want to change how you receive these emails?

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

---

This email was sent to << Test Email Address >>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Capital City Village · 1301 S IH 35, Ste 206 · Austin, Texas 78741 · USA

