

September 2018 Newsletter

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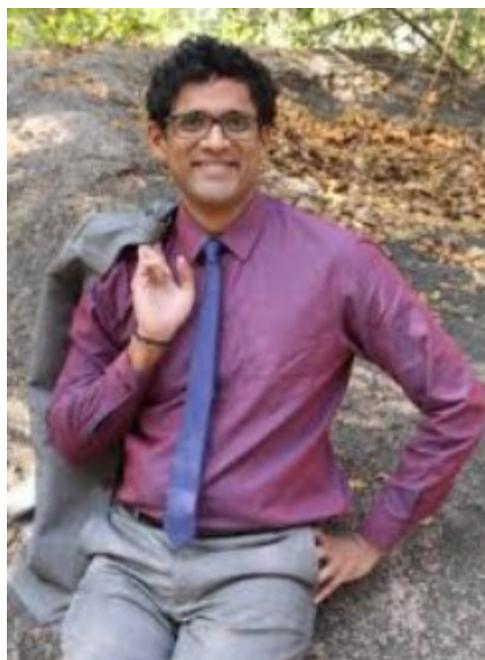


Happiness Abounds at Capital City Village!



Dr. Happy Settle

How could we be so lucky to have two happy doctors on our fall agenda? On Sunday, September 9 Dr. Halsey "Happy" Settle will join us at a member home from 4:00-6:00pm to talk about eye health. On



Dr. Happy-smarts

And how do you keep your happy buzz in between those dates? With all our other activities, of course! Are you a fan of Judy Maggio (who isn't)? Sign up for Celeb Salon Sunday, September 23. Does

6.00pm to talk about eye health. On Thursday, November 1 Dr. Raj Raghunathan (Dr. Happy-smarts) will be the keynote speaker for our annual "[Keep Aging Weird](#)" Luncheon. (See the articles below for more specifics.)

[Salon](#) Sunday, September 23. Does golf make you feel happy? Our 3rd Annual [CCV Golf Tournament](#) is Saturday, September 29. If eating and drinking fill your happiness quotient, just scroll on down to see our lunches, coffees, and yes, our [HAPPY Hour](#)!



Celeb Salon to feature Judy Maggio

Celeb Salons presents [Judy Maggio](#) from **4-6pm Sunday, September 23** at Mort Subite, 308 Congress. Capital City Village is proud to present a new program series Celeb Salons: exclusive, up-close gatherings with some of Austin's local notables, continuing this fall. Judy Maggio, one of Austin's most-beloved broadcasters, will be our special guest.

Well-known to Central Texans, Judy Maggio anchored local news at KVUE (1998 to 2003), and at KEYE (2003 to 2014). Ms. Maggio is now the Editorial Director of News and Public Affairs at KLRU-TV, PBS Austin. She also leads Decibel, a multi-platform news initiative doing in-depth reporting on key community issues in Central Texas.

You're invited to join us to hear Judy speak about her career in Austin broadcasting, covering scores of important news and political developments in recent decades. We'll also hear more about current issues that affect quality of life here in Central Texas. Members and friends of CCV welcomed -- [you may RSVP and purchase tickets here.](#)



September 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, Sept 4 at 9:30am - [Coffee Klatch](#) at Wheatsville S. Lamar
- Thursday, Sept 6 at 4:30pm - [Happy Hour](#) at LaMancha TexMex (N Central)
- Sunday, Sept 9 at 4pm - [The EYES of Texas: Cataracts and Macular Degeneration](#) at a member home (Northwest). RSVP and the address will be sent to you. *See article below.*
- Monday, Sept 10 at 6:45pm - [Dominoes](#) at a member home (Northwest)
- Tuesday, Sept 11 at 10am - [ShortTakes](#) at Manchaca Public Library (South)
- Thursday, Sept 13 at 9:30am - [2nd Cup](#) at Central Market N. Lamar
- Wednesday, Sept 19 at 12pm - [Men's Lunch](#) at Andiamo Ristorante (N Central). *See article below.*
- Thursday, Sept 20 at 11:30am - [North Meets South Indoor Picnic](#) at Wheatsville S. Lamar. *See article below.*
- Friday, Sept 21 at 11am - [Book Club](#) at a member home (Northwest). *See*

article below.

- Sunday, Sept 23 at 4pm - [Celeb Salon](#) at Mort Subite (Downtown). *See article below.*
- Tuesday, Sept 25 at 10am - [Managing Mindfulness](#) at a member home (South)
- Wednesday, Sept 26 at 11:30am - [Women's Lunch](#) at Andiamo Ristorante (N Central)
- Thursday, Sept 27 at 9:30am - [Coffee, Caffeine and Conversation](#) at a local coffee shop (TBD)

Save the Date:

[Keep Aging Weird Annual Fundraising Luncheon](#) Thursday, November 1. *See article below.*

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

The EYES of Texas: Cataracts and Macular Degeneration



Dr. Halsey "Happy" Settle will join us **Sunday, September 9 from 4:00-6:00pm** to share information on two of the most common eye problems of older adults - cataracts and macular degeneration. This is one of our popular "Conversations With" programs held at a member home. There will be nibbles and drinks and good conversation. [RSVP](#) in advance so that we can send you the address and our hosts will know how many people to expect.

Happy grew up in Corsicana, Texas and played football at Oklahoma State. After receiving his MD degree from UT Medical Branch, Galveston in 1971 while in the Navv Reserve he went on active duty as a Submarine Medical

..... in the early 1970s he moved on down to San Diego as a
Officer from 1972-1976. After completion of his residency in San Diego he moved back to Corsicana to practice Ophthalmology from 1980 until moving his practice to Austin in 1999 where he continues to the present time. He enjoys traveling, jogging, playing golf and has been involved in the Travis County Medical society and the Texas Medical Association.



Village Connections Announces a New Intern

Believe it or not, Capital City Village's Village Connections program is starting its third year. Village Connections matches specially-trained volunteers with members who may need some extra help with individual wellness goals. We are happy to announce our newest intern to join this outstanding program.

Casey Jones, a candidate for Masters of Social Work at the University of Texas at Austin, is joining the Capital City Village team as Field Intern for the 2018-2019 academic year. Casey moved to Austin in 2016, having relocated from Florida, and has most recently worked as a Program Manager for Austin Sunshine Camps. While there, she worked with youth ages 7-15 in a variety of outdoor and STEM-based activities. Casey is happy to be part of the CCV team

and is excited to connect with all those engaged with the Village! Please welcome Casey to CCV if you see her at an upcoming event.



North Meets South Indoor Picnic Thursday, September 20

The last time we did this it was so much fun we've decided to get together more often. Our next [North Meets South Indoor Picnic](#) is **Thursday, September 20, 11:30am-1:00pm** at Wheatsville on South Lamar. Get to know other CCV members and enjoy fun activities. Volunteers and guests are also welcome. Come on in, pick up some lunch from Wheatsville's tasty salad bar, and join us in the meeting room. There'll be a sign on the door saying "Capital City Village". We look forward to seeing you there!





Save the Date for CCV's 3rd Annual Golf Tournament!

All you golfers and spectators can [sign up now](#) for the Village's **3rd Annual Golf Tournament Saturday, September 29**. Shotgun start at 8:30am (Putting Contest at 7:30am) at Austin's Riverside Golf Course. Capital City Village (CCV) is a 501c3 nonprofit that helps seniors age well at home through supportive volunteer services, enriching programs, and referrals to trusted providers. Funds raised from the golf tournament will be used for CCV's Scholarship Program making these supportive programs and services available to seniors regardless of their household income and to augment Village operations.



Men's Lunch - Iceland: Forged in Fire

Jerry Dykstra recently traveled to Iceland and has some interesting observations to share in our next lunch meeting, which will be on **Wednesday, September 19th at 12 noon** at Andiamo Ristorante, 2521 Rutland (at Burnet Road).

Jerry's presentation will be in two parts. The first, in September, is "**Iceland: Forged in Fire**" and will cover the country's unique geology and natural history. Please [RSVP here](#).

The second presentation will be in November, so stay tuned!

Artist and CCV Member Featured in Exhibit

Congratulations to artist and CCV member Melanie Lewis whose work will be exhibited September 4 - October 22 at the J Gallery at the Jewish Community Center, 7300 Hart Lane. There will be a [free reception](#) Wednesday, September 5 from 7:00-8:30pm. See other JCC activities [here](#).

J gallery SHALOM AUSTIN

Biblical Inspirations

September 4 - October 22, 2018

Melanie Lewis

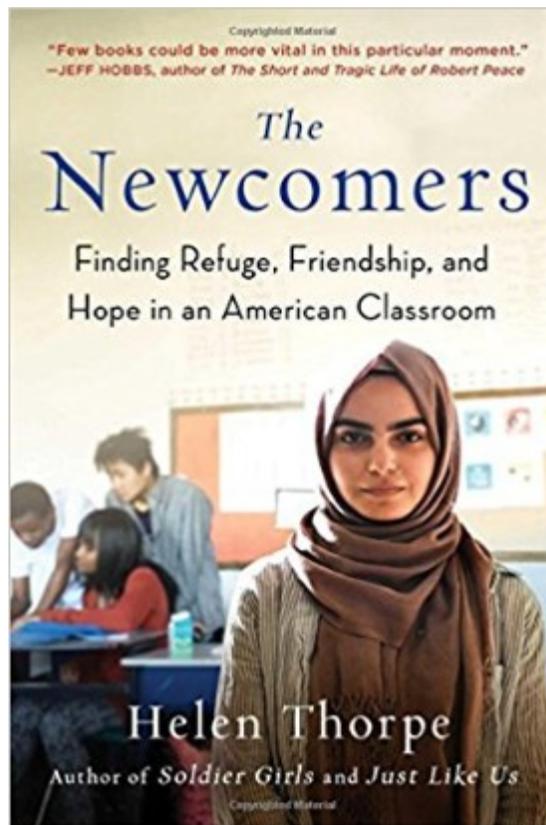
Harold Liebowitz

Richard Rutner

Opening Reception - September 5, 7-8:30pm
light refreshments and artists' remarks

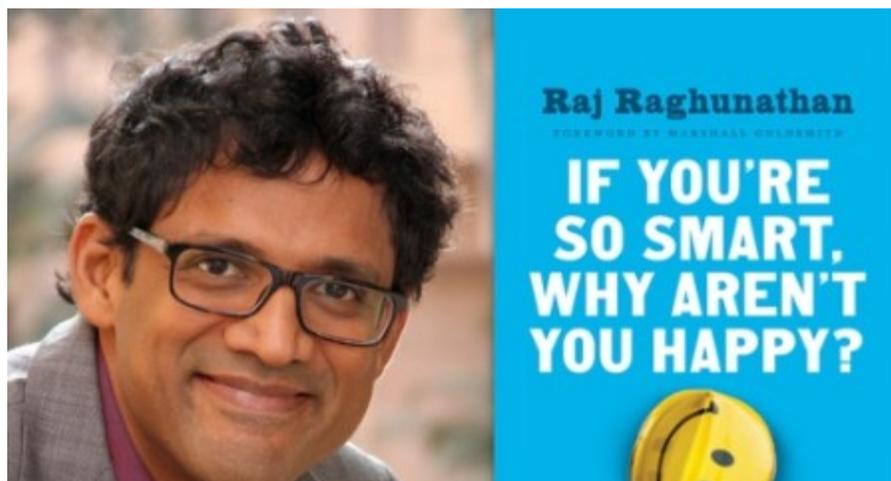
7300 Hart Lane, Austin, Tx 78731
www.ShalomAustin.org/Gallery

Cultural Arts
JEWISH COMMUNITY CENTER
OF AUSTIN



Book Club Resumes September 21 with "The Newcomers"

Our Book Club has been taking a summer break and will resume 11:00am-12:30pm Friday, September 21 with pot luck and good conversation. According to Kay, "it is a long book...may need a little more time to read it." So heads up to all you readers. Bring something for the potluck and join in the conversation. RSVP and we'll send you the address.





Keep Aging Weird Annual Luncheon Thursday, Nov. 1!

This year's [Keep Aging Weird](#) luncheon features Dr. Raj Raghunathan, Professor of Marketing at UT McCombs School of Business and author of *If You're So Smart, Why Aren't You Happy?*. KXAN's always-popular Jim Spencer serves as MC.

Thursday, Nov. 1st, 2018, 11 am – 1 pm at the
Norris Conference Center, 2525 W. Anderson Lane #365 (Northcross Mall); ample free
parking

Dr. Raghunathan (aka "Dr. Happy-smarts") also teaches a very popular online course called "[A Life of Happiness and Fulfillment](#)". This course, based on the award-winning class offered both at the Indian School of Business and at the McCombs School of Business at The University of Texas at Austin, draws content from a variety of fields, including psychology, neuroscience, and behavioral decision theory to offer a tested and practical recipe for leading a life of happiness and fulfillment.

Proceeds from the luncheon help fund services and programs for members and volunteers of Capital City Village. Join us at an important, festive event to champion and honor the independence and vitality of local seniors. *Stay where you live; live well where you stay!*

NEW SERVICE REQUEST

SEARCH MEMBER

TYPE OF SERVICE *

PURPOSE (I.E. DOCTOR, GROCERY STORE,...)

SERVICE DATE START/PICK-UP TIME

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



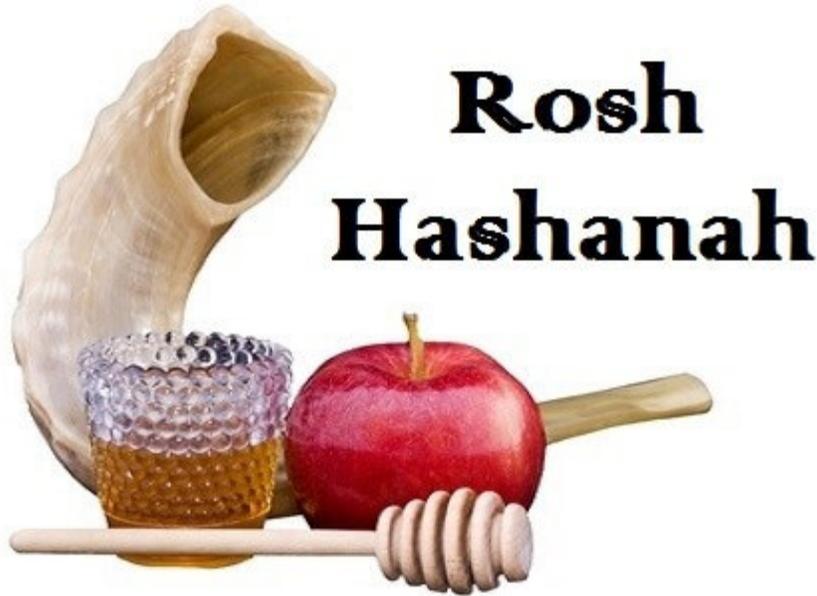
Members Can Request Services on the Website Now!

If you're tech-savvy enough to be reading this email newsletter, you'll be able to request volunteer services on our [website](#) now! Just log in with your password. (If you don't yet have a password, send an email to bonniegilson@capitalcityvillage.org and I'll set you up.) After signing in, click on "Members", and then "New Service Request".

1. Click in the "Type of Service" field and select the service for which you'd like a volunteer.
2. Type the "Purpose" in the next field, e.g., Doctor appointment, etc.
3. When you click in the "Service Date" field, a calendar pops up and you can select the date of the desired service. *(Please allow at least three business days for volunteer recruitment.)*
4. Then you can click on "Start/Pick-up time" and select the time you wish the volunteer to start the task (or pick you up if it's a drive.)
5. Check the next box if the date is flexible. Check the following box if the time is flexible.
6. If you click the box "Is There an Appointment Time?" then 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.*
7. Enter the Place Name if appropriate, for instance "St. David's Physical Therapy" or "my house", etc. Then (if it's for a drive) enter the address of the place to which you wish to be driven.
8. Click "Check if Round Trip" if it is.
9. 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.
10. Under "Specific Needs", please indicate whether you have requirements of which the driver should be aware, such as a walker or wheelchair.

And....if you'd rather interact with a person rather than a screen, you can still call the office at 512-524-2709, Liz at 512-468-5594 or email info@capitalcityvillage.org to make your requests.

In the Community



Rosh Hashanah

JCC ANNOUNCES SEPTEMBER PROGRAMS

[See their calendar here for more details.](#)

- **Real American Heroes 1:30pm September 4-** Join us for stories of real American Heroes, some you have heard and some whose stories have been lost to the history books. This session shares short stories of Americans who have demonstrated bravery, courage, and determination through their actions.
- **JCC Adult Rosh Hashanah Luncheon 11:30am September 7** – Join us next Friday in the Community Hall Stage Side to celebrate the Jewish New Year. Women's Philanthropy will host and the program is free thanks to the generous support by our friends at the Atria at the Arboretum. Reservations required by Monday, September 3rd. RSVP to rachel.wimberley@shalomaustin.org or call 512-735-8086.
- **News and Schmooze 10:00am September 17.** This class favorite has moved from Tuesdays back to Mondays. Come discuss local, national and international news and keep up with what's happening.
- **55+ in ATX Job Fair 10:00am-2:00pm September 12-** Join us for a free expo, sponsored by AustinUP to match available job opportunities with older workers.

Please register at <https://www.eventbrite.com/e/austinup-50-in-atx-job-fair-jcc-tickets-45193195063>, the event is free.

- **Learn to Play Mah Jongg- 1:00pm Beginning September 26th.** Join Mah Jongg maven Sandra Freed on the 2nd and 4th Wednesdays of the Month to learn how to play or improve your current Mah Jongg knowledge.
- **Occupational Therapy and Aging 12:30pm September 27.** Regina Budet, OTR will discuss Occupational Therapy and how it relates to successful aging. She will also address the role of vision in how we are able to interact with our environment as well as some strategies for safety in the home.

SALT
SENIORS AND LAW
ENFORCEMENT TOGETHER
**SAFETY AND
INFORMATION FAIR**

Door prizes Speakers

Friday, September 7th
9 AM - 12 PM
Lamar Senior Activity Center
2874 Shoal Crest Ave.
Austin, TX 78705

The City of Austin is proud to comply with the Americans with Disabilities Act.
If you require assistance for participation in our programs or use of our facilities, please call (512) 974-3014.

La Ciudad de Austin está comprometida al Acta de Americanos Incapacitados.
Si requiere asistencia para participar en nuestros programas por favor llame al (512) 974-3014.

Seniors and Law Enforcement Together

AustinUP's Teresa Sansone Ferguson will speak about "Aging and Innovation in Austin" at the SALT (Seniors and Law Enforcement Together) Safety and Information Fair Friday, September 7, 9am-12pm at the Lamar Senior Activity Center, 2874 Shoal Crest Avenue. All are welcome - RSVPs not required. For more information contact [Veronica Saldate](#).

The SALT Council was formed in 1996 as part of the national organization TRIAD. The TRIAD consists of police departments, sheriffs' offices and representatives of senior groups. SALT members meet monthly to discuss law enforcement issues of interest to seniors.

Medicare Information

MEDICARE HEALTH INSURANCE

1-800-MEDICARE (1-800-633-4227)

NAME OF BENEFICIARY
JOHN DOE

MEDICARE CLAIM NUMBER
000-00-0000-A

SEX
MALE

IS ENTITLED TO EFFECTIVE DATE

HOSPITAL (PART A) 01-01-2007

MEDICAL (PART B) 01-01-2007

SIGN HERE → _____

When to Hang Up!

What should you do if someone calls and asks for your information, for money, or threatens to cancel your health benefits if you don't share your personal information? **Hang up! It's a scam.** Scam artists may try to steal your personal information by calling you and asking for your current Medicare Number to get your [new Medicare card](#).

Medicare will never call uninvited and ask you to give personal information or money to get your new Medicare Number or card. [Learn what to do](#) if you get a suspicious call like this.

Affordable Housing Information



HOUSING AUTHORITY OF THE CITY OF AUSTIN

Bringing Opportunity Home

The Housing Authority of the City of Austin will be opening its waiting list for the Housing Choice Voucher Program (Section 8) from **September 17th – 24th, 2018**. The process will be similar to the 2014 waiting list opening including an online pre-application and subsequent lottery to place randomly selected individuals on the waiting list. Interested individuals may apply online at www.hacaapply.org during the 8-day waiting list opening. Updates will be available through HACA's [Facebook](#) and [Twitter](#) pages as well.



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

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