

Mid-February 2018 Newsletter

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Help "Amplify" Capital City Village March 1-2!

[Capital City Village](#) will once again be participating in Austin's 24-hour period of giving from **6pm Thursday, March 1 through 6pm Friday, March 2**. Watch our Amplify blasts for more information.

Donations received through Amplify Austin are the main source of funds used to supplement CCV membership for modest-income seniors. This means that your Amplify donations help [Capital City Village](#) deliver the services, programs, and supports to those

who could not otherwise afford to access them.

Join us for an exclusive **Amplify Austin Kick-Off Party, Thursday, March 1, 5:30-7:30pm** in a member's home. Space is limited so advance [RSVP required here](#) or at [512-524-2709](tel:512-524-2709). You can enjoy food & drink, friendship, silent auction, and a chance to make your Amplify donation on-the-spot!

Thank you for supporting [Capital City Village](#) again this year!



GULP! Swallowing, Choking and Acid Reflux

[2:00-5:00 pm Sunday, February 25 at a Member Home](#)

Join CCV members, volunteers and friends for **GULP!** or "Challenges and Answers for Problems of Swallowing/Choking and Acid Reflux"

Presenters:

- Elise Siprelle, speech therapist and director of swallowing evaluation, Central Texas Rehabilitation Hospital
- Dr Tom McHorse, gastroenterologist

Elise Siprelle earned her Master's Degree in Speech Therapy and Swallowing Disorders from University of North Texas, and has been on staff of Central Texas Rehabilitation Hospital since 2013. She has been working in the field of Speech-Language Pathology for seven years since moving to Austin. Ms. Siprelle specializes in treating the adult population targeting swallowing, cognitive and speech-language disorders. In her spare time she enjoys spending time with her husband, walking her dog Bonnie, cooking and going to spin classes.

Tom McHorse MD is board certified in Gastroenterology, graduate of Baylor College of Medicine, and has practiced and taught gastroenterology in Austin since 1974.

The program will be a discussion of the problems of swallowing and reflux from top to the bottom of the esophagus, with adequate time for questions.

[RSVP here and we'll send you the address prior to the event.](#)



2018 Annual Meeting and Volunteer Recognition Thursday, February 22, 2-4pm at Westminster

If you're a CCV member and/or volunteer, join us for Capital City Village's Annual Members' Meeting & Volunteer Recognition Event Thursday, Feb. 22, 2-4pm at Harris-Bell Hall, [Westminster Senior Living](#), 4100 Jackson Avenue. ***(Please note that this event was formerly scheduled at Westminster for February 8. This has been changed due to a scheduling conflict.)***

- Light hors d'ouvres, coffee & tea provided
- Annual update on Capital City Village achievements and plans for 2018
- Recognition of the accomplishments of our awesome volunteers
- Presentation of the Sue Hoffman Volunteer of the Year award

Valentine's Day Theme: Wear red, pink or purple (optional). Explore your creativity with

our Valentine Hat Contest!

Prizes for:

- *Most Glamorous*
- *Most Outrageous*
- *Most Amusing*
- *Best in Show!*

[Members and Volunteers Only, click here to RSVP.](#)

February 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.

- Monday, February 19, CCV Office closed for President's Day
- Wednesday, February 21, 12-1:30pm, Men's Lunch at Andiamo Ristorante, 2521 Rutland Dr. *See article below.* ([click for more info/RSVP](#))
- Wednesday, February 21, 12-2pm, CCV Open House at the [Lamar Senior Center](#), 2874 Shoal Crest Ave. *See article below.* ([click for more info/RSVP](#))
- Thursday, February 22, 9:30-10:30am, Coffee, Caffeine and Conversation will be meeting in South Austin at Cosmic Coffee. ([click for more info/RSVP](#))
- Thursday, February 22, 2:00-4:00pm, Annual Member Meeting and Volunteer Recognition Event, Harris-Bell Hall, Westminster Senior Living, 4100 Jackson Ave. *See article above.* [Members and Volunteers RSVP here.](#)

- Sunday, February 25, 2-5pm, GULP! Swallowing, Choking and Acid Reflux at a member home. *See article above.* ([click for more info/RSVP](#))
- Tuesday, February 27, 10am-12pm, Managing Mindfulness at a member home. ([click for more info/RSVP.](#))
- Wednesday, February 28, 11:30-1pm, Women's Lunch at Andiamo Ristorante, 2521 Rutland Dr. *See article below.* ([click for more info/RSVP.](#))
- Thursday/Friday, March 1-2, 6pm to 6pm - Amplify Austin's 24-Hour Period of Giving. *See feature article.* ([click for more info/donate.](#))

Cancellation: March's Happy Hour (first Thursday) will be cancelled so all can attend the Amplify Austin party.

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



The CCV Office and the AGE Building will be closed for President's Day Monday, February 19.





Need Help with Your Dog or Cat?

We have a new volunteer who is willing to (1) take your dog or cat to the vet, and (2) walk and/or feed them during short absences from your home. She has experience with dogs (including large ones) and cats and would be happy to help. Contact our [Volunteer Director](#) to request this volunteer.

We have so many wonderful volunteers who drive, do handy work, provide tech assistance, serve on committees, and so many other things. We love our volunteers! If you're a member, come and celebrate them at our [Annual Member Meeting and Volunteer Recognition Event!](#)



Men's Lunch - Field Geophysics in Strange Places

Andiamo Ristorante, 2521 Rutland Dr, 12:00-1:30pm Wednesday, February 21.
[RSVP here.](#)

Once again, back by popular demand, Arnie Orange will continue his frostbite saga with "Field Geophysics in Strange Places Part 4 - the Arctic".

We all understand that life's not fair, which is undoubtedly why Harrison Ford gets the big bucks for trips like this, while folks like Arnie do all the heavy lifting. All the more reason to come out, support Arnie and learn something your travel agent will never tell you.

And let us know if you plan to attend - ok?



Women's Lunch to Feature Two Sides of Germany - A Trip Through the Past

Andiamo Ristorante, 2521 Rutland Dr, 11:30-1pm Wednesday, February 28. [RSVP here.](#)

"Two Sides of Germany: A Trip Through the Past", will be presented by Henry McCown. We will cover Dresden and the Meissen Porcelain Manufactory just next door, the interesting island of Ruegen, and the Harz Mountains area, all in the former East Germany, as well as a bit of Munich and the Hanseatic League's queen city of Luebeck. This focus will let us look a bit at each side of a country divided for over four decades by geopolitics.





Open House

Join Capital City Village members and friends **Wednesday, February 21, 12-2pm** for a Capital City Village Open House at the Lamar Senior Activity Center, 2874 Shoal Crest Avenue (southeast corner of 29th & Lamar). Our Open Houses are great places to find out all you want to know about village membership, volunteering and more. We'll have plenty of snacks, lots of information and great conversation. Let us know you're coming here, or just pop in.



Your Opinion Needed on Seniors' Use of Ride Share Apps

Dr. Sandy Rosenbloom's transportation planning graduate students at UT have once again asked for CCV's help in a special research endeavor.

A team of Dr. Rosenbloom's student researchers is looking to conduct a focus group with Village members about their use (or non-use) of and comfort with ride share apps and what they term "disruptive technologies."

CCV has assisted Dr. Rosenbloom previously including a focus group on air travel last year. Dr. Rosenbloom's students last year won 2nd place in a national design competition! So we'd love to be able to help out these enterprising graduate students again this year.

We are considering a Saturday or Sunday afternoon focus group the weekend of March 3-4. The location would likely be here at the AGE Building (3710 Cedar St. @ 38th, north of the university). If you would like to participate, please contact Tammi Ferguson in the CCV

the university). If you would like to participate, please contact [Tommi Ferguson](#) in the CCV office (512-524-2709) and indicate which day would work best for you.

In the Community



Visit the JCC for Lots of Programs

Feb 20-Ah Bissel Yiddish, 11 a.m.

Jewish Entertainers Part 2 will feature short bios and performances of artists from the early to mid-20th century such as Eddie Cantor, and continue through the latter part of the century citing entertainers such as Richard Tucker, Mel Brooks, Theodore Bikel, etc. Lastly, looking at more contemporary performers in the U.S, such as Joshua Bell and finishing in Europe and Israel with a couple of groups who are relatively unknown in the U.S. Lunch and Learn, please bring a brown bag lunch. Meet in JCC Room 150D.

27- Music Scholars Lecture Series, 12 p.m.

Music Educator Martha Buchanan will take you on a tour through music history, from the 1700's to contemporary sounds, to deepen your understanding, appreciation and enjoyment of music. Each lecture will focus on major periods of music history, their characteristics, composers, instruments, innovations and context. \$3 donation requested at the door to cover cost of lecture, performers and refreshments. Meet in JCC Room 150C.

28 - Holiday Celebrations: Purim Schpiel, 1:30 p.m.

Esther on the Roof; A Purim Schpiel. Featuring the Simcha Readers' Theater Players performing an original Purim Schpiel inspired by the musical "Fiddler on the Roof." Free-RSVP required to attend. Meet in JCC Community Hall Stage.

[Click here for the February calendar.](#)





UFCU Shred Day
March 3rd, 10am - Noon
(or until truck is full)

Criminals need very little information to steal identities and garbage cans offer an abundance of information from paperwork. Bring up to two file boxes of paper per household for free, confidential shredding. Commercial high-volume shredders, courtesy of Iron Mountain, will be on-site to shred your records. UFCU Asset Protection team members will also be available to answer your questions about identity theft or other fraud issues.

Location: North Guadalupe Financial Center, 4611 N. Guadalupe

Notes from Our Members



**Progress, but far from perfection, on avoiding risky
sedatives in older adults**

A new study shows that efforts to discourage benzodiazepine use over age 65 in the US, Canada and Australia are working, but that many prescriptions are still being written. They help many people sleep, or feel calmer or less anxious. But in older people, they also double the risk of car crashes, falls and broken hips. That's why the medications known as benzodiazepines show up on international guidelines as drugs that very few people over the age of 65 should take. Yet a sizable percentage of adults in that age group still have an active prescription for one, according to new research.

Source: Michigan Medicine - University of Michigan, Feb. 12, 2018

[Full article via *Science Daily* \(link\)](#)

Many thanks to CCV Board member Rose Berkowitz for sharing this news item.



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

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