



Capital City Village <bonniegilson@capitalcityvillage.org>

Stage 2 - HERE we Are!

1 message

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June 1, 2021

We are Now at Stage 2 And That Means There Are Some Changes in Our Services and Programming

A message from Tommi Ferguson, Executive Director:

Capital City Village is expanding our services, using the Stage 2 Guidelines. This means that we can provide services, including rides, for nonessential as well as essential needs. Starting immediately, full volunteer services will be available. For your own health and safety, members and volunteers are asked to notify the office whether they are vaccinated; please wear a mask and practice social distancing if not.

Programs will continue virtually for the time being and CCV will begin hosting hybrid (virtual and in-person) activities when possible. Interest groups will be coordinated according to the preference of the hosts.

Today's Newsletter Articles

These links will take you directly to each article:

[Annual Meeting Highlights](#)

[Birthdays](#)

[Event Calendar](#)

[Falls Prevention Workshop](#)

[Keeping a Balance with Debra Monroe](#)

[Men's & Women's Lunch featuring Simone Talma Flowers of iACT](#)

[New Members and Volunteers](#)

[Stage 2 Changes](#)

[Thanks to Volunteers](#)

[The World into Words – Summer Writers Series](#)

[Useful Information from a CCV Volunteer](#)

[Writing a Memoir – Preserving Life's Experiences with Peggy Pickle](#)

Village Event Calendar



"Shades Day" at the Weekly Coffee

Annette, Rick, Vivian, Margit and Arnie

Scott, Patricia, Tom, Stan

LK, Sue, Tommi

- Thursday, June 3 at 9:30 am - [Virtual Coffee Hour](#)
- Thursday, June 3 at 4:30 pm - [Virtual Happy Hour](#)
- Sunday, June 6 at 2 pm - [CCV Information Session](#)
- Tuesday, June 8 at 10 am - [Virtual Volunteer Orientation](#)
- Thursday, June 10 at 9:30 am - [Virtual Coffee Hour](#)
- Wednesday, June 16 at 12 pm - [Men's and Women's Lunch featuring Simone Talma Flowers of iACT](#)
- Thursday, June 17 at 9:30 am - [Virtual Coffee Hour](#)
- Friday, June 18 at 11 am - [Book Club](#)
- Sunday, June 20 at 2 pm - [Summer Writers Series - Keeping a Balance with Debra Monroe](#)
- Wednesday, June 23 at 2 pm - [Poetry Group](#)
- Thursday, June 24 at 9:30 am - [Virtual Coffee Hour](#)
- Sunday, June 27 at 2 pm - [Summer Writers Series - Writing a Memoir - Preserving Life's Experiences with Peggy Pickle](#)

And here's a reminder that you can watch our past programs on our [youtube channel](#) – we'd love for you to subscribe to it. You can also watch the programs [directly from our website](#).

Featured Event



Simone Talma Flowers

Men's and Women's Lunch will Feature Simone Talma Flowers of iACT

Wednesday, June 16 at 12 Noon

Our speaker this month will be Simone Talma Flowers, Executive Director of Interfaith Action of Central Texas (iACT). The central mission of iACT is to cultivate peace and respect through interfaith dialogue, service and celebration. [RSVP to join us and learn more about their great work!](#)

[Read More](#)

The World Into Words – Summer Writers Series

Capital City Village is pleased to introduce our Summer Writers Series. The first two writers are introduced in this article, and for now the programs will be available by zoom only.



Writing a Memoir –

**Keeping a Balance
with Debra Monroe
Sunday, June 20 at 2 pm**

The first series installment will feature novelist and memoirist Debra Monroe. Debra teaches in the MFA Program at Texas State University and is the author of four books of fiction and two memoirs. [RSVP here for an invitation to Debra's program.](#)

[Read More](#) _

**Preserving Life's
Experiences
with Peggy Pickle
Sunday, June 27 at 2 pm**

For the second in the Writers Series, join Village friend Peggy Pickle in "Writing a Memoir – Preserving Life's Experiences". [RSVP here so you won't miss this informative program.](#)

Peggy is a native Austinite and received a Bachelor of Journalism degree from UT. She was a writer and public relations staffer for organizations in Virginia and Austin, as well as writing free-lance articles for magazines and newspapers. Peggy is married to Capital City Village member Donald Cook.

[Read More](#) _

Welcome New Members and Volunteers!



New Members

Patricia F, who lives in 78727

Mary T, who lives in 78723

Morris D. and his daughter Lisa W., who live in 78728

New Volunteers

Harry M, who lives in 78717

Elizabeth M, who lives in 78731

Jarom P, who lives in 78749

Thanks to Volunteers!



Members Frosty and Helen with Volunteers

Thanks to Two More Volunteer Groups!

Thanks again to groups from The Church of Jesus Christ of Latter-day Saints for their work at the homes of three members. They planted herbs, trimmed bushes, replaced smoke detector batteries, painted a chair, vacuumed the house, did some deck cleaning, and moved rocks. We love our volunteers and were able to celebrate Older Americans' Month with their help!

Highlights from the Annual Member Meeting and Annual Impact Report



Thanks to Board Member Gayle H for this design.

Plans for the Future

This is the final edition of our 6-part article highlighting the 2021 Annual Meeting and 2020 Impact Report. We hope it has been enlightening. What better way to wrap it up than to reiterate our plans for 2021!

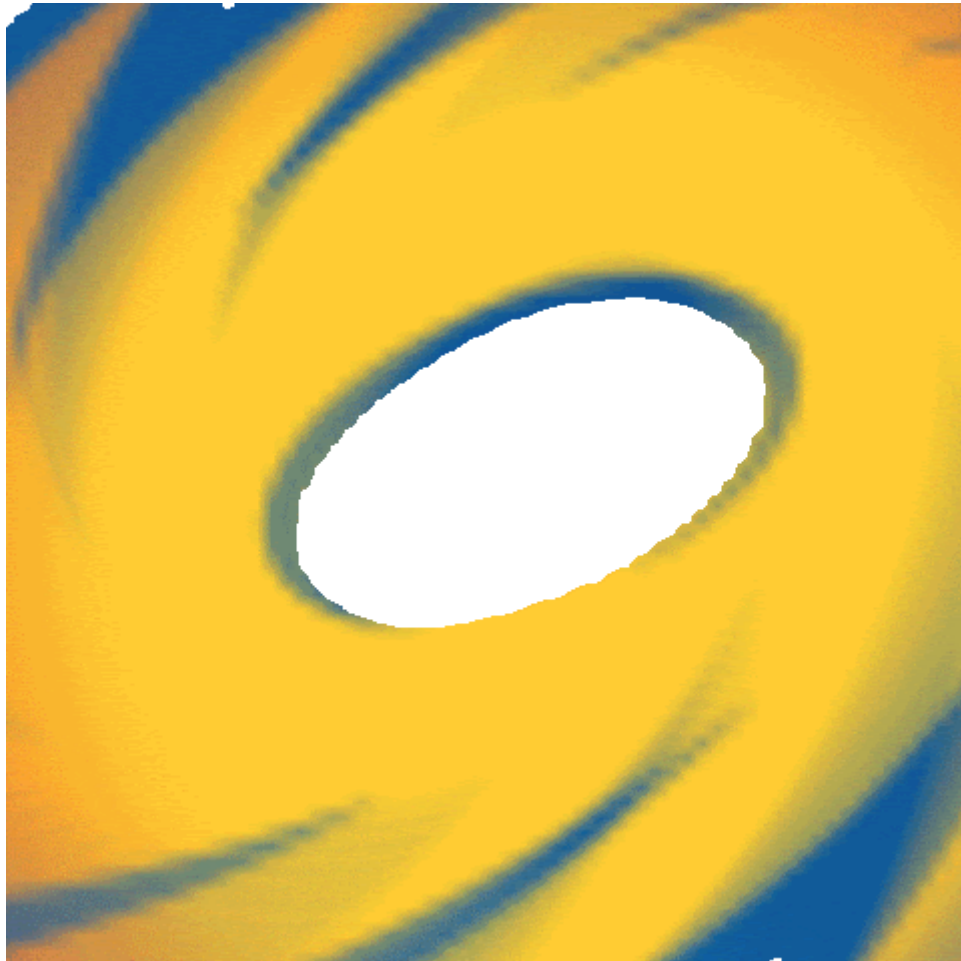
CCV is planning to repeat the wildly successful fundraiser, "Keep Aging Weird", which will celebrate the Village's 10th birthday! It will be presented in a combined in-person and virtual format November 10, 2021, featuring Libby Doggett. Save the date, and if you like to plan ahead, [you can already buy tickets here.](#)

Also, the 6th Annual CCV Golf Tournament is Saturday, October 2 at Riverside Golf Course. [Watch our event page for updates including ticket](#)

[sales.](#)

[Read More](#)

June Member and Volunteer Birthdays



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

- 1 – Marykate H (our beloved intern), Louis L
- 5 – Karen A
- 12 – Adolfo O (Volunteer)
- 16 – Mah J, Mickey S

21 – Wayne W (Volunteer)

25 – Joe F

Safety and Security

FREE Virtual Falls Prevention Course for Older Adults

Empowering YOU to Prevent Falls

Falls are both common and costly with billions of dollars spent to treat the injuries of the one in four older adults who will suffer a fall each year. The good news is that most falls can be prevented! Learning ways to prevent falls and putting that learning into action can empower you to keep yourself safe. This two-part fall prevention course uses information from the Centers for Disease Control and Prevention, along with information from other reputable sources, to give valuable guidance on ways that older adults can prevent falls.

- Dates: June 15 and 17
- Time: 10:00 am to 11:00 am
- To register, email funger@ageofcentraltx.org or call Faith at (512) 600-9279 for registration assistance.

Useful Information from a CCV Volunteer



From Henry M:

[Here's a link to an outstanding, "must read" article from UT Health Austin on bone health.](#)

The article makes clear that achieving and maintaining bone health is a life-long process which includes both diet and exercise. For openers, to avoid osteoporosis, osteopenia and stress or fragility fractures our diets should include plenty of calcium, phosphorous and vitamin D.

And our daily routines should complement a good diet by including impact exercises. These are simple and can involve just about any activity where the bone comes into contact with the ground. Everyday examples are climbing stairs, dancing, walking, hiking, jogging and running. And don't forget housework and gardening. No rocket science here!

[Read More](#)

In the Community



Austin's Age-Friendly Forum Series

Thanks for your ongoing interest in AustinUP's Age-friendly Austin Forum Series. These FREE online sessions will be held throughout 2021 and will focus on community progress as a result of the [Age-friendly Austin Plan](#). The next session will be held Thursday, June 10, with a focus on Respect and Social Inclusion.

[Read More](#)



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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