

January 2019 Newsletter

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Happy New Year from Capital City Village!

As the Village enters our 9th year we have plans for continued growth and engagement in 2019. Our volunteers have made us proud in 2018 and many of our members have stepped up to help with the day-to-day operations of the Village. Our fundraisers have exceeded expectations and our members

continue to live at home in part because the Village and its donors are there for them.

CCV's programs challenge the issue of loneliness among seniors living at home. Say goodbye to loneliness and come on out and join us for coffee on New Year's Day - [Coffee Klatch](#) will be meeting at 10:00 am at Wheatsville South.

CCV added a new program called [Celeb Salons](#) in 2018. It has been very successful in providing an intimate format for conversations with Austin notables like Sara Hickman, Judy Maggio and Peter Bay. We will start 2019 with a bang presenting Austin's favorite weatherman, Jim Spencer of KXAN.

Join us on Sunday, January 27 from 4-6pm at Mort Subite for this exciting program.



Jim grew up in Lindsay, Oklahoma, in the heart of tornado alley, to which he credits his life-long fascination with the weather. He joined KXAN in 1990 and became Chief Weathercaster in 1993. Jim has been honored many times in his career, including National Weather Association's Weathercaster of the Year Award, three Emmys, five-time winner of the Texas Associated Press Best Weathercast Award, named Austin's Best Weathercaster 20 times by the Austin Chronicle, and five-time winner of the TV Personality of the Year by Austin's American Women in Radio and TV Chapter.



Photo by Tom Knutsen

January 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, Jan 1 - 10am-12pm - [Coffee Klatch](#) at Wheatsville S. Lamar
- Thursday, Jan 3 - 4:30-6:30pm - [Happy Hour](#) at LaMancha TexMex (N Central)
- Tuesday, Jan 8 - 10am-12pm - [ShortTakes](#) at Twin Oaks Branch Library (South). *See article below.*
- Thursday, Jan 10 - 9:30-10:30am - [2nd Cup](#) at Central Market N. Lamar
- Friday, Jan 11 - Time TBD - [Movie Group](#) at Regal Arbor 8 at Great Hills (NW)
- Friday, Jan 11 - 11am-12:30pm - [Book Club](#) at a member home (NW)
- Monday, Jan 14 - 6:45-9pm - [Dominoes](#) at a member home (NW)
- Wednesday, Jan 16 - 12-1pm - [Men's Lunch](#) at Andiamo Ristorante (N Central). *See article below.*

- Thursday, Jan 17 - 11:30am-1pm - [Lunch & Laughter](#) at Wheatsville S. Lamar
- Tuesday, Jan 22 - 10am-12pm - [Managing Mindfulness](#) at a member home (South)
- Wednesday, Jan 23 - 11:30am-1pm - [Women's Lunch](#) at Andiamo Ristorante (N Central). *See article below.*
- Sunday, Jan 27 - 4-6pm - [Celeb Salons](#) with Jim Spencer at Mort Subite (Central)

Holiday Notices:

- The CCV Office will be closed Monday-Tuesday December 31-January 1 for the New Year's Holiday.

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



ShortTakes Tackles Clutter!

[ShortTakes](#) meets from 10:00am to 12pm on January 8, 2019. Please note that the venue is new to us. We will meet at Twin Oaks Library, 1800 S 5th St 78704. (Just off Mary between S Lamar and S 1st) Bring your morning coffee and any package snack to share.

It's a brand new year and a good time to do a little "self cleaning". The topic for this month is [From Clutter to Clarity](#) —TED talk on Youtube by Kerry Thomas. We will watch and discuss the video and consider ways to reduce our clutter. If we each bring a grocery bag sized of "physical clutter", we will make sure that "the jewels" gets to donation sites. This library accepts used book donations, so this is a good time to bring those books that are just gathering dust.

"Clutter is not just stuff. Clutter can be physical, digital, mental, emotional or spiritual

Clutter is not just stuff. Clutter can be physical, digital, mental, emotional or spiritual, and each type can be overwhelming. Clutter is a 'postponed decision' so let's focus on the number one cause of clutter in any area of your life, and how to bust through for lasting results."



Men's Lunch Features "Adventures in Geophysics - Jungles of Colombia" by Arnie Orange

To kick off our 2019 programs with style, Arnie Orange will take us to a destination where even Harrison Ford would hesitate to tread, into the trackless wilds of Colombia.

Please plan to join us as our intrepid scientist recounts yet another exciting chapter in his fascinating "[Adventures in Geophysics - Jungles of Colombia](#)".





We'll meet to hear about it on Wednesday, January 16th at 1200 hours at Andiamo Ristorante, 2521 Rutland (at Burnet Road).

And, don't forget to [RSVP](#) if you will be able to attend. Many thanks,



Women's Lunch to Feature Mary Priddy of Austin Resource Recovery

The [Women's Lunch](#) will be on Wednesday, January 23rd from 11:30-1 at Andiamo Italiano Ristorante, 2521 Rutland Drive. Our speaker will be Mary Priddy from Austin Resource Recovery. She is a wealth of knowledge about the ins and outs of recycling - and fun, too!

The cost of lunch is \$22. Please bring cash.

And please [RSVP](#) too!



Your opinion Matters

CCV Member Survey - Your Opinion Counts!

This month Capital City Village's Board and Staff will engage in strategic planning to build a blueprint for successful growth over the next 3 to 5 years. We need help and input from our members and volunteers to envision the best way forward. So please take a few minutes of your time to respond to a **brief CCV member survey**. If you prefer a hard copy, one will be mailed to you with a return envelope (postage provided). Just contact the CCV office at 512-524-2709 to request a paper copy.

Our Board meets Thursday, January 10th so **please complete the survey as soon as possible**. Your feedback and ideas are critically important to the continued success of our village!

Contact Tommi Ferguson at CCV (512-524-2709 or tferguson@capitalcityvillage.org) or our facilitator Amy Temperley ([Aging Is Cool](#), 512-790-2665) if you have any questions.

In the Community





Austin Will Miss Richard Overton!

Austin resident Richard Overton, who was America's oldest man and oldest war veteran, died Thursday. Overton, who was honored for his military service and beloved for his propensity to enjoy his supercentenarian status with a cigar in one hand and a glass of whiskey in another, was 112 years old. [Read the full story here from The Austin American Statesman.](#)

In November 2017, Mr. Overton emphasized his desire to remain living at home in [this article](#) that also featured Tom Knutsen of Capital City Village.



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Want to Learn More About a Subject or Skill? Looking for a Bargain? Try Lifetime Learning Institute

For over 40 years, Lifetime Learning Institute (aka LLI) has presented a wealth of subjects to Austin citizens, 50 years of age and older. The 8-week Spring Classes begin February 11. Other important dates: schedule available January 14 in public libraries and schedule and registration available online January 16. (Note: registration can be accomplished via USPS).

Example of classes offered: foreign languages, writing, literature, film, art,

current events, exercise, dance, yoga, history, nuclear science (!), tatting (!!)
and too many to mention. Cost of each class, \$20.

Other opportunities: suggest a topic or volunteer to teach. Do yourself a favor
and check out lilaustin.org. Lifetime Learning, like Capital City Village,
enhances Austin's quality of life.

Thanks to CCV Member and Volunteer LK Keeling for this article.



Photo by Elkk Photography

Austin Aims to Serve Rising Senior Population

The Austin-Round Rock metro is home to the country's second-fastest growing population of adults age 65 and older as well as the fastest-growing population of adults between 55 and 64 years old, per the U. S. Census Bureau.

In response to this demographic change, city leaders have moved to make Austin a more age-friendly city. Former Mayor Lee Leffingwell formed a task force on aging, in which Capital City Village participated, in 2012, which led to the creation of a [Commission on Seniors](#) in 2016. CCV's Board President [Sally Van Sickle](#) serves as a Board Member with the Commission.

Austin received its "Age-Friendly City" designation last year after publishing a report

and action plan detailing its commitment to senior residents through eight "domains of livability" set by the AARP and World Health Organization.

[Read the full article from the Austin Central "Community Impact".](#)



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