

# March 2020 Newsletter

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Office: 512-524-2709

Member Services: 512-468-5594



## Help us Make History - Amplify Austin Day Starts Thursday at Happy Hour!

Have you dreamed of making history? Of course, we all have. And now we have a chance to be a part of an opportunity to unite our community around causes in which we truly believe and help nonprofit organizations connect to the larger community.

We need your help! Please join our campaign and help us reach our goal of \$12,000 and 100 donors! We're asking you to tell your friends and family members about the important work we do and ask them to join us in helping to make a difference.

You can help members like Faye who recently wrote, "The village has helped me so much. I recently broke both my arms and they provided me with rides and even an electronic recliner. But even more, the social activities and the opportunities to make new friends has been so generous."

Get ready to give! On Thursday, March 5, join us between 4:30



and 6:30 at the [CCV Happy Hour](#) at LaMancha TexMex, 2203 Hancock. We're providing appetizers. Official giving starts at 6pm!

Can't make it to the happy hour? You can donate directly through any of our fundraising champions' pages. And these people are champions indeed, working tirelessly day after day for the Village. Show 'em some love!



[Scott B](#)

[Tommi F](#)

[Mart H](#)

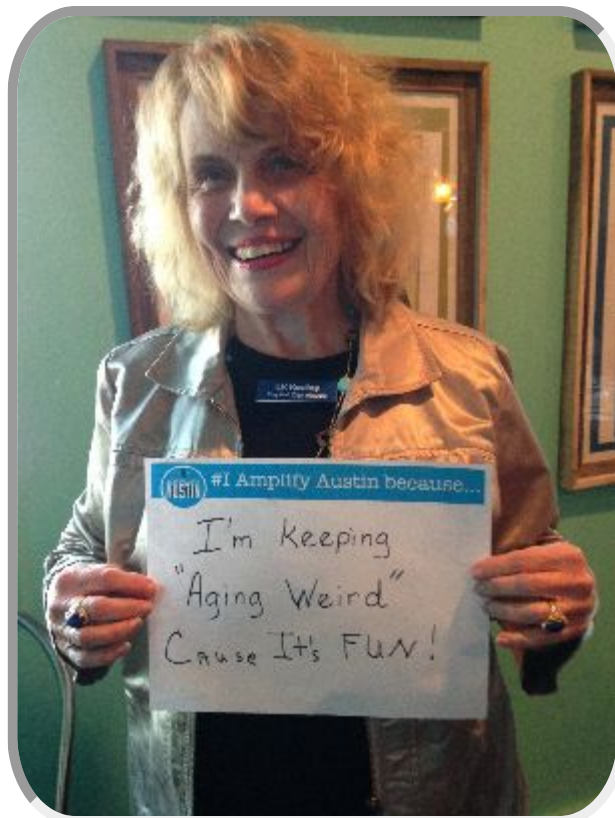
[Sue H](#)

[Tom K](#)

[Tom M](#)

If you want to be a fundraiser too, call the office at 512-524-2709 to get some help setting up your page.

## Village Events



Click on any of these events to find out more and RSVP:

- Tuesday, Mar 3 - 9:30-10:30am [Coffee Klatch](#) at Captain Quackenbush's Coffeehouse on Manchaca (S). *See Interest Group article.*

- Thursday, Mar 5 - 4:30pm [Kickoff Happy Hour](#) for Amplify Austin at LaMancha TexMex (NC). *See feature article.*
- Thursday-Friday, Mar 5-6 - 6:30pm-6:30pm [Amplify Austin 2020](#). *See feature article.*
- Sunday, Mar 8 - 4-6pm [Celeb Salons](#) presents [Dan Bullock](#) at Mort Subite (Central). *See article below.*
- Monday, Mar 9 - 6:45-9pm [Dominoes](#) at a member home (NW)
- Tuesday, Mar 10 - 10am-12pm [Managing Mindfulness](#) at a member home (S)
- Tuesday, Mar 10 - [Movie Group](#) - "Emma" at theater and time TBD (NW)
- Thursday, Mar 12 - 9:30-10:30am [2nd Cup](#) at Central Market N. Lamar
- Wednesday, Mar 18 - [Men's Lunch](#) at Andiamo Ristorante (NC)
- Thursday, Mar 19 - 11am-12pm [Lunch & Laughter](#) at Panera Bread W. Wm Cannon (S)
- Friday, Mar 20 - 11am-12:30pm [Book Club](#) at a member home (NW). *See Interest Group article.*
- Wednesday, Mar 25 - 11:30am-12:30pm [Women's Lunch](#) at Andiamo Ristorante (NC)
- Thursday, Mar 26 - 9:30-10:30am [Coffee, Caffeine and Conversation](#) at Summer Moon on W. Anderson Ln (NW). *See Interest Group article.*

## Celeb Salons



**Celeb Salons Features Singer/Songwriter and**

# Community Leader Dan Bullock

Sunday, March 8, 4-6pm at Mort Subite, 308 Congress

Capital City Village is proud to present the continuation of our popular program series Celeb Salons - exclusive, up-close gatherings with some of Austin's local notables. Our next guest is Dan Bullock, a seasoned community leader who writes, speaks, and consults on leadership, civic engagement and community building.

From West Texas cowboy to Colorado folk/blues singer to Austin corporate executive, Dan's experience led him to create The Mosey Project. The project uses various communications platforms to promote constructive civic engagement. It serves as a catalyst to showcase significant civic programs and to connect those people and organizations who want to make a positive difference in community building.

You're invited to join us to hear Dan speak about his varied career in banking, financial management, and community service. Dan's community leadership efforts have been recognized in such publications as Austin American-Statesman, Austin Business Journal, Dallas Morning News, Southwest Airlines Magazine, Texas Business Magazine, Texas Monthly and West Austin News. Members, volunteers and friends of CCV are welcomed!

Celeb Salons are hosted at Mort Subite, the first authentic Belgian-style pub in the U.S. There is free street parking on Sundays, fully-accessible drop-off at the back entrance from the alley behind the pub. Registration includes one drink and light bites, as well as a tax-deductible donation to Capital City Village.

## Volunteer of the Year Named at Annual Meeting





Capital City Village's 2019 Volunteer of the Year is Dr. Kathy Wohler. Kathy has been a CCV member since 2013, and a volunteer most of that time. She has organized and reorganized the office many times and has been key to helping several of our members organize their homes in their last years and months.

Kathy is also one of the "Voices of the Village", having represented us on KXAN and several times at Keep Aging Weird. You can check out her [KXAN interview here](#).

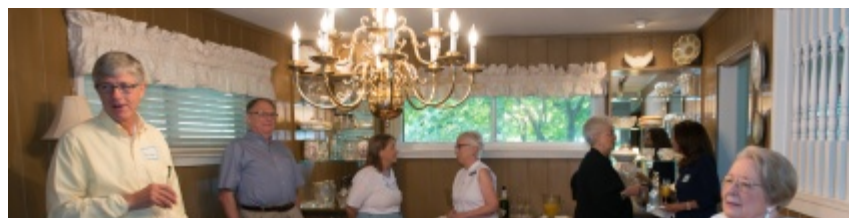
Well deserved congratulations Kathy!

## Welcome New Members!



Welcome to new members, Ramesh and Kamal G (78746), Nirmal K (78751) and Jean W (78746)!

## Community Dinners



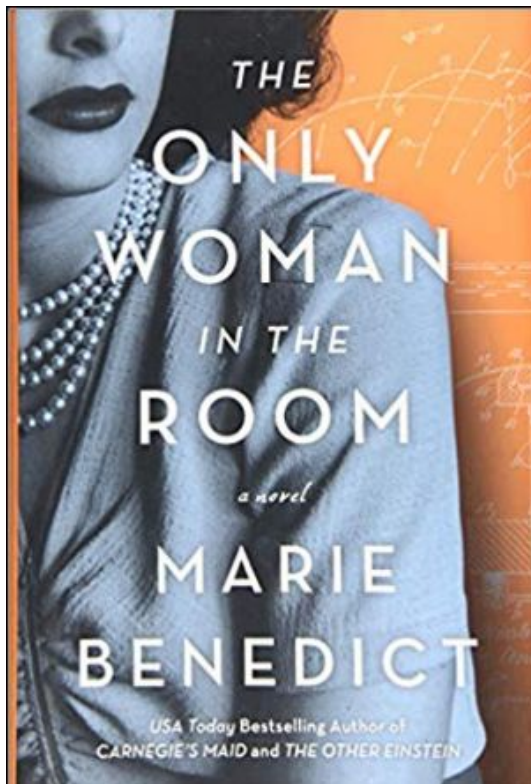




Save the date - Sunday, May 3rd - for the opportunity to enjoy a meal and get to know some of your fellow Village members in a fun, small group setting. We are asking that several of you sign up to host a "pot luck" lunch or dinner as well as provide the main course for 4 to 8 (including the hosts) Village members. Other Village members will sign up to attend and will bring either a side dish or dessert.

To make this a success, we have to have hosts - please send an email to [Phylliswaddle@sbcglobal.net](mailto:Phylliswaddle@sbcglobal.net). Details on signing up to attend will be forthcoming soon!

## Interest Group News



**Book Club Will Review  
"The Only Woman in the  
Room" Friday, March**



**Coffee Klatch to Meet at  
the Newly Opened  
Captain Quackenbush's  
Coffeehouse**

Join Coffee Klatch on Tuesday, March 3rd at 9:30 at the new Captain Quackenbush's Coffeehouse at 5326 Menchaca Road. It's in the same strip mall as Austin Java and just a few shops to the north. Lots of great pastries and easy parking.

**Coffee, Caffeine and  
Conversation to Meet at**  
-        - -        - - -

## Room Friday, March 20 at 11am

Join the group for pot luck and great conversation Friday, March 20 at 11am. [RSVP and we'll send you the address.](#)

Book titles for future meetings are:

April: "A Woman of No Importance," by Sonia Purnell

May: "A Better Man," by Louise Penney

June: "Upstairs at the White House," by J.B. West, Mary Lynn Kotz

## Summer Moon on W. Anderson Ln

Join [CCC](#) Thursday, March 26 at 9:30 at a new venue: [Summer Moon](#), fire-roasted coffee on W. Anderson Lane just west of Burnet Road.



## From Our Volunteers

### Learn the signs.



**F**ace. **A**rms. **S**peech. **T**ime to **call 9-1-1.**

## Signs and Symptoms of Stroke

We have some great volunteers at CCC. One who has put in many hours organizing the

We have some great volunteers at CCV. One who has put in many hours organizing the Men's Lunches is Henry M. Henry and his wife Ellen recently read this information on the CDC website and wanted to share it with all of you.

"Sudden severe headache with no known cause is a stroke sign in men and women. During a stroke, every minute counts! FAST (see the illustration) treatment can lessen the brain damage that stroke can cause.

By knowing the signs and symptoms of stroke, you can take quick action and perhaps save a life—maybe even your own.

#### Signs of Stroke in Men and Women

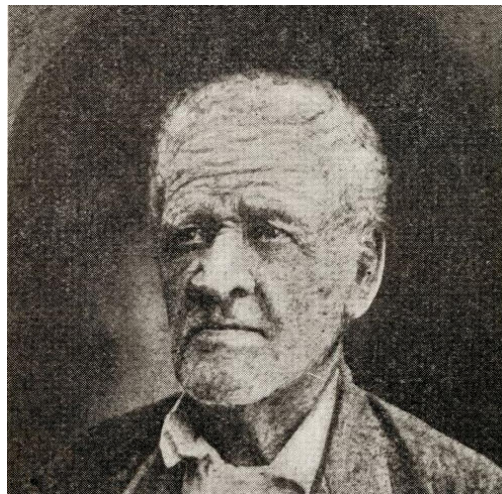
- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking, or difficulty understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance, or lack of coordination
- Sudden severe headache with no known cause

Call 9-1-1 right away if you or someone else has any of these symptoms."

[Read the entire article here.](#)

## Interesting!

Manchaca Road is no more. The city passed an ordinance in October last year to change the spelling to Menchaca Road to honor Tejano revolutionary [José Antonio Menchaca](#), who fought in a decisive battle of the Texas Revolution.



## Caregiver Resources





## **AGE of Central Texas Hosting Free “Driving Safety for Older Adults and their Caregivers” Seminar March 7**

AGE of Central Texas will host the free caregiver support seminar exploring [“Driving Safety for Older Adults and Their Caregivers”](#) on Saturday, March 7, 2020. Part of the ongoing workshop series to help family members effectively care for an older adult, the free seminar will be held from 10:00 a.m. to 12:00 p.m. at the AGE of Central Texas main campus, located at 3710 Cedar Street in Austin.

Occupational Therapist and Driver Rehab Specialist Megan Frazier will discuss how caregivers can utilize proven techniques to determine an older adult’s fitness to drive, and how to have the difficult conversations about driving. Megan owns Functional Stability and Mobility and is the Vice President of the Association of Driver Rehab Specialist Texas Chapter, Co-Chair for TOTA SIS for Driving and Community Mobility, serves on University of Mary Hardin Baylor Occupational Therapy Advisory Board, and has worked as an occupational therapist in Skilled Nursing Facilities and acute care facilities for the past 17 years. She specializes in helping clients with neurological and complex medical conditions addressing fitness to drive.

Registration for the conference is free, but space is limited. Participants can register by calling (512) 600-9275, or [online](#).



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**Our mailing address is:**

3710 Cedar St, Suite 283, Austin, TX 78705

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