



Capital City Village <bonniegilson@capitalcityvillage.org>

Join the Village for Texas Standard Time with Laura Rice

1 message

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Sun, May 16, 2021 at 9:59 AM

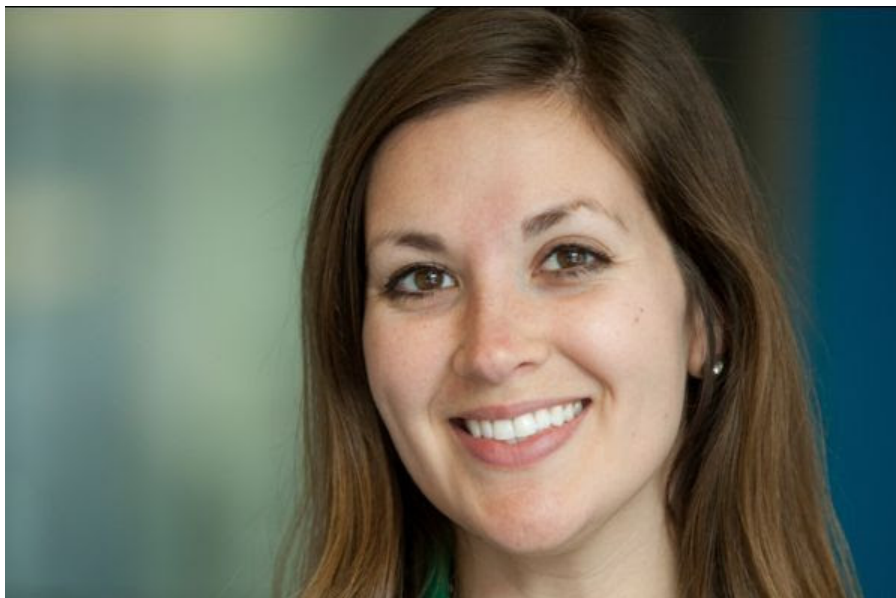
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May 16, 2021

Featured Event

**Men's and Women's Lunch will feature Texas
Standard's Laura Rice
Wednesday, May 19 at 12 pm**



Laura Rice, Managing Producer of Texas Standard Radio Program

No matter where you are, you're on Texas Standard Time! Bring your own lunch and sit down in front of your screen for this informative program.

Hosted by award-winning journalist David Brown, Texas Standard sets a new bar for broadcast news coverage, offering crisp, up-to-the-moment coverage of politics, lifestyle and culture, the environment, technology and innovation, and business and the economy.

Texas Standard is also committed to uncovering stories as they happen and spotting the trends that will shape tomorrow's headlines.

So mark your calendars now to join Texas Standard Managing Producer Laura Rice for an interesting look at the work of this iconic Texas institution!

[RSVP in advance](#) to receive the zoom link in your confirmation email and then again in your reminder email.

Today's Newsletter Articles

These links will take you directly to each article:

[Annual Meeting Highlights](#)

[Balance Workshop](#)

[Coffees are Fun!](#)

[Event Calendar](#)

[Getting Rid of Junk Mail](#)

[Men's & Women's Lunch featuring Laura Rice of Texas Standard](#)

[Useful Information from a CCV Volunteer](#)

[Watching past CCV Programs](#)

Village Event Calendar



April Men's and Women's Lunch

Shiyang Zang (speaker), Rick, LK

Henry and Ellen, Suzann, Scott

Arnie, Pam, Stan

Elizabeth B, Ann, Elizabeth M

- Monday, May 17 at 1 pm – [Yoga for Healthy Aging](#)
- Tuesday, May 18 at 10 am – [Virtual Volunteer Orientation](#)

- Wednesday, May 19 at 12 pm – [Men's and Women's Lunch](#) featuring Laura Rice of Texas Standard Radio Program
- Thursday, May 20 at 9:30 am – [Virtual Coffee Hour](#)
- Friday, May 21 at 11 am – [Book Club](#)
- Monday, May 24 at 1 pm – [Yoga for Healthy Aging](#)
- Wednesday, May 26 at 2 pm – [Poetry Group](#)
- Thursday, May 27 at 9:30 am – [Virtual Coffee Hour](#)
- Monday, May 31 – Office closed for Memorial Day

Save the Date:

- Sunday, June 6 at 2 pm – [CCV Information Session](#)
- Wednesday, June 16 at 12 pm – [Men's and Women's Lunch featuring Simone Talma Flowers of iACT](#)
- Sunday, June 27 at 2 pm – [Writing a Memoir - Preserving Life's Experiences](#) with Peggy Pickle



The May 6 Coffee with a Hat Theme

Priscilla, Rick, Vivian, Karen

Margit and Arnie, Annette, Susan, Stan

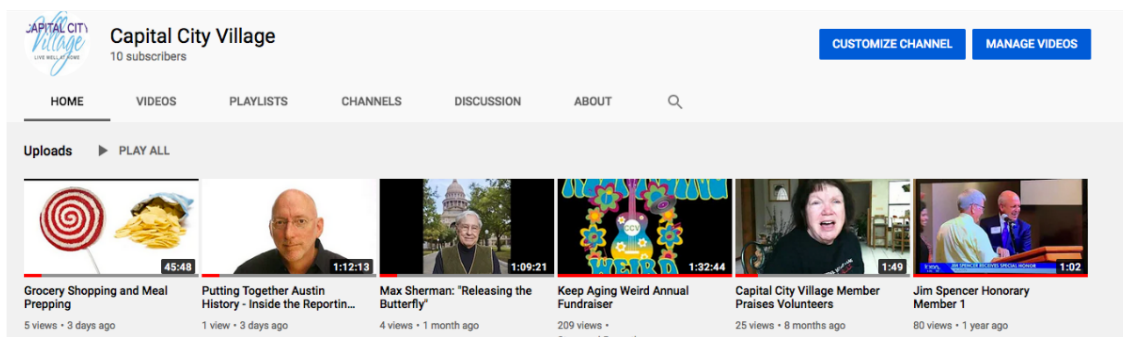
Marie, Tommi, LK, Aralyn

Mart and Sue, Doug and Joan

Join CCV's Weekly Virtual Coffee Hour for Your Second Cup of Fun!

The Coffee Hours are starting to take on a life of their own. First there was "Hat Day", then it was "Shades Day". Next Thursday (May 20 at 9:30am) it's Blue Shirt Day. Wear your blue shirt and watch out for the fun!

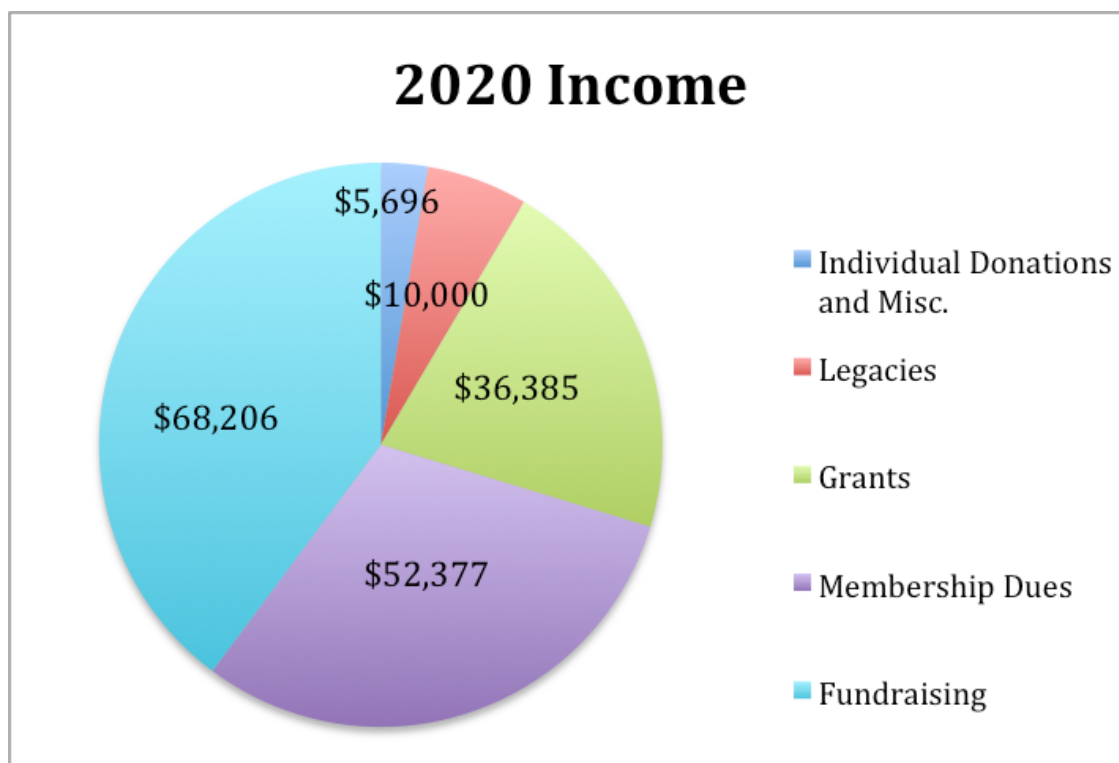
[RSVP here to get your invitation.](#)



Did You Know You Can Watch CCV Programs You've Missed?

Missed a program that you really wanted to see? No problem. You can watch our past programs in a couple of places. On our website, under EVENTS, click on "[Watch Past Programs Here](#)". Or check out our [youtube channel](#).

Highlights from the Annual Member Meeting and Annual Impact Report



The Ways the Village Earned Income in 2020

Making it Through 2020 Wisely

In the 5th edition of our 6-part series covering our Village Annual Meeting and Annual Impact Report, we express our gratitude for supporters of every kind who brought us through 2020.

We are thankful for the members who left us legacies. Such foresight and care on the Village's behalf touches us deeply as we miss these members and their thoughtful involvement.

Our staff worked diligently to earn grants, including federal payroll-protection grants. Our members paid dues commensurate with their ability to pay, and those dues comprised over 30% of our income.

The largest portion of our income continues to be our fundraisers, Keep Aging Weird and the Golf Tournament (or in 2020 the Un-Golf Tournament, which did amazingly well). The committees who plan and put on these fundraisers are heroes, dedicating hours and hours of work toward their success. We are especially thankful for the sponsors who hung with us in 2020, and for all of you who participated by volunteering, donating, or watching the online events.

May Member and Volunteer Birthdays



If you see one of these people, wish them a happy birthday! They're all in May, listed by the date:

- 6 – James B, Volunteer
- 11 – Victoria S
- 17 – Ed F
- 19 – Mart H
- 22 – Rick C
- 25 – Lauren I
- 26 – Laurel B
- 29 – Aralyn H; Sally VS

Safety and Security



Prevent Elder Fraud by Getting Rid of Junk Mail

Thieving fraudsters are making a business of taking advantage of older adults. Almost 4 in 10 seniors are affected, losing over \$36 billion each year to financial abuse. And this isn't only happening to the very old or those with Alzheimer's or dementia – younger, more educated seniors are actually losing more money.

Did you know that the amount of junk mail you receive is a sign of your fraud risk? It means that your name is on multiple mailing lists that scammers can use to contact you. Check this [Daily Caring article](#) for four recommended options to get rid of junk mail.

DO YOU HAVE **Concerns** **about falling?**



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

WHO COULD BENEFIT?

Anyone 60 years or older who:

- is concerned about falls
- is interested in improving balance, flexibility, and strength
- has fallen in the past
- has restricted activities because of concerns about falling
- is able to problem solve and remember discussions

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- reduce fall risks at home
- exercise to increase strength and balance

***Upcoming Online
9-week Workshop***

**ONLINE – JOIN WITH COMPUTER,
TABLET OR SMART PHONE**

**Wednesdays
June 2 – July 28
9:00 – 11:00**

REGISTRATION IS REQUIRED

There is **NO COST** to participate
Class size limited to 12 participants

To REGISTER, please contact:

Jessica Martone
jmartone@capcog.org

Sponsored by
Area Agency on Aging of the Capital Area

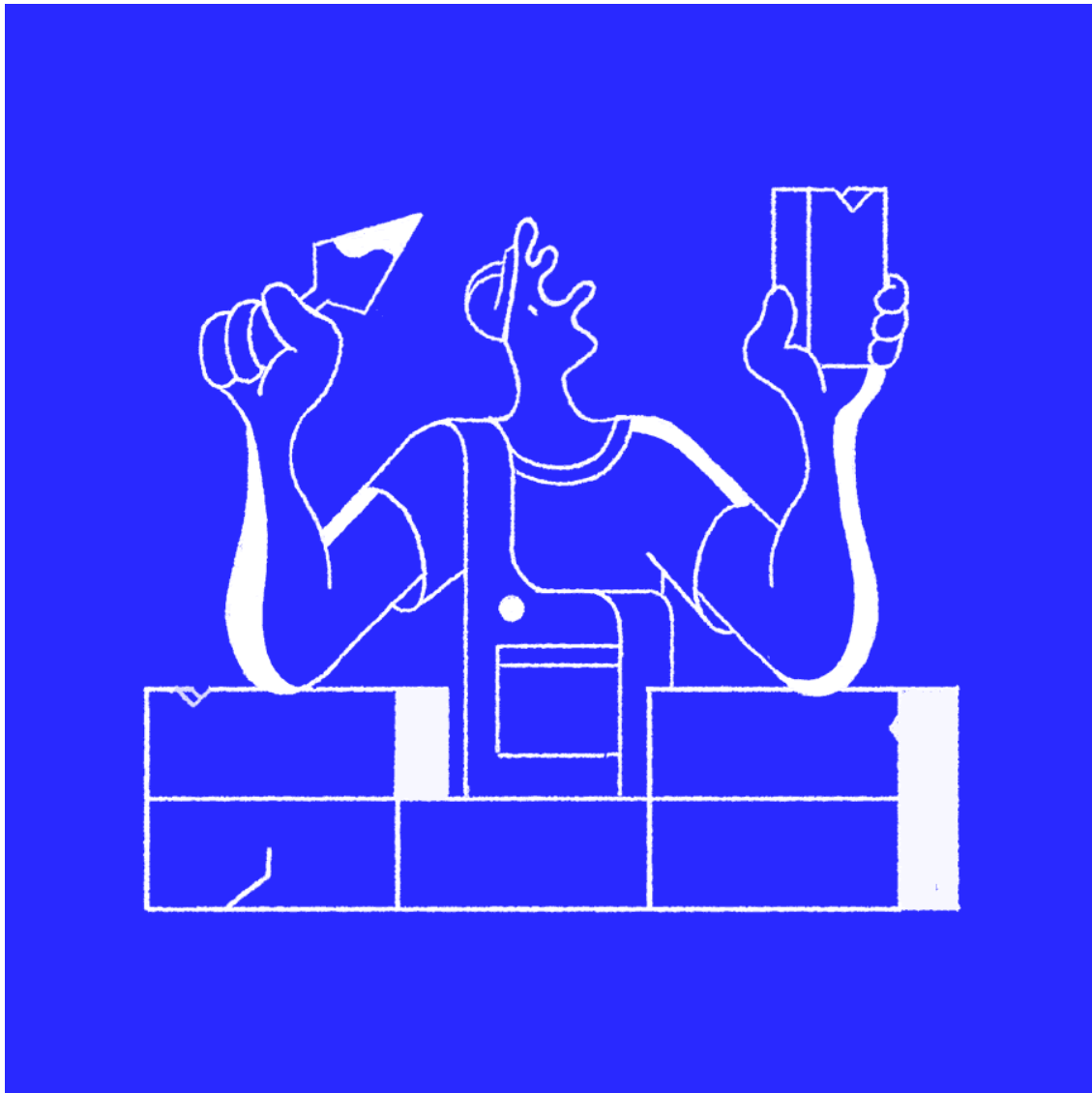


A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

Funded in part by Health and Human Services

Useful Information from a CCV Volunteer



From Henry M:

In case you have not seen this, we just discovered the [Austin Best Pick Reports](#). The website contains a wealth of information which might be quite useful to CCVers, from air conditioning and heating to window cleaning and pressure washing services.

They have used their annual customer satisfaction surveys, taken those companies which have at least an 85% positive rating, verified that each company has all of the requisite state and local licenses, then invited those who make these cuts to participate. Each category usually has from two to four service companies listed.

I think this is an excellent guide and plan to use it when the next home

disaster strikes.



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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