

Mid-September 2018 Newsletter

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Capital City Village Welcomes 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.

- 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 Wheatville 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 feature article.*
- 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). *See article below.*
- Thursday, Sept 27 at 9:30am - [Coffee, Caffeine and Conversation](#) at La Madeleine, Mueller (E Central)
- Saturday, Sept 29 - [CCV 3rd Annual Golf Tournament](#) at Riverside Golf Course (times vary according to event). *See article below.*

Save the Date:

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

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



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 Wheatville on 4001 South Lamar (easy access from MoPac or Ben White; plenty of parking). Get to know other CCV members and enjoy fun activities. Volunteers and guests are also welcome. Come on in, pick up some lunch from Wheatville'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](#).

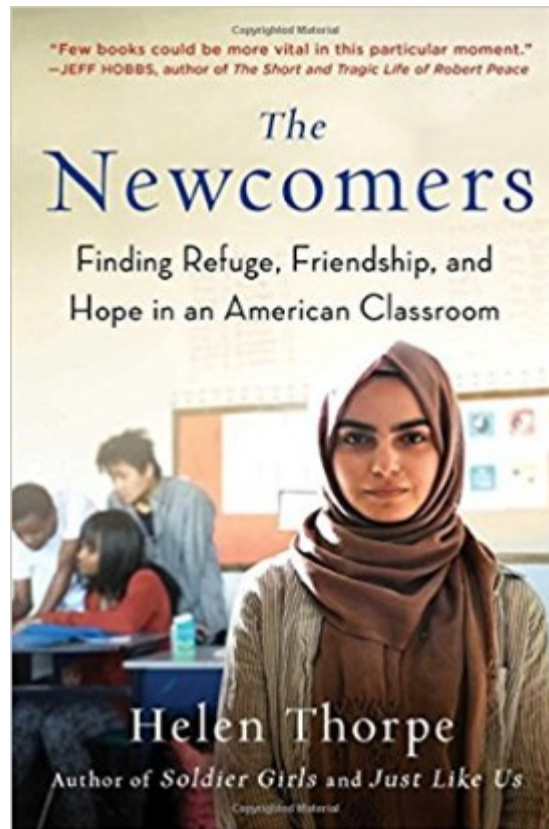
The second presentation will be in November, so stay tuned!

Women's Lunch - Hawaiian Gems

This month's [Women's Lunch](#) will feature Rick Cloud comparing a couple of beautiful Hawaiian legacies, the Iolani Palace and the Doris Duke estate, Shangri La. Rick will present pictorial tours of Iolani, the last palace built by the king of Hawaii, dating back to the 1800s. Then he will compare that to American heiress Doris Duke's palatial estate from the 1940's-1960's.

The Women's Lunch is Wednesday, September 26, 11:30am-1pm at Andiamo Ristorante, 2521 Rutland Drive (north central). Bring \$20 cash for lunch and be sure to [RSVP here](#).

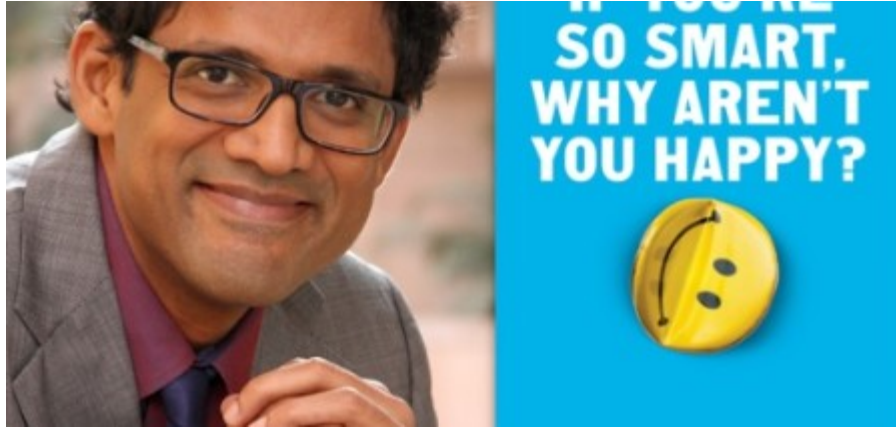




Book Club Resumes September 21 with "The Newcomers"

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!*

In the Community

Age-Friendly Housing: Trends and Technology That Enhance Aging in Place and Community - Oct. 1st



Approximately 10,000 people are turning 65 years old every day and housing is a major consideration, especially in Austin, where we have one of the fastest growing senior populations in the country. Many of these people are moving to Austin post-retirement while others have lived here for years but are now ready to downsize from the family home. Still others need home modifications and are interested in learning about ways to offset the rising cost of remaining in their current homes. Some want buildings that will accommodate intentional communities such as cohousing and shared housing. Most are curious about new technologies that enhance lifestyle, security and convenience.

The Austin Board of Realtors, AustinUp, AARP, Technology Advisors Group, and Dochen Realtors have partnered with Aging2.0 Austin to consider all of these issues at this symposium and expo. This is a unique opportunity for professionals in real estate, housing, and technology to share and learn from older adults and senior advocates.

Monday, Oct. 1st, 8:30am-1pm (panels);

Exhibit Space Open to the Public 1-4pm

Canyon View Event Center, 4800 Spicewood Springs

[Online ticket info \(registration includes lunch\): \\$15-\\$30](#)

[Exhibitor Information available](#)

Presented by Aging2.0 Austin

A separate exhibit area will be available for tabletop displays relating to innovative tech solutions, such as security monitors, alerts, lighting, communications, safety features, transportation or anything else that will enhance aging in place and community. There will also be a Pitch Event of the most innovative/interesting exhibitors.

Caregiver Support Group Meeting



The summer surely flew by, and I hope you were able to enjoy your time with family and friends. But I am keenly aware you did not have a break in your caregiving time and efforts! I know I am very ready to come together again to share in this journey we are all traveling, and I hope you are too.

We will resume our regular meetings on the third Wednesday of each month at 12 noon in Room 223 at Tarrytown United Methodist Church. I hope you can come on September 19th and will invite someone else you know who may benefit from this group. We come together to share, learn, laugh, cry, or even vent with others who truly "get it" about our caregiving experiences. We love to share resources, books, stories that relate to our issues and concerns. So bring whatever has been helpful to you.

Please let me know if you think you can come, and give me any other feedback that would be helpful.

Linda Wilkinson
214-558-6067

60+ Strong Calendar for 2019





[Austin Regional Clinic](#) and [Connected Senior Care Advantage](#) recently announced the 12 Austinites selected for a special 2019 Calendar that will represent the many ways health and wellness can be a priority for and among seniors. The winners will be featured on the [Austin 60 Strong 2019 Calendar](#), which highlights Central Texas landmarks, events and activities. The 60 Strong Ambassadors have accomplished unimaginable feats; overcome chronic health conditions; changed lives for those less fortunate; and contributed to society in meaningful ways.

The 2019 Calendar will also include health tips for seniors. Proceeds from calendar sales will benefit Capital City Village, a nonprofit program for aging seniors that allows them to be cared for at home and in their communities.

"Austin 60 Strong" is a celebration of grit and resilience. Sponsored by Central Texas physician groups -- Austin Regional Clinic (ARC) and Premier Family Physicians who joined together to form Connected Senior Care Advantage -- the new program is designed to keep Central Texas seniors active and help them navigate the complexities of Medicare coverage and other healthcare decisions.

Capital City Village is thrilled to be partnered with this wonderful project! We will have more information on calendar sales in the coming weeks. Once available, please look for copies of the calendar at CCV events, including [Keep Aging Weird](#) on Thursday, November 1st.

Last year with your help, Austin Shoe Hospital was able to collect over twenty thousand shoes. We need your help again this year to meet the needs of those affected by flooding, fires and poverty.

STEP UP YOU CAN HELP

Please drop off your gently worn shoes and boots at any shoe hospital and we will fix them up and give them to families in need.
austinshoehospital.com for more information.



JCC SEPTEMBER PROGRAMS

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

- **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.
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4th ANNUAL COMMUNITY HEALTH FAIR

Saturday, September 29, 2018

9:30am to 1:00pm

**Berkeley United Methodist Church
2407 Berkeley Avenue
Austin, TX 78745**



- **Health Education**
- **There will be screenings for different diseases**
- **Panels that will answer your questions on healthy eating**
- **Healthy exercise for seniors**

- **Entertainment and healthy games for children**
- **And much more!**

For more information call Rita at: 512-441-3444



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 →	

The 2019 Medicare Open Enrollment period is quickly approaching, from October 15 to December 7, 2018.

1. If you are enrolled in a Medicare Supplement plan, the annual Medicare Open Enrollment period will not apply to you and will not require you to act or make changes to your plan.
2. The Medicare Open Enrollment Period will apply if you are enrolled in Medicare Advantage or Prescription Drug Plan. However, if you are satisfied with your plan, you can remain in that plan without taking any additional action during the open enrollment period.
3. It is recommended that you annually review your Medicare plan and benefits.

What to Consider When Reviewing Coverage:

Possible changes to your health, prescription medications, pharmacy choice, or doctor and provider network should be considered. Completing this review can help you decide if your current Medicare plan is still the best fit for you. Go to www.medicare.gov for more information. And if you want even more information, go to the free seminar shown in the next article.



AGE of Central Texas Offering Free “Understanding Medicare” Caregiver Seminar October 10th

AGE of Central Texas will host the free caregiver support seminar “[Understanding Medicare](#)” on Wednesday, October 10th. Part of the ongoing workshop series to help family members effectively care for an older loved one, the free seminar will be held 6:00-7:30pm at The AGE Building, 3710 Cedar Street.

Sergio Garcia from ANKH Financial + Health will discuss:

- Anticipated Medicare changes in 2019
- The difference between traditional Medicare and Medicare Advantage plans
- Factors that should be considered when deciding between Medicare and Medicare Advantage
- Medicare Savings Programs: Who is eligible for them, and how to apply for them

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

Free senior adult respite will also be available during the seminar at AGE's Austin Adult Day Health Center, and can be reserved during registration. For more information on the programs and resources provided by [AGE of Central Texas](#) or call (512) 451-4611

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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