

April 2019 Newsletter

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You Can Make a Difference in A Village Member's Life

A major principle of the Village is one of helping each other to live and age successfully at home and in our community. Do you have a little time each week to help further that goal? Not all our members are able to volunteer, but if you are we need you!

One way to help (that doesn't take a lot of time) is to be a CCV Phone Tree caller. You can be of great service to our membership by agreeing to call up to six people every other month or so. If you are the friendly voice to let others know about upcoming events, [Sue Hoffman](#), Membership Services Chair, would love to hear from you at 512-458-1711 (home) or 512-297-0317 (cell).

Not interested in being a caller? We have quite a few other ways you can help. Home-bound members need drives to the doctor and sometimes just to get out. Handyperson and tech assistance services are always welcome. And we are continually looking for fresh ideas on committees and when planning events.

Call Sue about the Phone Tree. For any of these other services, our new Volunteer Director Johanna would love to meet you and set you up as a regular volunteer. You can reach her at the office (512-524-2709) or cell (512-468-5594).

Village Events



Photo by Tom Knutsen

April Events

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

- Tuesday, Apr 2 - 9:30-10:30am - [Coffee Klatch](#) at Wheatsville S. Lamar
- Wednesday, Apr 3 - 8:30am-1pm - [Livability for Longevity Symposium](#) at Bass Lecture Hall (UT). *See article below.*
- Thursday, Apr 4 - 4:30-6:30pm - [Happy Hour](#) at LaMancha Tex-Mex (N. Central)
- Friday-Sunday, Apr 5-7 - [Regional Caregiving Conference](#) in Wimberley, TX. *See article below.*
- Monday, Apr 8 - 6:45-9pm - [Dominoes](#) at a member home (NW)
- Tuesday, Apr 9 - 10am-12pm - [ShortTakes](#) at Manchaca Library (South).

- [See article below.](#)
- Thursday, Apr 11 - 9:30-10:30am - [2nd Cup](#) at Central Market N. Lamar
 - Saturday, Apr 13 - 9:30am-3:30pm - [Davis Phinney Foundation for Parkinson's Victory Summit](#) (Central). *See article below.*
 - Wednesday, Apr 17 - 12-1pm - [Men's Lunch](#) at Andiamo Ristorante (N. Central). *See article below.*
 - Thursday, Apr 18 - 11:30am-1pm - [Lunch and Laughter](#) at Wheatville S. Lamar
 - Friday, Apr 19 - 11am-12:30pm - [Book Club](#) at a member home (NW)
 - Tuesday, Apr 23 - 10am-12pm - [Managing Mindfulness](#) at a member home (South)
 - Wednesday, Apr 24 - 11:30am-1pm - [Women's Lunch](#) at Andiamo Ristorante (N. Central). *See article below.*
 - Thursday, Apr 25 - 9:30-10:30am - [Coffee Caffeine and Conversation](#) at Better Half Bar (Central)
 - Sunday, Apr 28 - 2-3:30pm - [Facts Everyone Should Know About Advance Planning and The Five Wishes](#) at AGE Building (Central). *See article below.*

Save the Date:

- Sunday, May 5 - 2-4pm - [Cyber Senior iPhone Basics](#) at AGE Building (Central). *See article below.*
- Saturday, May 11 - 2-4pm - [WEST Weaver's Tour](#) (NW Austin). *See article below.*
- Sunday, May 19 - 4-6pm - [Celeb Salons presents Danny Britt](#) at Mort Subite (Downtown)





Barbara Epstein

Facts Everyone Should Know About Advance Planning and the Five Wishes

Join CCV members, volunteers and friends for an informative session that we can all use - "[Facts Everyone Should Know About Advance Planning and The Five Wishes](#)". The program is Sunday, April 28 from 2:00-3:30pm at the AGE Building, 3710 Cedar Street, in the St. David's Room. There is on-street parking and the building is accessible.

The program will feature Barbara Epstein, Attorney specializing in elder law, and Kathy Wohler, PhD. A Q&A session will be included.

Barbara will address the following questions:

- Do you really need a will in Texas?
- Some basic facts about Social Security, Medicare and Medicaid
- How not to get scammed
- What legal information can you trust on the internet?
- When do you really qualify for a nursing home?
- What does Adult Protective Services do?

Kathy will cover:

- The "Five Wishes" document
- Options for small estates (under \$75,000)

Light refreshments and handouts will be provided. [Advance RSVP](#) required.





Kathy Wohlert

Men's and Women's Lunches



Join Arnie Orange for Underground Adventures - Geology and Geophysics in Strange Places

The next [men's lunch](#) group will meet on Wednesday, April 17th at 1200 hours at Andiamo's Ristorante, 2521 Rutland (at Burnet Road).

Our speaker this month, back by popular demand, will be Arnie Orange. His topic: "[Underground Adventures -- Geology and Geophysics in Strange Places](#)".

So, if you're ready to add a bit of spice to your life, put this event on your calendar and come on along to follow Arnie into the salty depths!



Women's Lunch Features Inspiring Stories from Zimbabwe with Tom and Kay McHorse

[Join CCV women](#) members, volunteers and visitors Wednesday, April 24th at 11:30am at Andiamo Ristorante, 2521 Rutland Drive. For April's lunch, Tom and Kay McHorse will present photos and stories of life in the southern African country of Zimbabwe, based on visits in 2017 and 2016. They visited the city of Mutare and surrounding rural areas where government conditions and the AIDs (HIV) epidemic have left families of orphans with no food or income source. Tom and Kay will

And please [RSVP](#) if you plan to attend.



inspire you with the work of the truly remarkable organization transforming life for orphan families, Zimbabwe Orphan Empowerment (ZOE).

Please [RSVP](#) and bring \$22 cash for lunch.



ShortTakes



ShortTakes to Consider some of Austin's Solutions for its Homeless People

Have you ever wondered how Austin is addressing the needs of people who are homeless? [ShortTakes](#) will watch KLRU's Decibel program, hosted by Judy Maggio, which amplifies the stories of Austin's homeless population and the groups helping them. We will also hear from CCV members and supporters who have visited the Community First Village, located in Travis County near the Expo Center. Several hundred people who

were chronically homeless are living in the village in tiny houses and RV's. The village was started and is supported by Mobile Loaves and Fishes.

ShortTakes will meet Tuesday, April 9, 10am-12pm at the Manchaca Library. Please bring your own beverage and packaged snacks to share are always welcome.

You can find the [Decibel program here](#).

Here is a video about the [Community First Village](#).

Tech Help



Cyber Seniors iPhone Class Back by Popular Demand!

2-4pm Sunday, May 5
St. David's Room, AGE Building, 3710 Cedar St

iPhone users – you asked for another session – here it is! We are continuing the

educational seminar series for “Cyber Seniors”. This will be a small (10 or less) group setting with hands-on training and handouts. You [MUST RSVP](#) for this event.

This seminar will be “[iPhone Basics](#)”. This is for Apple iPhone (NOT iPad, Android or other smartphone/tablet) users at this time.

Details:

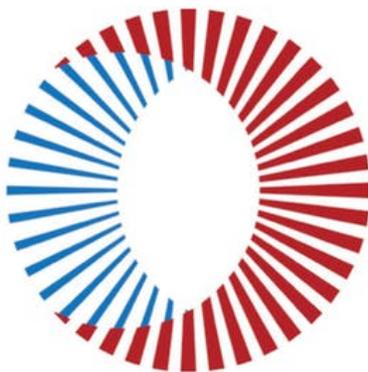
- RSVP (Required)
- Apple iPhone 5,6,7,8,10/X – bring iPhone with charging cable just in case
- Must know your login password
- Updated to the latest version of IOS: Version 12.1 is latest as of 12/2/18

NOTE: to check the version you are on - touch: Settings, then General, then About – the Version is shown about halfway down the list.

If it does NOT show 12.1 or later, you can update by going back to General, then Software Update and follow the prompts.

If you are NOT comfortable doing this or have problems, contact Bonnie at bonniegilson@capitalcityvillage.org and someone will assist you in updating, but this must be done before the seminar.

In the Community



Livability *for* Longevity

[An Age-Friendly Austin Symposium](#)

Join [AustinUP](#), the [City of Austin Commission on Seniors](#) and the [LBJ School of Public](#)

Affairs to explore policy and planning for an Age-friendly Austin. The event will be held Wednesday, April 3 from 8:30 am to 1 pm at Bass Lecture Hall, located on the lower level of Sid Richardson Hall (SRH), 2315 Red River St. Guest speakers include Janee Briesemeister, Jesús Garza, Adam Hauser, Annette Juba LCSW, Ann Kitchen and Larry Wallace. For more information and to register, [click here](#).



Caregiving Regional Conference April 5-7 in Wimberley

From CareGiving.com:

Please join us for the Inaugural [Regional Caregiving Conference Southwest](#), which will happen April 5th – 7th, 2019, in Wimberley, Texas.

Our 2019 conference theme is “Our Amazing Difference”, encouraging us to consider the amazing difference we make in our own lives, the lives of our caree, and in our communities when we take care of ourselves and find what works for us.

The Inaugural Regional Caregiving Conference Southwest (RCC19SW) will take place at Wimberley Community Center, 14068 Ranch Road 12, Wimberley, TX 78676.

We are so excited to welcome you to our regional conference in the beautiful hill country of Wimberley, Texas! Our extraordinary presenters, valuable content, and meaningful resources will make RCCSW19 an amazing experience for family caregivers, and for those who care about the impact of caregiving in our lives.



Davis Phinney Foundation for Parkinson's Victory Summit

On Saturday, April 13th, join the Davis Phinney Foundation and our regional partners, Texas Movement Disorders Specialists, Neurology Solutions Movement Disorders Center, Central Texas Neurology Consultants, 4:13 Fitness, Power for Parkinson's and St. David's Round Rock Medical Center & St. David's North Austin Medical Center, for [The Victory Summit® Parkinson's symposium](#). This national educational event is a moving day of information and inspiration, featuring dynamic presentations from leading movement disorder neurologists and therapists from across the country. It's an upbeat, fast-paced event of community and connection, filled with laughter and conversation. You will leave feeling motivated and armed with tools to help you be more involved in your own treatment and to improve your quality of life. As one attendee said, "I left this event with the knowledge and hope of how to live well with my Parkinson's."

The Summit takes place 9:30am-3:30pm at the Hyatt Regency Austin, 208 Barton Springs Rd. This event is free and includes a complimentary boxed lunch. Seating at The Victory Summit is limited so [pre-registration is strongly encouraged](#).





Shalom Austin April Programs

Here are just a few of the special Shalom Austin programs occurring during April:

- J-Gallery Reception- The Color of Memory, 3rd 7:00pm- Come listen to artists Julie Meetal and Veronique Jonas who have created a body of artwork that expresses the searing effect of the Holocaust on their families and on the Jews of Europe during WWII. Julie's work reflects the stories of her Hungarian parents and the larger fate of European Jews. Veronique's series envisions the experience of her family and the Jewish community on the Greek island of Rhodes. Light refreshments and Artists' remarks. JCC Community Hall.
- Fiddler on the Roof-Brown Bag Lunch with cast members, 4th 12:00pm- Cast members from the traveling Broadway production of the hit show Fiddler on the Roof (performing at Texas Performing Arts) will be coming to Shalom Austin to share their experiences and talents. Bring a lunch and come learn from the cast. RSVP required. JCC Community Hall Stage.
- IGNITE! – Shalom Austin's Annual Fundraiser, 14th 5:30 p.m. Fairmont Hotel -Shalom Austin's premier fundraising event of the year brings the entire community together on one night to [celebrate](#) and build connections, share our impact and spark the light of giving. Comedian Jeff Ross will be the [featured](#) entertainer at IGNITE! Jeff Ross is a respected comedian, writer, director and producer also known as "The Roastmaster General." Register at <https://shalomaustin.org/registerignite>
- Adult Programs Passover Seder, 17th 11:30am- Come celebrate Passover with Adult Programs. Our Seder will be led by Rabbi Neil Blumofe of Congregation Agudas Achim. The Adult Programs Passover luncheon is graciously sponsored by Atria Senior Living. RSVP required to attend. Deadline for RSVP 4/12. JCC Community Hall Stage.

- Road Scholars Trip- The Zilker Botanical Garden, 23rd 10 a.m. Join us for a docent led tour of the Zilker Botanical Garden — located on 26 fenced acres in Austin, Texas has often been called “the jewel in the heart of Austin”. Theme gardens such as rose, herb and Japanese garden are interconnected with streams, waterfalls and Koi-filled ponds. Bus leaves from the JCC back circle drive at 10 a.m. sharp. \$5 covers admission and transportation. RSVP’s required.

Please RSVP for all events to Annie Skelton at Annie.Skelton@shalomaustin.org or at 512-735-8088.

Save the Date



Fiber Arts Gallery on WEST Austin Studio Tour

The Weavers and Spinners Society of Austin turns the home of a CCV member into an art gallery during the [WEST Austin Studio Tour](#). On Saturday, May 11, 2019, 2:00-4:00 pm, Mickey Stam will show us around the group show, which includes weaving, spinning, and

dyeing demonstrations, an exhibit of textured art yarns, guild members selling their work, and a garage sale of excess equipment, books, and yarn.

The “official” tour starts at 2:00 pm, but you are welcome to come at anytime during WEST, May 11-12 and May 18-19, 11:00 am-6:00 pm. While there is street parking, Mickey’s house (2802 Benbrook Drive, Austin) is only a couple of blocks from the Metro 3 bus stop on Burnet and Rockwood and 1/3 mile walk from the 803 stop. Let her know (mickeystam@gmail.com) if you would like someone to pick you up at the bus stop.



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

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