

# Mid-April 2019 Newsletter

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## **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 says:

"Ninety percent of people say that talking with their loved ones about end-of-life care is important. Twenty-seven percent have actually done so. Eighty-two percent of people say it's important to put their wishes about end-of-life care in writing. Twenty-three percent have actually done it.

Isn't it time to begin the conversation and make your wishes known? 'Five Wishes' is a document created by Aging with Dignity that is a gift to your family, your healthcare providers and, most of all, to you. It expresses in simple language your wishes in areas that matter most - not just the medical and legal, but especially the personal and spiritual."

Kathy will also discuss Small Estate Affidavits, which are alternatives to wills for those with limited incomes and property.

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

## Village Events





Photo by Tom Knutsen

## April Events

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

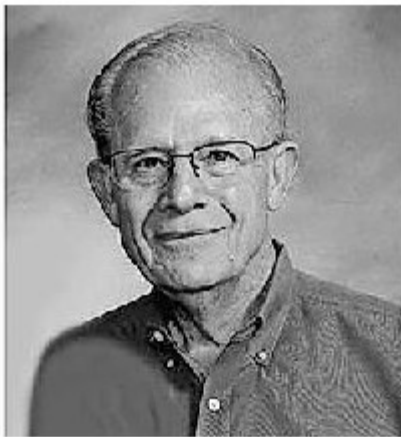
- Wednesday, Apr 17 - 12-1pm - [Men's Lunch](#) at Andiamo Ristorante (N. Central). *See article below.*
- Thursday, Apr 18 - 11:30am-1pm - [Lunch and Laughter](#) at Wheatville S. Lamar
- Friday, Apr 19 - 11am-12:30pm - [Book Club](#) at a member home (NW)
- Tuesday, Apr 23 - 10am-12pm - [Managing Mindfulness](#) 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)
- Thursday, Apr 25 - 3-4:30pm - [Volunteer Orientation](#) at AGE Bldg St. David's Conference Rm (Central)
- Thursday, Apr 25 - 4:30-5:30pm - [Volunteer Recognition](#) at AGE Bldg St. David's Conference Rm (Central). *See article below.*
- Friday, Apr 26 - 11am-1pm - [Tour and Lunch at the Library - CapMetro Transit Adventure](#) (Central). *See article below.*
- Sunday, Apr 28 - 2-3:30pm - [Facts Everyone Should Know About Advance Planning and The Five Wishes](#) at AGE Building (Central). *See feature article.*

**Office Closed Friday, April 19 for Good Friday Holiday**

**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). *See article below.*

## In Memoriam



### **Memorial Service for John Schier Wednesday, April 17 @ 1pm**

Village Member John Schier passed away on April 9, 2019. Visitation will be held on Tuesday, April 16 from 6:00-8:00pm at Weed-Corley-Fish Funeral Home on North Lamar. Services will be held at 1:00pm on Wednesday, April 17 in the Weed-Corley-Fish Chapel. Interment will be at Austin Memorial Park Cemetery followed by a reception at North by Northwest Restaurant on Stonelake Blvd. Remembrances may be left at [www.wcfish.com](http://www.wcfish.com).

The Board, staff, members and volunteers of Capital City Village extend their heartfelt sympathies to Pat and the entire Schier family.





## Join CCV Book Lovers for a Transit Adventure, Library Tour and Lunch

Have you always wanted to become more familiar with Austin's transit system - and see the new Central Library? You can do both in one day with Capital City Village members, volunteers and friends.

Start out at the [Northcross CapMetro Station](#) at 10am (from North Austin) or [Brodie Oaks/South Lamar Station](#) (Northbound) at 10:15am (from South Austin). Carpooling to transit stops available via CCV - just [contact the office](#)! The library tour with docent Paul starts on the 2nd floor at 11am. Then stay for lunch, and ride the bus back to Northcross or Brodie Oaks with your CCV friends and a CapMetro representative to show you the ropes and get your free senior fare discount transit card! [Click here for the full details and to RSVP.](#)



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## Celebrate National Volunteer Month with Village Volunteers!

To celebrate April as National Volunteer Month, please come by and enjoy some ice cream



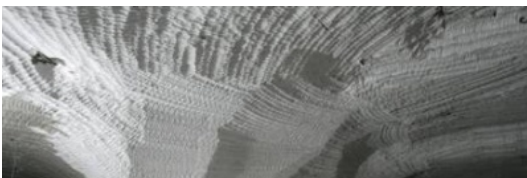
To celebrate April as National Volunteer Month, please come by and enjoy some ice cream and other goodies to [celebrate CCV volunteers](#). The gathering will take place Thursday, April 25 4:30ish to 5:30 at the AGE building, St. David's conference area, Room 161.

Volunteers do not necessarily have the time; they just have the heart.



You too can be a CCV volunteer! Join us for a [Volunteer Orientation](#) Thursday, April 25 from 3:00pm to 4:30pm. If you can make it, fill out the [Interest Form](#) here and Johanna, our Volunteer Director, will contact you with more details. Or, if you have questions call her at 512-524-2709 or 512-468-5594.

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



## 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 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.





## Tech Help



Photo by Tom McHorse

## 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](mailto:bonniegilson@capitalcityvillage.org) and someone will assist you in updating, but this must be done before the seminar.

## Celeb Salons



## Celeb Salons Returns with Danny Britt

Join Village members, volunteers and friends Sunday May 19 from 4-6pm for our popular [Celeb Salons](#) series. In May we feature Austin musician and storyteller Danny Britt at Mort Subite, 308 Congress Ave. [Registration](#) includes refreshments and a drink.

Danny Britt was born and raised in Kentucky, where he learned to play anything from bluegrass country to classical music and rock 'n roll. He's lived in Texas since 1980. In the eighties he was Jerry Jeff Walker's tour manager for a couple of years. After that he became a singer/songwriter in his own right, with three beautiful solo CD's so far.

[Take a look and listen here.](#)

## You Can Help CCV Through Amazon Smile!

### Your AmazonSmile impact

#### Your orders that have supported charity


Remember, only purchases at smile.amazon.com (not www.amazon.com or the mobile app) support charity.

**Your total orders**

**110 orders**  
[Learn more](#)

#### Every little bit counts

When millions of supporters shop at smile.amazon.com, charitable donations quickly add up.

	<b>You have generated</b>	<b>\$14.12</b> <small>as of April 04, 2019</small>
	<b>Your current charity</b> <b>Capital City Village Inc</b> has received	<b>\$79.23</b> <small>as of February 2019</small>
	<b>All charities have received</b>	<b>\$124,651,081.04</b> <small>as of February 2019</small>

#### Your current charity

[Change charity](#)

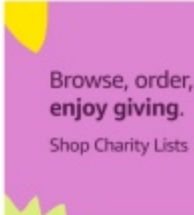
#### Capital City Village Inc

Location: Austin, TX | Year Founded: 201

**Mission:** Mission Statement To cri members, volunteers and services participating seniors the help and need to successfully age in place.

**Programs:** Village Connections

Share your support: [f](#) [t](#)



Browse, order, &  
**enjoy giving.**  
Shop Charity Lists

Here's a screenshot from one of our members who wanted to share how designating Capital City Village on Amazon Smile makes a difference. If you use amazon.com and don't have a charity designated, next time try signing into smile.amazon.com and then just designate Capital City Village as your charity. A small percentage of every dollar you spend is donated and will provide help in our operations. Thank you!

## In the Community





## A Summer Camp Experience for Kids 60+

Get outdoors! Make new friends! Learn new skills & laugh a lot!

Activities include: canoeing, archery, campfire, team-building, sing-alongs, lunch, snacks and water provided. Join Camp Meraki for Summer Camp Day May 8th, 8:30am - 4:30pm.

[Registration deadline May 1st.](#)

John Knox Ranch - Wimberley, Texas

\$100 includes activities, snacks and lunch

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## Tickets are Now on Sale for "Iolanthe"

Gilbert & Sullivan Austin presents as its 2019 Summer Grand Production "Iolanthe; or, The Peer and the Peri." Nine performances will be performed at the Worley Barton Theater at Brentwood Christian School, June 13-23. "Iolanthe" is a fanciful comedy that presents a topsy-turvy love story involving fairies and members of the House of Lords. [Tickets \\$8 to \\$27 available here.](#)

And at no charge, a preview of many of the songs from "Iolanthe" at "Iolanthe's Fractured Fairy Tales"

Sunday, May 19 at 2:00pm

Gilbert & Sullivan Austin presents an original production of a delightfully twisted fairy fable along with fantastic music. Hear selections from "Iolanthe" starring the outstanding cast that will perform in our June Grand Production. Romance, suspense, and comedy will provide an enchanted afternoon of entertainment.

Written and Directed by Janette Jones. Jeanne Sasaki is accompanist.



Jewish Community Center  
7300 Hart Lane

Co-sponsored by Shalom Austin Jewish Community Center



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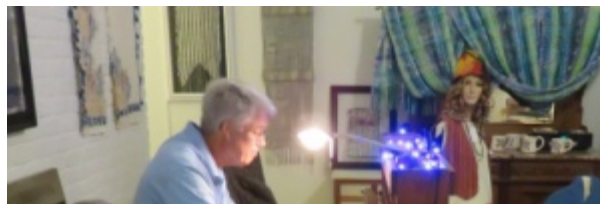
## Shalom Austin April Programs

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

- 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](mailto: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](mailto:mickeystam@gmail.com)) if you would like someone to pick you up at the bus stop.



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### Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

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