

January 2018 Newsletter New

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WELCOME TO 2018!

Check out the latest CCV news and events:

January [Events](#) at a Glance

Check out our new and improved [Events](#) listing on our new [website](#)! You can RSVP for any of our events online now.

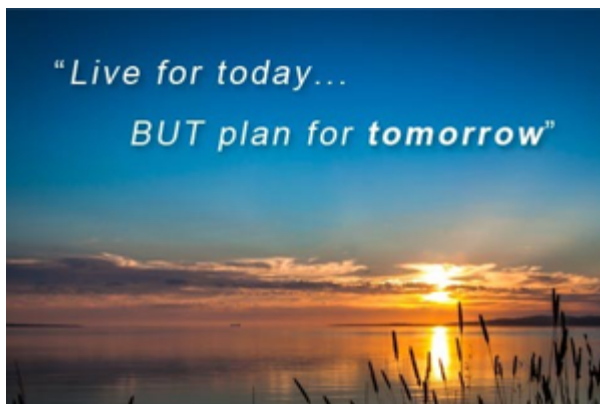
- Tuesday, January 2, 9:30-10:30am (*new schedule, now every first Tuesday of the month*). [Coffee Klatch](#) at Wheatsville, 4001 S Lamar. Come join us for tea or coffee and perhaps a pastry and always good conversation - a great way to start the new year with CCV



friends.

- Thursday, January 4, 4:30-6:30pm [Happy Hour](#) at LaMancha Tex-Mex, 2203 Hancock Blvd.
- Monday, January 8, 6:45-9pm Dominoes ([click to RSVP](#))
- Tuesday, January 9, 10am-12pm, *(new schedule, now every second Tuesday of the month)*. ShortTakes at a member home. (TED talk - "The Art of Being Yourself", [click for more info/RSVP.](#))
- Thursday, January 11, 9:30-10:30am, [2nd Cup](#) at Central Market, 4001 N Lamar
- Friday, January 12, Movie Group - seeing "The Post", time to be determined. [Watch here for details and to RSVP.](#)
- Sunday, January 14, 2:00-3:45pm, Advance Planning: Questions and Concerns, AGE Building, 3710 Cedar St, St. David's Room ([click for more info/RSVP.](#)) *See article below.*
- Wednesday, January 17, 12-1:30pm, Men's Lunch at Andiamo Ristorante, 2521 Rutland Dr ([click for more info/RSVP](#))
- Thursday, January 18, 11:30am-1pm, [Lunch and Laughter](#), Wheatsville, 4001 S Lamar
- Tuesday, January 23, Managing Mindfulness at a member home. ([click for more info/RSVP.](#))
- Wednesday, January 24, 11:30-1pm, Women's Lunch at Andiamo Ristorante, 2521 Rutland Dr ([click for more info/RSVP.](#))
- Thursday, January 25, 9:30-10:30am, Coffee, Caffeine and Conversation at Kneaded Pleasures, [3573 Far West Blvd](#) ([click for more info/RSVP.](#))

[View All CCV Events and Details, and RSVP!](#)



Advance Planning Questions and Concerns

AGE Building, 3710 Cedar Street, St. David's Conference Room (first floor)

Hear from a panel of experts about what you need to know and talk about for advance planning (medical, legal, and family peace-of-mind). This program will feature an elder law attorney, **Garrick Colwell** from [Kitchen Table Conversations](#), and **Nancy Walker** of [Funeral Consumers Alliance of Central Texas](#). The panelists will offer brief presentations followed by a Q&A session.

From Kitchen Table Conversations: During our conversation we'll look at the reasons and show you how to overcome the excuses so you and your loved ones can have the peace of mind knowing how you want to live at the end-of-life.

From Funeral Consumers Alliance: Final arrangements need not bury anyone in debt. Understanding your consumer rights and being able to compare prices at Austin area funeral homes can save you and your loved ones thousands of dollars without sacrificing the final arrangements you want.

Light refreshments and hand-outs will be provided. On-site accessible parking is available. Space is limited - register [here](#).



We Have a New Website - And There's More to Come!

Check it out at www.capitalcityvillage.org. We'd love to get your feedback. And we are still in the development stage of adding member access, so that CCV members will be able to renew and request services online, get the newest member directory, latest newsletter, and look for providers. If you'd like early member access, send a note to bonniegilson@capitalcityvillage.org. Or if you'd like to wait until everything's "in place", we'll be sending you login information some time this month.



In Memoriam:

Mary Jane Marks, August 14, 1929 - December 22, 2017, has been a CCV member since our inception. Mary Jane was known for her love of life and her many friends. She always said “Yes” to a trip or adventure, whether a coffee or a mystery trip, as long as she was with a friend. One of her great joys was connecting people and having them share their talents. She gave generously of her time and good will. Services will be held on Wednesday, January 3, 2018 at Weed-Corley-Fish Funeral Home, 2620 South Congress Ave., Austin, Texas with visitation at 9:00 A.M., service at 10:00 A.M., followed by burial at Assumption Cemetery. Read Mary Jane's obituary [here](#). Mary Jane's family has designated [Capital City Village](#) for donations in her memory.

CCV in the News

If you missed it, or want to see it again because it was so good, our segment that aired Wednesday, December 6 on [KXAN's Studio 512](#) will rebroadcast Tuesday, January 16 between 11am and 12pm. It will then be posted on their website January 17.



Lagom - enjoying a perfectly balanced, sustainable and less wasteful lifestyle. A Swedish word (and lifestyle philosophy) lagom is the idea of "just enough," and it is often interpreted as embracing a middle ground in life. Like the happy medium Goldilocks sought: not too much and not too little. It's about finding a state of being that's just right. It can mean taking stock of your life and recalibrating priorities, allocating more or less time to an activity, or just making time for things like meditation.

Those who embrace lagom can apply these principles to their own homes by de-cluttering their living spaces, and donating unwanted or useless objects to charity. Moreover, meditative practices often embrace this idea of "just enough," and more specifically, the notion that you are already enough and can help center your priorities.

Frankly, this shift from continually pushing to achieve and to accumulate, to a more attainable and balanced center, is something we could all use as we welcome a New Year.



Happy New Year!

Wishing you a joyous, healthy and fruitful new year from all of us here at Village to Village Network. We would like to take the time to express our gratitude for all of the support our Network has brought in 2017, especially all of our **Villages who are bringing joy to tens of thousands of older adults** all across the country.

We look forward to working with each of you in 2018 and beyond!

With much gratitude,
Village to Village Network

In the Community





AGE of Central Texas Offering Free Caregiver Seminar on “Communicating with a Person Who Has Dementia” in Austin on January 11th

AGE of Central Texas will host the free caregiver support seminar “[Communicating with a Person Who Has Dementia](#)” on Thursday, January 11, 2018. Part of the on-going workshop series to help family members effectively care for an older loved one, the free seminar will be held from 6:00 p.m. to 8:00 p.m. at the AGE Building, located at 3710 Cedar Street, Austin, TX 78705.

Margaret DeVinney from Halcyon Home will present the seminar and explore effective ways to communicate with a loved one living with dementia. After 17 years as a homemaker raising three children across three countries, DeVinney completed her Masters in Conflict and Dispute Resolution from Southern Methodist University, and has spent her recent career working with senior adults and their families. She is the Director of Hospice at Halcyon Home, where she pursues her passion of creating beautiful last chapters for patients and families.

Registration for the caregiver seminar is free, but space is limited. Participants can register by calling [\(512\) 600-9275](#), or [online](#). A limited amount of free respite care for older family members will also be available during the seminar through AGE’s Austin Adult Day Health Center, by RSVP only. To RSVP, please request the service with online registration or call Becky McGinnis at (512) 600-9275 no later than January 18th.

For more information on the programs and resources provided by AGE of Central Texas, visit www.AGEofCentralTX.org or call [\(512\) 451-4611](#).



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3710 Cedar St, Suite 283, Austin, TX 78705

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