March 2020 Newsletter

Help us Make History - Amplify Austin Day
Starts Thursday at Happy Hour!

Have you dreamed of making history? Of course, we all have. And now we have a chance to be a part of an opportunity to unite our community around causes in which we truly believe and help nonprofit organizations connect to the larger community.

We need your help! Please join our campaign and help us reach our goal of $12,000 and 100 donors! We're asking you to tell your friends and family members about the important work we do and ask them to join us in helping to make a difference.

You can help members like Faye who recently wrote, "The village has helped me so much. I recently broke both my arms and they provided me with rides and even an electronic recliner. But even more, the social activities and the opportunities to make new friends has been so generous."

Get ready to give! On Thursday, March 5, join us between 4:30
Get ready to give! On Thursday, March 5, join us between 4:30 and 6:30 at the CCV Happy Hour at LaMancha TexMex, 2203 Hancock. We're providing appetizers. Official giving starts at 6pm!

Can't make it to the happy hour? You can donate directly through any of our fundraising champions' pages. And these people are champions indeed, working tirelessly day after day for the Village. Show 'em some love!

Scott B
Tommi F
Mart H
Sue H
Tom K
Tom M

If you want to be a fundraiser too, call the office at 512-524-2709 to get some help setting up your page.

Village Events

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

- Tuesday, Mar 3 - 9:30-10:30am Coffee Klatch at Captain Quackenbush's Coffeehouse on Manchaca (S). See Interest Group article.
- Thursday, Mar 5 - 4:30pm Kickoff Happy Hour for Amplify Austin at LaMancha TexMex (NC). See feature article.
- Thursday-Friday, Mar 5-6 - 6:30pm-6:30pm Amplify Austin 2020. See feature article.
- Sunday, Mar 8 - 4-6pm Celeb Salons presents Dan Bullock at Mort Subite (Central). See article below.
- Monday, Mar 9 - 6:45-9pm Dominoes at a member home (NW)
- Tuesday, Mar 10 - 10am-12pm Managing Mindfulness at a member home (S)
- Tuesday, Mar 10 - Movie Group - "Emma" at theater and time TBD (NW)
- Thursday, Mar 12 - 9:30-10:30am 2nd Cup at Central Market N. Lamar
- Wednesday, Mar 18 - Men's Lunch at Andiamo Ristorante (NC)
- Thursday, Mar 19 - 11am-12pm Lunch & Laughter at Panera Bread W. Wm Cannon (S)
- Friday, Mar 20 - 11am-12:30pm Book Club at a member home (NW). See Interest Group article.
- Wednesday, Mar 25 - 11:30am-12:30pm Women's Lunch at Andiamo Ristorante (NC)
- Thursday, Mar 26 - 9:30-10:30am Coffee, Caffeine and Conversation at Summer Moon on W. Anderson Ln (NW). See Interest Group article.

Celeb Salons

Celeb Salons Features Singer/Songwriter and
Community Leader Dan Bullock

**Sunday, March 8, 4-6pm at Mort Subite, 308 Congress**

Capital City Village is proud to present the continuation of our popular program series Celeb Salons - exclusive, up-close gatherings with some of Austin's local notables. Our next guest is Dan Bullock, a seasoned community leader who writes, speaks, and consults on leadership, civic engagement and community building.

From West Texas cowboy to Colorado folk/blues singer to Austin corporate executive, Dan's experience led him to create The Mosey Project. The project uses various communications platforms to promote constructive civic engagement. It serves as a catalyst to showcase significant civic programs and to connect those people and organizations who want to make a positive difference in community building.

You're invited to join us to hear Dan speak about his varied career in banking, financial management, and community service. Dan's community leadership efforts have been recognized in such publications as Austin American-Statesman, Austin Business Journal, Dallas Morning News, Southwest Airlines Magazine, Texas Business Magazine, Texas Monthly and West Austin News. Members, volunteers and friends of CCV are welcomed!

Celeb Salons are hosted at Mort Subite, the first authentic Belgian-style pub in the U.S. There is free street parking on Sundays, fully-accessible drop-off at the back entrance from the alley behind the pub. Registration includes one drink and light bites, as well as a tax-deductible donation to Capital City Village.

**Volunteer of the Year Named at Annual Meeting**
Capital City Village’s 2019 Volunteer of the Year is Dr. Kathy Wohlert. Kathy has been a CCV member since 2013, and a volunteer most of that time. She has organized and reorganized the office many times and has been key to helping several of our members organize their homes in their last years and months.

Kathy is also one of the “Voices of the Village”, having represented us on KXAN and several times at Keep Aging Weird. You can check out her KXAN interview here.

Well deserved congratulations Kathy!

Welcome New Members!

Welcome to new members, Ramesh and Kamal G (78746), Nirmal K (78751) and Jean W (78746)!

Community Dinners
Save the date - Sunday, May 3rd - for the opportunity to enjoy a meal and get to know some of your fellow Village members in a fun, small group setting. We are asking that several of you sign up to host a “pot luck” lunch or dinner as well as provide the main course for 4 to 8 (including the hosts) Village members. Other Village members will sign up to attend and will bring either a side dish or dessert.

To make this a success, we have to have hosts - please send an email to Phylliswaddle@sbcglobal.net. Details on signing up to attend will be forthcoming soon!

Interest Group News

Book Club Will Review "The Only Woman in the Room" Friday, March

Coffee Klatch to Meet at the Newly Opened Captain Quackenbush’s Coffeehouse

Join Coffee Klatch on Tuesday, March 3rd at 9:30 at the new Captain Quackenbush’s Coffeehouse at 5326 Menchaca Road. It’s in the same strip mall as Austin Java and just a few shops to the north. Lots of great pastries and easy parking.

Coffee, Caffeine and Conversation to Meet at SMW...
Room - Friday, March 20 at 11am

Join the group for potluck and great conversation Friday, March 20 at 11am. RSVP and we'll send you the address.

Book titles for future meetings are:

April: “A Woman of No Importance,” by Sonia Purnell
May: “A Better Man,” by Louise Penney
June: “Upstairs at the White House,” by J.B. West, Mary Lynn Kotz

Summer Moon on W. Anderson Ln

Join CCC Thursday, March 26 at 9:30 at a new venue: Summer Moon, fire-roasted coffee on W. Anderson Lane just west of Burnet Road.

From Our Volunteers

Learn the signs.


Signs and Symptoms of Stroke

We have some great volunteers at CCC. One who has put in many hours organizing the
We have some great volunteers at CCV. One who has put in many hours organizing the Men's Lunches is Henry M. Henry and his wife Ellen recently read this information on the CDC website and wanted to share it with all of you.

"Sudden severe headache with no known cause is a stroke sign in men and women. During a stroke, every minute counts! FAST (see the illustration) treatment can lessen the brain damage that stroke can cause.

By knowing the signs and symptoms of stroke, you can take quick action and perhaps save a life—maybe even your own.

Signs of Stroke in Men and Women

- Sudden numbness or weakness in the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking, or difficulty understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance, or lack of coordination
- Sudden severe headache with no known cause

Call 9-1-1 right away if you or someone else has any of these symptoms."

Read the entire article here.

Interesting!

Manchaca Road is no more. The city passed an ordinance in October last year to change the spelling to Menchaca Road to honor Tejano revolutionary José Antonio Menchaca, who fought in a decisive battle of the Texas Revolution.

Caregiver Resources
AGE of Central Texas will host the free caregiver support seminar exploring “Driving Safety for Older Adults and Their Caregivers” on Saturday, March 7, 2020. Part of the ongoing workshop series to help family members effectively care for an older adult, the free seminar will be held from 10:00 a.m. to 12:00 p.m. at the AGE of Central Texas main campus, located at 3710 Cedar Street in Austin.

Occupational Therapist and Driver Rehab Specialist Megan Frazier will discuss how caregivers can utilize proven techniques to determine an older adult’s fitness to drive, and how to have the difficult conversations about driving. Megan owns Functional Stability and Mobility and is the Vice President of the Association of Driver Rehab Specialist Texas Chapter, Co-Chair for TOTA SIS for Driving and Community Mobility, serves on University of Mary Hardin Baylor Occupational Therapy Advisory Board, and has worked as an occupational therapist in Skilled Nursing Facilities and acute care facilities for the past 17 years. She specializes in helping clients with neurological and complex medical conditions addressing fitness to drive.

Registration for the conference is free, but space is limited. Participants can register by calling (512) 600-9275, or online.

Our mailing address is:
3710 Cedar St, Suite 283, Austin, TX 78705