

Mid-February 2020 Newsletter

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Office: 512-524-2709

Member Services: 512-468-5594



Who will be named 2019 Volunteer of the Year at this year's Annual Meeting? [Be there to find out!](#)

Annual Member Business Meeting is Monday, February 24 at 2pm

2-4pm at Tarrytown United Methodist Church Fellowship Hall,
2601 Exposition Blvd.

Members and Volunteers - 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.

Village Events



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

- Monday, Feb 17 - [Office Closed](#) for President's Day
- Monday, Feb 17 - [Movie Group](#) - 12:40-3pm at Regal Arbor at Great Hills (NW)
- Wednesday, Feb 19 - [Men's Lunch](#) at Andiamo Ristorante (NC). *See Interest Group article.*
- Thursday, Feb 20 - 11am-12pm [Lunch & Laughter](#) at Panera Bread W. Wm Cannon (S)
- Friday, Feb 21 - 11am-12:30pm [Book Club](#) at a member home (NW). *See Interest Group article.*
- Monday, Feb 24 - 2-4pm [Annual Member Business Meeting](#) at Tarrytown United Methodist Church (WC). *See feature article.*
- Wednesday, Feb 26 - 9:30-10:30am [Learn More About Capital City Village](#) at a member home (NW). *See article below.*
- Wednesday, Feb 26 - 11:30am-12:30pm [Women's Lunch](#) at Andiamo Ristorante (NC). *See Interest Group article.*
- Thursday, Feb 27 - 9:30-10:30am [Coffee, Caffeine and Conversation](#) at Texas French Bread (NC)

Save the Date:

- Thursday-Friday, Mar 5-6 - 6:30pm-6:30pm [Amplify Austin 2020](#). *See following article.*
- Sunday, March 8 - 4-6pm [Celeb Salons presents Dan Bullock](#) at Mort Subite (Central). *See article below.*



**I Live Here
I Give Here®**

Amplify Austin

Ready to Lend a Helping Hand? Amplify Austin Day is Coming Up!

We're counting down the days to March 5th - 6th and [Amplify Austin Day](#). We need your help to make our campaign a success, and we've included a few easy ways that you can support us.

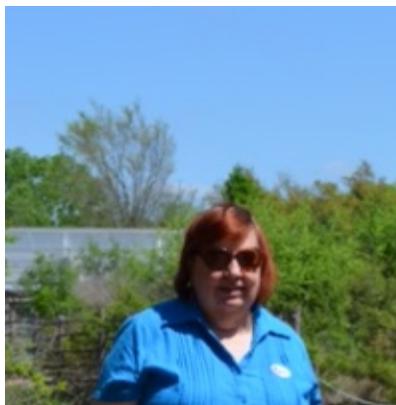
Share and share alike. Online days of giving are successful because of our own networks. Help us grow our network by sending this email to your network and ask your friends to do the same.

Be socially (media) active. Use your social media networks: post on Facebook, tweet about Amplify Austin Day, and share your love for your particular passion, which we hope is helping seniors age at home and in community. Ask others to do the same.

Become a fundraising champion. Everyone loves a champion, including us! We really need fundraising champions to help drive people to our [Amplify Austin Day](#) profile on March 5th - 6th. Contact us for more information on how to become a fundraising champion!

Thank you in advance for your support!

From Our Members





Remembering Rose

Capital City Village member Rose M Berkowitz lived an extraordinary life. Born January 16, 1948 in Chicago, Rose was firstborn in household of seven children.

During much of her life, Rose resided in New Jersey, later, moving to Wharton, Texas and more recently, Central Texas. She possessed many talents, including as a singer, volunteer, scholar, business owner and AT&T Project Manager.

While a single mother of three children and working full time, Rose earned a scholarship and MBA from Rosevelt University. During her time as a member of Capital City Village, Rose served on the Board and Development and Marketing Committee with dedication and creativity. Also, she spoke at the 2018 Keep Aging Weird Luncheon.

Not only was Rose a longtime member of Mensa, but also Editor of their local newsletter. Because Rose was a devotee and historian of numerous music genres, she formed a virtual friendship with Austin's iconic John Aielli, which resulted in her appearing twice on his KUTX Radio program. Of course, Rose promoted Capital City Village on the airways.

Another of Rose's contributions: a dynamic, catchy tag line/motto/slogan. "Stay where you live; live well where you stay."

Our Rose enjoyed numerous special CCV friendships, including "improbable friendships." One of those friends, Arnie Orange, captures the essence of Rose in following vignette.

"Grocery shopping with Rose"

As a prologue I'll state that I do not like to shop!

That being said, I actually came to look forward to shopping with

Rose. When I first started driving her more than 3 years ago she was able to walk holding on to the cart. At that time I'd wait in the car and read. Over time as her health deteriorated I started going in to HEB with her, until she had so much pain walking that she drove one of the cart-basket combinations that allowed her to sit and shop. I used the word "drove", but "hurtled" or "careened" might be more applicable. Rose couldn't see very well at all, so it was a challenge. Imagine the scene, Rose roaring down the aisle with customers and employees scattering in horror! Well, it wasn't like that at all. Rose drove and laughed, kidded with any one around, and when she bumped into a pillar or stack of groceries just accepted it as the way it was. I would help her reach items, and joke about many of them, including the kitty treats for Panther (which took the most time to select). I of course was well aware of her many afflictions, but was buoyed up - and still am - by the way she dealt with adversity with nary a complaint.

I miss her, and I miss our HEB adventures. Arnie (Arnold Orange)

Rose passed from this life on January 10, 2020. She shall be missed.

A special thanks to Chammi Miller, dedicated volunteer and advocate for Rose in the CCV Village Connections program.

Respectfully submitted by L K Keeling

Learn More About the Village!



Join us for an informational (and fun!) coffee to learn everything you ever wanted to know about Capital City Village. The coffee will be held at a member home in northwest Austin at 9:30am Wednesday, February 26. If you'll [RSVP](#), we'll send you the address.

Celeb Salons



Celeb Salons Features Singer/Songwriter and Community Leader Dan Bullock

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

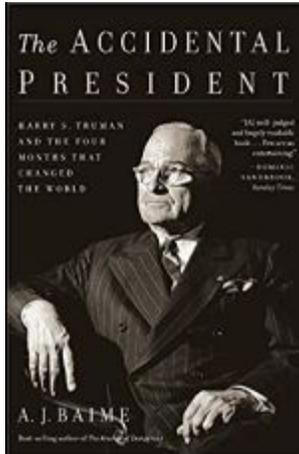
Capital City Village is proud to present the continuation of our popular program series Celeb Salons - exclusive, up-close gatherings with some of Austin's local notables. Our next guest is Dan Bullock, a seasoned community leader who writes, speaks, and consults on leadership, civic engagement and community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

Interest Group News



**Book Club Will be Back
at the Usual Location
This Month, Friday,
February 21 at 11am**

Thanks to all who attended in January!
We had a lively conversation regarding
January's book: "Before We Were Yours,"
by Lisa Wingate.

Book titles for future meetings are:

February: (chosen in November) "The
Accidental President," by A.J. Baime
March: "The Only Woman in the Room,"
by Marie Benedict
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



**Men's and Women's
Lunches Feature "New
Zealand, North
and South Islands -
Culture, Scenery and
Geology" by Jerry
Dykstra**

Join the [CCV men](#) for lunch and this
informative program Wednesday,
February 19 at noon. Join the [CCV
Women](#) for the same program
Wednesday, February 26 at 11:30am.

The food is great at Andiamo Ristorante,
2521 Rutland, where the program is held.
Lunch is \$22 - please RSVP to let the
organizer know you'll be there.



Join the group for pot luck and great conversation Friday, February 21 at 11am. RSVP and we'll send you the address.



Have You Tried Your Member Profile and Interest Group Chat?



Hi CCV Members,

We have some great improvements to the website that we'd like to announce. You will now be able to view and edit your own information AND you'll be able to chat with other members within interest groups. Here's how:

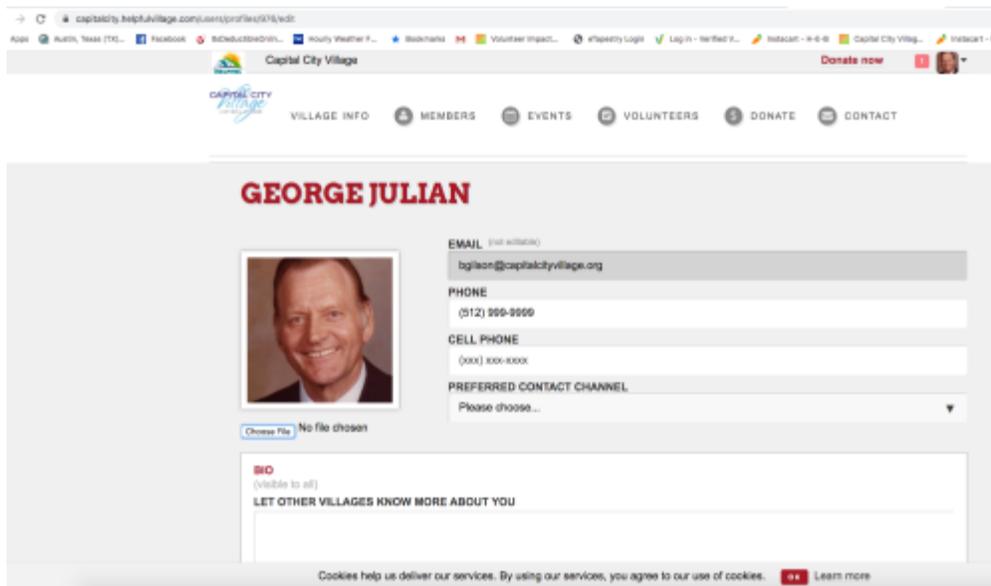
Log in to the [CCV website](#) with your password. (If you don't have a password or need a new one, reply to this email.) At the top right you'll see a box with a down-arrow next to it. Click on the down-arrow and click "View Profile". This will bring you to your Profile, where you can edit your contact information and your preference for how you wish to be contacted:

Next, click the "Member" tab on your profile. You will see your membership information and the interest groups you've selected. Use the "Interest Group Settings" box to select interest groups. You don't have to presently be participating in the group to select it, but this will put

groups. You don't have to presently be participating in the group to select it, but this will put you into a chat group where you can communicate with other members about this interest area.

Now click on the "Volunteer" tab. You'll be able to see the volunteer activities you're signed up for. You can change your volunteer activities by clicking "Edit". (There are some that you cannot add without further training, such as Driving and Village Connections.) In addition to your volunteer activities, this "Edit" button will also take you to a screen where you can enter a bio and edit other parts of your profile, including the ability to add a picture.

Now that you've taken a look at and edited your profile, here's how you talk to others within interest groups. Go back to the [home page](#) and click on the MEMBERS tab. On the drop-down, click "Village Talk". Your selected interest groups show up in the top box on the right. Click on one and start a conversation within that group. You can also edit your interest groups from this page by using "Settings", also in that top right box.



In the Community



Connect and Learn with AustinUP

AustinIP events are created and planned with YOU in mind. We invite you

...events are created and planned with you in mind. We invite you to take a look at our upcoming February and March events. Whether it's an age-smart conversation over coffee, a 50+ job fair in South Austin or a discussion about startup options for older adults, you can access all of the details below or [on our website](#). See you soon!

Coffee Chat with AustinUP: February 22

Something new for 2020! A Saturday morning "coffee chat" for older adults in the community who want to know more about aging in Austin, including resource updates and news from the Age-friendly Austin front. This month we're meeting at Central Market Café, 4001 North Lamar Blvd., Austin, TX 78756, from 10 to 11:30 a.m.

[RSVP](#)

50+ Job Fair: February 27

This *free* 50+ Job Fair, hosted by Affinity at SouthPark Meadows, 9500 Alice Mae Lane, Austin, TX 78748, will include speakers on job-related topics and free headshots courtesy of Deborah Reinhard Photography. Hours are 10 a.m. to 12 noon. Bring copies of your résumé!

[RSVP](#)

Startups After 50: March 15

AustinUP is partnering with Aging 2.0 to bring entrepreneur Jeff Tidwell, co-author of [Next For Me: A Guide to Startups for Dreamers](#), to Austin. Jeff's presentation is part of Aging 2.0's Global Innovation Showcase (GIS) and Aging Innovation Expo. The location is the Norris Conference Center, 2525 W. Anderson Lane #365, Austin, TX 78757. Cost for the entire event is \$10.

[RSVP](#)



SHALOM
AUSTIN

Join Shalom Austin for February Programs:

February 16 - Monthly Film Series with AJFF at 3:00pm. The Austin Jewish Film Festival in conjunction with Shalom Austin is pleased to present this month's film. This month's screening will take place at Congregation Agudas

Achim. The film is "Sefarad". This sumptuous and absorbing historical drama recounts the story of the Jews in Portugal since 1496, when King Manuel I prohibited Judaism. Tickets are \$12 each and are available at AJFF.org.

February 28 - Café Au Lit Book Club at 11:30am. Unlike conventional book clubs where books are assigned, Café Au Lit is a monthly discussion group of adults who will each be given 5-10 minutes to discuss a book they have read or are reading now and critique it. Books can be any type. You are welcome to bring a brown bag lunch. Will meet in JCC Room 150D.

Please direct any program questions and RSVPs to Annie Skelton, Program Coordinator, at Annie.Skelton@shalomaustin.org or 512-735-8088.

Caregiver Resources



AGE of Central Texas Hosting Free “Driving Safety for Older Adults and their Caregivers” Seminar March 7

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](#).

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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