

January 2020 Newsletter

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May 2020 be Your Best Year Ever!

As [Capital City Village](#) enters 2020, our wish is to continue to help as many as possible to age well at home and in community! Join us at one of our many [events](#) and discover the best of the [Village Movement](#) right here in Austin, Texas.

Annual Member Meeting Scheduled for Monday, February 24

2-4pm at Tarrytown United Methodist Church Fellowship Hall

Members - it's YOUR Village! Come to the [Annual Meeting](#) to hear the "State of the Village" and to add your voice to the Village's direction going forward. There will be both good information and musical entertainment. Come on out! And please [RSVP](#) so we'll know to expect you.



Photo by Tom Knutsen

Village Events



Photo by Deborah Reinhard Photography

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

- Wednesday, Jan 1, Office closed for New Year's Day
- Thursday, Jan 2 - 4:30-6:30pm [Happy Hour](#) at LaMancha TexMex (NC)
- Tuesday, Jan 7 - 9:30-10:30am [Coffee Klatch](#) at Austin Java Manchaca (S)
- Thursday, Jan 9 - 9:00-10:00am [Golf Outing](#) at Central Market N. Lamar

- Thursday, Jan 9 - 9:30-10:30am 2nd Cup at Central Market N. Lamar
- Monday, Jan 13 - 6:45-9pm Dominoes at a member home (NW)
- Tuesday, Jan 14 - 10am-12pm Managing Mindfulness at a member home (S)
- Wednesday, Jan 15 - 12-1pm Men's Lunch at Andiamo Ristorante (NC). *See interest group article.*
- Thursday, Jan 16 - 11am-12pm Lunch & Laughter at Panera Bread W. Wm Cannon (S)
- Friday, Jan 17 - 11am-12:30pm Book Club at a new location this month. RSVP for address. (NW)
- Tuesday, Jan 21 - Movie Group at TBD (NW). *See interest group article.*
- Wednesday, Jan 22 - 11:30am-12:30pm Women's Lunch at Andiamo Ristorante (NC)
- Thursday, Jan 23 - 9:30-10:30am Coffee, Caffeine and Conversation at TBD

Save the Date:

- Monday, Feb 24 - Annual Member Meeting - 2-4pm at Tarrytown United Methodist Church (W. Central)
- Thursday-Friday, Mar 5-6 - 6:30pm-6:30pm Amplify Austin 2020

Interest Group News



Men's Lunch: New Owner of Andiamo Ristorante Talks About Running the Place

For the January 15 meeting, Steven Kovatch, the new owner of Andiamo's, will talk to us about what it takes to run a restaurant, how he copes with competition, what goes on in the kitchen where we can't see it, what problems he faces with sourcing product, deliveries, creating new dishes, management of staff.



Movie Group Meets Tuesday, January 21

Watch our [Events Page](#) for further details regarding the movie, time and venue.

Book Club is at a New Location This Month, Friday, January 17 at 11am

Lunch is \$22/person. Please RSVP so we'll know to expect you.

The book will be "Before We Were Yours" by Lisa Wingate. Bring something for potluck and stay for great conversation! RSVP and we'll send you the address.

Caregiver Resources

INTENTIONAL CAREGIVING

A THREE-PART EDUCATIONAL SERIES



FIRST TUESDAY OF THE MONTH • 11:30 AM

BELMONT VILLAGE SENIOR LIVING
4310 BEE CAVE ROAD • WEST LAKE HILLS, TEXAS 78746

Join us for an informative three-part series on strengthening family relationships and strategies for successful communication as caregivers.

- January 7 Resilience for Family Caregivers: Caring for Ourselves So We Can Care for Them
- February 4 Being Present with Suffering in Systems: Understanding Our Own Struggles and Coping Effectively with That of Others
- March 3 The Power of Feeling Seen: Deep Listening for More Successful Conversations

Lunch will be provided. RSVP to Jamie Smithson at 512-348-3318 or jsmithson@belmontvillage.com.

Speaker: Rev. Carla Cheatham, MA, MDiv, PhD, TRT Carla began her career in social services with an MA in psychology, certification in trauma counseling, PhD in health and kinesiology, and an M.Div. She is the Lead Trainer for Carla

Cneatham Consulting Group, LLC and a national keynote speaker and consultant focusing on emotional competencies for professionals and resilient organizations.

BELMONT *Village*

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Free Caregiver Seminar



Meaningful Activities for Persons with Dementia

AGE of Central Texas caregiving and dementia experts Naomi Dalsbo and K.C. Lawrence will explore activities that caregivers and care recipients can do together.

Saturday, January 18, 2020

AGE of Central Texas will host the free caregiver support seminar exploring “Meaningful Activities for Persons with Dementia” on Saturday, January 18, 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 Onion Creek Senior Center, located at 420 Barton Crossing in Buda.

AGE of Central Texas caregiving and dementia experts Naomi Dalsbo and K.C. Lawrence will explore activities that caregivers and care recipients can do together, with an emphasis on stimulating activities for persons with dementia. Naomi serves as the Activities Director for the Williamson County Thrive Social & Wellness Center, and K.C. is the Program Director for the Memory Connections early memory loss support program.

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

GPS A ROAD MAP FOR CARING FOR AGING FAMILY MEMBERS

Responsible for the care of a family member living with Alzheimer's, dementia, Parkinson's, or any other debilitating disease? Then this event is for you! Whether they're living at home, in a facility, or far away, the journey can be daunting and the responsibility overwhelming.

[Join us on February 29, 2020](#), to hear from experts and visit with a range of local providers across the care spectrum. Featuring Keynote speakers Karen Stobbe and Mondy Carter of North Carolina presenting on transforming relationships with those living with dementia through improvisation performance and role-playing. Attendees will also have the option to choose two of three breakout sessions.

There is no fee to attend. Breakfast and lunch are provided. [Reserve your free spot here](#).

BREAKOUT SESSIONS

Cyndi Cummings: Founder, Austin Senior Resource Alliance

"Family Matters - Critical Conversations Near and Far"

Learn tools for effective family communication when disagreements or distance presents additional challenges.

Help with finding resources for long-distance caregiving will also be provided.

Hospice Austin

"The GIFT Project: Giving Instructions for Tomorrow"

Learn how to:

- *Identify your preferences, if there comes a time when you cannot speak for yourself
- *Decide how to choose a medical power of attorney
- *Discuss wishes with loved ones and medical providers
- *Complete advance directives

Carlye Levine, LCSW-S, C-ASWCM: Founder, Austin Vitality Counseling

"Is Aging in Place an Option? Red Flags and Next Steps"

What are indicators that more help is needed or a change is in the offing?

Carlye will walk us through what to look for and how to determine the best

solutions for aging in place or facility placement.

Saturday, February 29, 2020, 8:30 am - 2:30 pm, Riverbend Church

- Community Center. [Click here for campus map!](#)

This event will sell out. Presented by Alzheimer's Texas and Riverbend Church.



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

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