

Mid-March 2019 Newsletter

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Syria and the Middle East with Joe Miguez

Terrace Room, Wildflower Terrace, 3801 Berkman Drive

Popular speaker Joe Miguez returns with more insights. Geopolitics in Syria and the Middle East are notoriously complex. Join Capital City Village for a special program for an overview of the factors and circumstances influencing politics and power shifts in the Middle East and how foreign policy will be affected.

Limited space is available for this program. RSVP here to assure your spot.

Joe Miguez is an attorney with McGuire Woods, Board Certified in Labor and Employment Law by the Texas Board of Legal Specialization, and has over a decade of combined experience as an employment litigator and in-house employment law counsel. Before becoming an attorney, Joe served two tours in the US Army as a signals intelligence analyst and Arabic language specialist.



Village Events



Photo by Tom Knutsen

March Events

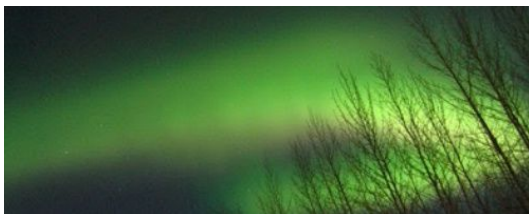
Click on any of these events to find out more and RSVP:

- Wednesday, Mar 20 - 12-1pm - [Men's Lunch](#) at Andiamo Ristorante (N. Central). *See article below.*
- Thursday, Mar 21 - 11:30am-1pm - [Lunch and Laughter](#) at Wheatsville S. Lamar
- Tuesday, Mar 26 - 10am-12pm - [Managing Mindfulness](#) at a member home (South)
- Wednesday, Mar 27 - 11:30am-1pm - [Women's Lunch](#) at Andiamo Ristorante (N. Central). *See article below.*
- Thursday, Mar 28 - 9:30-10:30am - [Coffee Caffeine and Conversation](#) at Mozart's (Central)
- Friday, Mar 29 - 11am-12pm - Walkable Neighborhood Focus Group at AGE Building (Central). *See article below.*
- Sunday, Mar 31 - 2-3:30pm - [Syria and the Middle East](#) with Joe Miguez at location TBD. *See feature article.*

Save the Date:

- Wednesday, Apr 3 - 8:30am-1pm - [Livability for Longevity Symposium](#) at Bass Lecture Hall (UT). *See article below.*
- Saturday, Apr 13 - 9:30am-3:30pm - [Davis Phinney Foundation for Parkinson's Victory Summit](#) (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)

Men's and Women's Lunches



**Men Put Their Parkas
Back on for another**



Arctic Tour with John Berry

The March men's lunch bunch will be Wednesday, March 20th at 1200 hours at Andiamo Ristorante, 2521 Rutland Drive (at Burnet Road). We'll help see winter off with another chilling presentation by John Berry on "[Adventures in the Arctic](#)".

So, dust off your parkas one more time and plan to join us then. And please [RSVP](#) if you plan to attend.

Women's Lunch Features Henry McCown's Offbeat Collection of Pictures from Vietnam

Join CCV women Wednesday, March 27th at 11:30am at Andiamo Ristorante, 2521 Rutland Drive. Henry McCown, who's usually organizing the Men's Lunch, will make an appearance to share pictures that he and his wife Ellen collected in Vietnam. Be sure and [RSVP](#) and bring \$22 cash for lunch.

Welcome our New Volunteer Director



Johanna Mandel is a native Texan and has joined the Village as Volunteer Director. In 1995, she earned a BS in Human Development and Family Studies from Texas Tech University. During her undergraduate studies, she served as a Research Assistant identifying key areas of support and threads of commonality regarding Parkinson's patients and their caregivers living in their own home. She also completed an Internship with the Lubbock County District Attorney's Office Crimes Against Children and Victim Services divisions later becoming employed at the DA's Office as a Legal Assistant. In 2001, she

earned a Master of Public Administration degree from the University of Texas-Arlington. As she completed her studies, she obtained a Management Graduate position with the City of Irving and later advanced in the organization to serve in multiple positions over the next 11 years. Her most memorable accomplishments while in Irving were, earning a Green Belt in Lean Six Sigma from the Texas Manufacturing Assistance Center (2008), being recognized as a Leadership Irving graduate (2009), serving on the Board of Examiners for the Quality Texas Foundation (2010 and 2011), receiving the Texas Award for Performance Excellence as an Irving Excellence Lead (2011) and in 2012, receiving the Malcolm Baldrige National Quality Award.

After relocating to the Austin area, she worked with various organizations who are seeking to “join the quality excellence journey” in applying the Baldrige framework. Most recently, she volunteered at the Pflugerville Independent School District’s Rowe Lane Elementary campus. Johanna currently lives with her husband and two sons in Pflugerville and finds it friendly.

Focus Group Opportunity Walkable Neighborhoods



**Please Give Us Your Perspective on Walkable
Neighborhoods for Seniors**

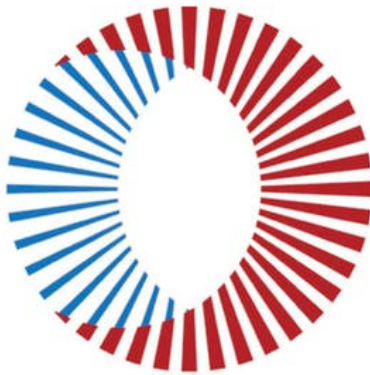
**11:00am-12pm Friday, March 29
St. David's Room. AGE Building. 3710 Cedar St**

Do you enjoy walking in your neighborhood? Are there certain streets or intersections that you avoid? What conditions seem dangerous or make you anxious when out walking? We think that the specific needs of seniors are often overlooked when city leaders try to create walkable communities.

We'd like to know what things YOU consider when you decide whether to walk or drive, where you'll walk, or which areas you try to avoid. Please share your experiences and thoughts on these issues with a University of Texas at Austin research team, as part of a series of group discussions that the UT Austin team is having with seniors across the Austin and San Antonio megaregion. Please join the conversation.

Complementary drinks and refreshments will be provided. No RSVP is required.

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](#).



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](#).

Educational Opportunities



AGE Computer Lab offerings

Getting Your Digital Life in Order (Thursday, March 21 at 10:00 am – \$25)

What would happen in case you or your spouse were to die or become incapacitated? Could your heirs or executors access all your digital accounts and information? Could they remove your Facebook account? Would they be guaranteed rights to all your digital information? Are there certain kinds of information that you take for granted that would be difficult for them to access, such as your device passwords, etc. The panel will discuss things you may not have considered that would make managing the digital aspects of your affairs or your estate simpler and more efficient.

NOTE: This will be panel discussion that focuses on managing your technology and digital information in case of emergency or death. There will be some hands-on time using the internet to view websites as needed to demonstrate the concepts discussed by the panelists. However, the class will primarily be presentation and answering questions.

GPS Phone Navigation for Austin Traffic (Thursday, March 28 at 1:00 pm – \$25) Have you found yourself avoiding driving to a different part of Austin because you dread the traffic? Are you frequently puzzled about what time to leave to arrive at your destination on time? Traffic is a fact of life in Austin. In this class, we'll provide an introduction of how to use cell phone apps Waze and Google Maps, which leverage our GPS location data to help us plan our journeys around Austin and navigate the traffic once we are on the road. We will focus on Waze and Google Maps as those are the most popular and run on both iPhone and Android platforms. We'll also touch on Apple Maps as an alternate option in some situations. In addition, we will spend some time talking about how to avoid some of the pitfalls and how to really leverage Waze by linking it to your cell phone address book and calendar.

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.

Health Information





Does Medicare Cover Vision Services?

Thanks to Tom McHorse for sharing this article:

"Many people approaching age 65 are unclear regarding what Medicare does and does not cover when it comes to vision services. The good news is that original Medicare covers most medical issues, like cataract surgery, treatment of eye diseases and medical emergencies. Unfortunately, routine care, including eye exams and eyeglasses, are the beneficiary's responsibility. Here is a breakdown of what is and is not covered.

Eye exams and treatments: Medicare does not cover routine eye exams that test for eyeglasses or contact lenses. But it does cover yearly medical eye exams if you have diabetes or a high risk of developing glaucoma. Medicare will also pay for exams to test and treat medical eye diseases or serious eye problems, like macular degeneration, dry eye syndrome, glaucoma, eye infections or if you get something in your eye.

Eye surgeries: Medicare will cover most eye surgeries that help repair eye function, including cataract surgery to remove cataracts and insert standard intraocular lenses to replace your own. Medicare will not, however, pick up the extra cost if you choose a specialized lens that restores full range of vision, thereby reducing your need for glasses after cataract surgery. The extra charge for a specialized lens can cost up to \$2,500 per eye.

Eye surgeries that are typically not covered by Medicare include refractive (LASIK) surgery, cosmetic eye surgery or other procedures that are not considered medically necessary.

Eyeglasses and contact lenses: Medicare does not cover eyeglasses or contact

Eyeglasses and contact lenses. Medicare does not cover eyeglasses or contact lenses. There is one exception. If you have had a conventional intraocular lens inserted during cataract surgery, Medicare will pay for eyeglasses or contact lenses following the operation.

Ways to Save

Although original Medicare's vision coverage is limited to medical issues, there are ways you can save on routine care. Here are several options to consider.

Consider a Medicare Advantage plan: One way you can get extra vision coverage when you join Medicare is to choose a Medicare Advantage plan instead of original Medicare. Many of these plans, which are sold through private insurance companies, will cover routine eye care and eyeglasses. These plans may also cover your hospital and medical insurance and prescription drugs. See [Medicare.gov/find-a-plan](https://www.medicare.gov/find-a-plan) to shop for plans.

Purchase vision insurance: If you get routine eye exams and purchase new eyeglasses annually, a vision insurance plan may be worth the cost. These policies typically run between \$12 and \$20 per month.

Check veterans benefits: If you are a veteran and qualify for VA healthcare benefits, you may be able to get some or all of your routine vision care through the VA. Go to [Vets.gov](https://www.vets.gov) and search for "vision care" to learn more.

Shop around: Many retailers provide discounts – between 10% and 30% – on eye exams and eyeglasses if you belong to a membership group like AARP or AAA. Check out the vision centers at discount retailers or, if you have a copy of your prescription, consider buying your glasses online.

Look for assistance: There are also health centers and local clinics that provide free or discounted vision exams and eyeglasses to those in need. To find these centers, try calling your local Lions Club for referrals.

Savvy Living is written by Jim Miller, a regular contributor to the NBC Today Show and author of "The Savvy Living" book. Any links in this article are offered as a service and there is no endorsement of any product. These articles are offered as a helpful and informative service to our friends and may not always reflect this organization's official position on some topics. Jim invites you to send your senior questions to: Savvy Living, P.O. Box 5443, Norman, OK 73070.

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