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## Get your Free Tickets and Keep Aging Weird!

1 message

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**Capital City Village** <[info@capitalcityvillage.org](mailto:info@capitalcityvillage.org)>  
Reply-To: Capital City Village <[info@capitalcityvillage.org](mailto:info@capitalcityvillage.org)>  
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Sun, Nov 1, 2020 at 12:26 PM

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**Capital City Village is Once Again a Top-Rated Nonprofit**

**We Need Your Help to Keep This Going!**

For the second year, CCV is a [top-rated nonprofit](#). Here's just one of the stories that helped us get there:

"Even with the imposed isolation of Covid-19, Capital City Village has

kept its members connected with imaginative programs, regular coffee and happy hour gatherings, mindfulness and book club meetings, and special projects. We're creative and flexible. Our volunteers help others with the skills they need to connect virtually. NO ONE is left behind. CCV rocks."



## **The "Keep Aging Weird Annual Fundraiser" is Going to be Fun!**

**Thursday, November 12 at 5pm**

**Get Your [Free KAW Tickets](#)**

Help us keep this excellence going by joining our annual "Keep Aging Weird" fundraiser Thursday, November 12 at 5pm online. The event is free! [Get your free ticket here - it will be your RSVP to the event.](#)\* Once you've registered with a ticket, you'll be hearing directly from us with all you need to know about being part of this exciting evening.

[Check out our awesome raffle items here.](#)\*\*



In the interest of keeping our community healthy, this year's event will be entirely virtual. The program will feature KLRU's Judy Maggio as our keynote speaker and Jim Spencer (everyone's favorite weatherman) as our MC. In addition, we'll have music (including Texas treasure Sara Hickman), entertainment, and interviews from Village seniors and community supporters. [Register in advance](#) and take a look at our fantastic [raffle items](#). Here's just a preview – you can see [pictures and descriptions here](#):

- Two-night stay at The Nest at Palacios
- Ben Crenshaw signed Masters package (flag, cap, & Titleist golf balls)
- One-of-a-Kind handmade quilt (50" x 73") signed by the quilter
- Wine Tasting & Appetizers
- Kendra Scott necklaces (3)
- Unique framed photo of a majestic Blue Heron
- Personalized Pet Portrait
- "Wheel of Fortune" array of gift cards to local business including Chez Zee, The Grove, Taco Shack, Upper Crust Bakery, Target and more!

We invite you to celebrate aging well and aging weird with us November 12 at 5pm. Visit our [new fundraising event site](#) or contact the Capital City Village office for more details or for assistance.

\* After clicking the "free ticket" link:

1. Click "RSVP (Free Tickets), Raffle Items and Donations".
2. Select "single ticket" or "double ticket" by entering a "1". Click "Next" at the bottom of the page.
3. Enter the required information (designated by a \*) and click "Next" at the bottom of the page.
4. Enter the required information and click "Submit for Processing". You will receive a confirmation email receipt, and will get more information prior to the event.

\*\* In order to purchase raffle tickets, you may click on the item, click "Buy \$10", and enter your credit card information to purchase as many raffle tickets as you like. **If you wish to obtain raffle tickets using another form of payment, contact the office at (512) 524-2709.** All net proceeds will support Capital City Village. You or your designee must live within the Greater Austin area to win. The winning raffle tickets will be drawn November 12th during the Keep Aging Weird fundraiser. You do not need to be present to win.

## Village Events



### October 1 Coffee Group

**LK, Rick, Karen, Tom and Caroline**

**Tommi, Scott, Belle, Susan**

**Stan, Vivian, Natalie, Priscilla and Ronald not captured**

- Wednesday, Nov 4 at 9 am – [Grocery Shopping and Meal Planning](#)  
(See article under Food)
- Thursday, Nov 5 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Nov 5 at 4:30 pm – [Virtual Happy Hour](#)
- Friday, Nov 6 at 11 am – [Choose My Plate - Build Healthy Eating Habits](#) (See article under Food)
- Monday, Nov 9 at 10 am – [Nutrient Density - Making Each Bite Count](#)  
(See article under Food)
- Tuesday, Nov 10 at 10 am – [Managing Mindfulness](#)
- Wednesday, Nov 11 – Office Closed for Veteran's Day
- Wednesday, Nov 11 at 10 am – [Eating the Rainbow](#) (See article under Food)
- Thursday, Nov 12 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Nov 12 at 5 pm – [Keep Aging Weird Annual Fundraiser](#) (See feature article)
- Friday, Nov 13 at 11 am – [Meet Your Fiber Potential](#) (See article under Food)
- Monday, Nov 16 at 2 pm – [Let's Talk Austin, KUT Radio and Me - David Brown](#) (See article under Psychological and Social Needs)



- Tuesday, Nov 17 at 10 am – [Virtual Volunteer Orientation](#)
- Wednesday, Nov 18 at 12 pm – [Men's and Women's Lunch](#) (*See article under Psychological and Social Needs*)
- Thursday, Nov 19 at 1:30 pm – [Medicare and Medicare Advantage](#) (*See article under Health*)
- Friday, Nov 20 at 11 am – [Book Club](#) (*See article under Psychological and Social Needs*)
- Friday, Nov 20 at 4:30 pm – [Cooking for Aging Well](#) (*See article under Food*)
- Wednesday, Nov 25 at 2 pm – [Poetry Group](#)
- Thursday–Friday, Nov 26–27 – Office Closed for Thanksgiving holiday

[Click here](#) for a quick tutorial on getting into Zoom. We have learned that Zoom works best on Chrome or Firefox.

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## Help us Win! Capital City Village is a Finalist

Spread the news! Capital City Village is a finalist for Wheatsville Co-op's annual Community Action support program for 2021. Voting runs from Sept. 14th through Nov. 20th. There are 20 community nonprofit organizations on the ballot. The eleven nonprofits receiving the most votes will be assigned a fundraising month in 2021.

Wheatsville's Community Action program has helped raise critical funds for local nonprofits including more than \$19,000 last year alone. Now – for the first time ever – Capital City Village is among the many wonderful organizations being considered for 2021. If you're a Wheatsville Co-op member please vote for Capital City Village! Wheatsville owners received an email for the online ballot Monday, Sept. 14th (check your spam folder!). [Click this link to find out more.](#)

## Thanks to our "Keep Aging Weird" Sponsors!



*Jeanne & Lew Little  
Tom & Kay McHorse  
Sara & Dick Rathgeber  
Ken & Tracy Snodgrass and Paul & Kathy  
Spicer  
Sam & Beth Williams*



*Scott Blech and Drew & Emy Lou Sawyer  
Rick Cloud & Dell Gully  
Dave & Barbara Gamble and Carl & Libby Beck  
Mart & Sue Hoffman  
Ed, Kevin & Paul McHorse  
Westwood Tennis Players (Ed Buster, Tom McHorse, Al  
Peterson, Ralph Peterson, Alden Smith)*

## Basic Needs



## Voting Information

[Click here for the Austin League of Women Voter's Voting Guide.](#)

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## Food

Our November calendar is alive with cooking classes! Join University of Texas Nutritional Science students online for:

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- "[Grocery Shopping and Meal Prepping - Setting Yourself Up for Success](#)"  
Wednesday, November 4 at 9 am.
- "[Choose My Plate - Build Healthy Eating Habits One Goal at a Time!](#)"  
Friday, November 6 at 11 am
- "[Nutrient Density - Making Each Bite Count](#)" Monday, November 9 at 10 am
- "[Eating the Rainbow](#)" Wednesday, November 11 at 10 am
- "[Meet Your Fiber Potential](#)" Friday, November 13 at 11 am

And then join our monthly cooking class with SAIVA (South Asians' International Volunteer Association), [Cooking for Aging Well](#), Friday, November 20 at 4:30 pm.

RSVP for any or all of these using the individual links. Your confirmation email will include your zoom link.



## Health

### Rapid-Result Coronavirus Testing

Flu season and cedar fever compounded with the ongoing COVID-19 pandemic is likely to make for a worrisome winter. In an effort to make testing for the novel coronavirus more accessible, CVS is launching rapid-result tests in 21 stores across the state, including three in Austin.

In the Austin metro, COVID-19 rapid-result tests are available at the

following CVS stores beginning this week:

- [10550 W. Parmer Ln.](#)
- [2306 RR 620 South](#) in Lakeway
- [2013 Kelly Ln.](#) in Pflugerville

[Read the article from CultureMap here.](#)

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### **Medicare and Medicare Advantage**

Thursday, November 19 at 1:30pm

Too many choices? Not sure what to do about Medicare? [Join this informative presentation](#) on Medicare and Medicare Advantage by CCV member Gary Gerstenhaber, President of Medigap Plans for You. There will be opportunities for questions.

Gary is a native Texan who grew up watching his father work hard for over forty years helping folks with their insurance needs. After years in various roles in the healthcare industry, Gary has come back to his roots in insurance. When he is not helping folks find just the right plan for their needs, Gary can be found in Austin playing golf, taking walks with his wife of 26 years and volunteering with his congregation.



[RSVP to receive your meeting invitation](#), which will be included in your confirmation email and again in your reminder email the day before the event.

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## Stay Safe Through the Holidays

As many people in the United States begin to plan for fall and winter holiday celebrations, CDC offers the following considerations to help protect individuals and their families, friends, and communities from COVID-19. [Read all the recommendations from the CDC here.](#)

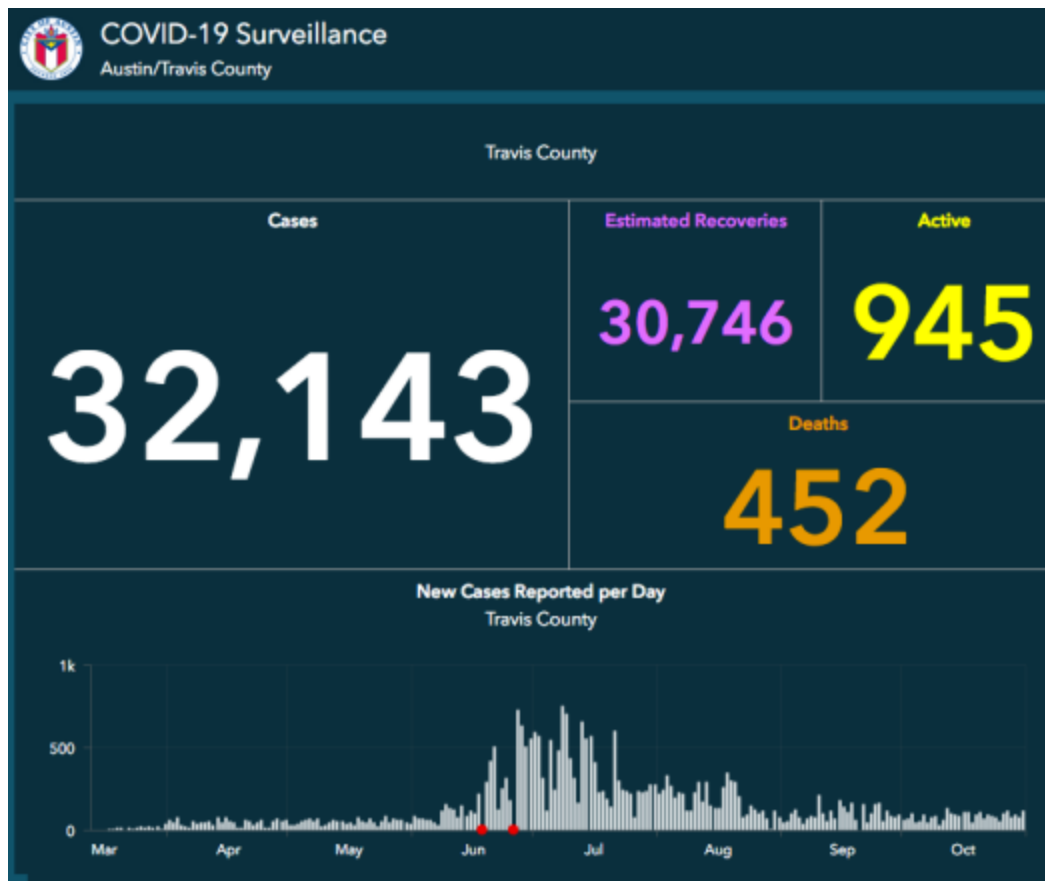


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## Safety and Security



## Travis County Stats



## Anti-Fraud Resources

- [Pass it On](#): Fraud prevention information for active older adults, covering 13 topics including imposter scams, identify theft, home repair scams, and more.
- [Pass it On Resources](#): factsheets, PowerPoint presentations and bookmarks to download or print
- [IdentityTheft.gov](#): The federal government's one-stop for recovering from identity theft
- [Online Safety](#): Articles on online safety
- [Unwanted Calls](#): Resources on how to stop unwanted calls on landlines, mobile phones and VoIP
- [Coronavirus Scams](#): One-stop website for coronavirus scam resources. We have great one-pagers, social media shareables and articles here.
- [Free Print Resources](#): Here you can order bulk articles, bookmarks and more –and they are all free and ship free.
- [Subscribe](#) to the [Consumer Information Blog](#).

- [Managing someone else's money](#): Guides from the Consumer Financial Protection Bureau. There are national guides and then a handful of state specific guides each for trustees, court-appointed guardians, people with power of attorney and government fiduciaries.



## Psychological and Social Needs



## Let's Talk Austin, KUT Radio and Me – David Brown

Monday, November 16 at 2pm

Sponsored by Austin Subaru

Join CCV members, volunteers and friends for the [latest news from David Brown](#) of "Texas Standard". Questions will be welcome.

David Brown is managing editor and anchor of the daily statewide public radio news hour, Texas Standard. He is former anchor of the Peabody award-winning public radio business program Marketplace, and a veteran public radio journalist for more than three decades. Brown has covered national and international affairs for NPR and PRI's Monitor Radio from bases in Atlanta, Boston, London, Los Angeles, and Washington, D.C. Brown earned his Ph.D. in Journalism from The University of Texas at Austin, his Juris Doctor from Washington and Lee University School of Law, and is an active member of the California and U.S. Supreme Court Bars. He is also a veteran of the Americorps program, providing legal assistance to the indigent in the Shenandoah Valley.

[RSVP to receive your meeting invitation](#), which will be included in your confirmation email and again in your reminder email the day before the event.

Thanks to Austin Subaru for sponsoring this program!





## Men's and Women's Lunch is Wednesday, November 18 at Noon

Join CCV members, volunteers and friends for the virtual [Men's and Women's Lunch](#) Wednesday, November 18th at noon.

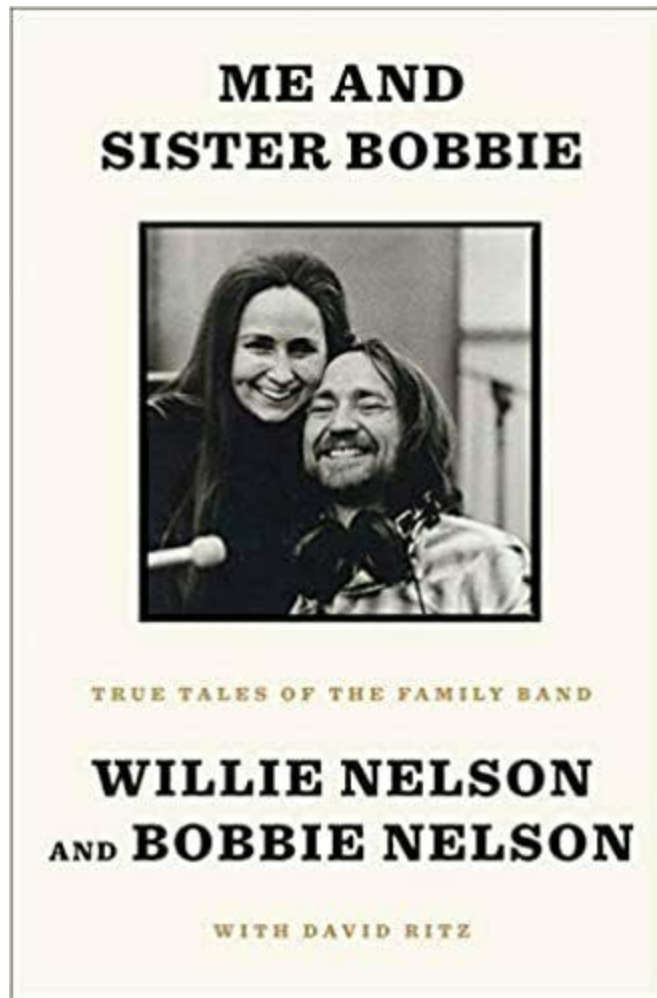
Once again, John Berry will be wearing his presenter's hat and will hold forth on the subject of "The Isle of Man: Something Out of the Ordinary".

The island, also called Mann, may be rather ineptly named, as its parliament was the first legislative body in the world to give women the right to vote in a general election!

Stay tuned for more fascinating facts from John.

Don't forget, you must [RSVP](#) to receive the invitation, which will come to you in a confirmation email, and then again in a reminder email the day before the event.





## Who Doesn't Love Willie Nelson? Read the Book and Join the Book Club

Love Willie? Join the [CCV book club](#) online Friday, November 20 at 11am to share your thoughts about "Me and Sister Bobbie" by Willie Nelson. Bring your own potluck and join friends on screen for good conversation.

[RSVP](#) is necessary to receive your zoom invitation which will be sent in the confirmation email and again in the reminder email the day before the event.

## From Our Members



## **Have We Told You Lately That Our Volunteers Are the Best?**

Thanks to Donna Bryant G for these nice words about CCV Volunteer John K!

"I'll be secure once more because John is making the gate shut and lock again! No small task, but John is taking it on. I have so many tools but no skill in using them! Capable, gracious, and cheerful, John is returning an Amazon purchase for me. John made the citrus zester work and put the cheese grater back together. He has also reattached the fallen doorknob."

## **Good Advice from a Board Member**



## Putting Your Computer Affairs in Order

From Board Member Barbara: "I recently handled a Volunteer Legal Services case in which a woman had been advised that she needed a court order to be able to turn on her deceased husband's iPhone. I asked my computer repairmen if a court order would do the trick. He said no, that the computer company would see it as an encryption matter and refuse to handle it. I asked him if he might be willing to give me a paragraph to give people, and he obliged. While I'm reminding you about this, people should also write down instructions for anything people might have to handle, burglar alarms, sprinkler instructions, hidden keys, safety deposit box key (and they will need to be on the list of people who can access it), bank accounts, burial plots, etc....and tell people you're putting the list in the top drawer of your desk. Otherwise no one will know where to look.

Here's his list on computers.

All your logins and passwords need to be written down in a booklet, notebook or dedicated pad of paper. Written. You will not be able to keep them organized alphabetically so just write them down as you get them.

EACH entry needs to include:

- The name of the website
- Your login; write it out fully, even if it's your same email address over and over.
- Your password. case sensitive, be careful.
- The date you are making this entry. That way, someone can determine how recent the entry/information is, and if there are 2 entries, which is the newest.

Your first entry needs to be your email address(es) and account passwords. If you don't know them, get them! Your second entry should be the code or the pattern used to get into your cellphone.

When changing an entry or replacing it or superseding it on your written list, do not erase it or scribble over it. Draw a single line through it so that it could be read if you needed to at a later date.

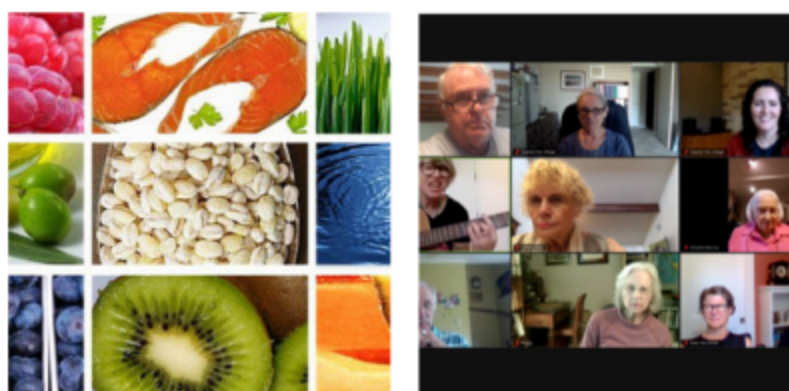
Storing your passwords electronically or actually on the computer is OK for you, but not for someone trying to help you or your family. It needs to be an up-to-date written list.

Let someone important know where this list is. Hopefully, someone you trust that does not live in the house."

## **In the Community**

from our charity guide

PRESENTED BY  
OPT FOR OPTIMISM | Frost



**HEALTHSTART**  
HealthStart provides the blueprints for creating healthier communities through ...

**CAPITAL CITY VILLAGE**  
Capital City Village creates a community of members, volunteers, and services t...

know what **we know**  
austin.culturemap.com

## Did You See Capital City Village in CultureMap?

We were featured in the October 28 edition. Just another way for Austin seniors to learn about CCV! Many thanks to our Development and Marketing Committee for all the work they do to get us out into the community. Here's the information that was provided when readers clicked through:

Capital City Village

[WEBSITE >](#)

### MISSION

Capital City Village creates a community of members, volunteers, and services that provide participating seniors the help and information they need to successfully age in place.

### HOW TO GET INVOLVED

Consider volunteering to help seniors age at home and in their own communities. You can help seniors remain in their homes by driving them or helping with household or yard tasks or providing tech assistance.



## MEMBERSHIP

Membership fees are on a sliding scale, based on income. They start at \$100 per year (or \$8.33/month) and go up to \$800 a year.

## BIG EVENT

During the pandemic, Capital City Village is providing many [online educational and social events](#). There is also normally an annual fundraising event called "Keep Aging Weird" and an annual golf tournament.

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[REGISTER NOW](#)

Shalom Austin is excited to partner with Marlene Meyerson JCC Manhattan for the 5th Annual Symposium on Positive Aging on Monday, November 16 from 9 am to 2 pm.

Attendees select one workshop from a variety of offerings; topics include food, dance, literature, mindfulness, memory, and loneliness. Small group or breakout sessions will create opportunities for conversations and connections, and a movement session will be incorporated into the day. [Register for this special event today!](#)

The online event will feature a conversation between Paul Irving, Chairman, Milken Institute Center for the Future of Aging and Rabbi Laura Geller, author of Getting Good at Getting Older.

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Visit our [website](#) for so much more information. Please let us know ways we can help you during this time, from getting you to necessary doctor's appointments to making sure you have food, meds and services essential to quality of life.

Our staff is working remotely, but working nonetheless, and many of our volunteers are still volunteering. The Village can make a difference and we will. Our phone numbers are 512-524-2709 (office) and 512-468-5594 (Member and Volunteer Services) - call us if you need us!

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