

July 2018 Newsletter

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Celebrating our Independence to "Stay Where We Live, Live Well Where We Stay!"



Happy Independence Day to everyone reading this. Capital City Village has embraced the Village tradition since 2011. We are proud to help so many to live independently in home and community.

Have a great holiday and then join us for [Happy Hour](#), [Celeb Salon](#), or others of our myriad of choices of social and educational events. You'll be glad you did!

The office will be closed Wednesday for the July 4 holiday. Calls may be left at the office (512-524-2709) for return on Thursday.

We wish a safe and happy holiday to all.



If you'd like to help more of us to live independently, maybe those of us who struggle to afford even a minimal membership fee, click the "[Donate](#)" button. Thanks!



July 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.

Just click the name of the event below and you'll go to more information and be able to RSVP.

- Tuesday, July 3, 9:30-10:30am - [Coffee Klatch](#), Wheatsville S. Lamar
- Wednesday, July 4 - Independence Day, Office Closed
- Thursday, July 5 - [Happy Hour](#), LaMancha Tex-Mex (N. Central)
- Sunday, July 8, 4-6pm - [Celeb Salon](#) featuring Dr. Jacqueline Angel and Teresa Ferguson (Central) See article below.
- Monday, July 9, 6:45-9pm - [Dominoes](#) at a member home (NW)
- Tuesday, July 10, 10am-12pm - [ShortTakes](#) at Howson Library (NW)
- Thursday, July 12, 9:30-10:30am - [2nd Cup](#) at Russell's Bistro (NC)
- Wednesday, July 18, 12-1:00pm - [Men's Lunch](#) at Andiamo Ristorante (NC); see more info below
- Wednesday, July 18, 1-2pm - Senior Transportation Resources - presentation to AARP South Austin Chapter at Manchaca Senior Center (South Central)
- Thursday, July 19, 11:30-12:30pm - [Lunch and Laughter](#) at Wheatsville S. Lamar
- Tuesday, July 24, 10am-12pm - [Managing Mindfulness](#) at a member home (South)
- Tuesday, July 24, 10am-12pm - [Senior Resource Fair](#) (AGE of Central Texas) at Manchaca Senior Center (South Central)
- Wednesday, July 25, 11:30am-1pm - [Women's Lunch](#) at Andiamo Ristorante (NC)
- Thursday, July 26, 9:30-10:30am - [Coffee, Caffeine and Conversation](#) (Location to be determined)

The Book Group is taking a summer break and the next meeting will be Friday, September 21.

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





Celeb Salon: Sunday, July 8th, 4-6pm

Celeb Salons is presented by Capital City Village and [Mort Subite](#) on Sunday, July 8, 4-6pm. Capital City Village is proud to present this [new program series Celeb Salons](#): exclusive, up close gatherings with some of Austin's local notables.

Program Overview: Given the twin trends of urban living and shifting demography, the pursuit of healthy, productive, and purposeful aging must become a priority for civic leaders. Cities are poised to lead, serving as labs for ideas and incubation in response to the new realities. Bold leadership, policymaking, and action will not just benefit the old but will enhance livability for all. Don't miss this recap of Dr.

Angel's presentation at this year's SXSW!

Dr. Jacqueline Angel is a senior researcher and professor of sociology and public policy at the UT LBJ School of Public Affairs. She is a nationally recognized expert on aging policy. She has published many scholarly articles and books, most recently "Family, Inter-Generational Solidarity, and Post-Traditional Society" (Routledge 2017). Dr. Angel also has been active on the development of Austin's Age-Friendly Initiative which is currently being implemented as part of the city's comprehensive plan Imagine Austin. Join CCV as we discuss with Dr. Angel the many important social policy implications of the national and local aging population.



Dr. Angel will be joined by special guest interviewer Teresa Ferguson, Executive Director of [AustinUP](#).

Registration: \$25 (members & guests) includes food and a drink. Free street parking downtown, paid lot adjacent to venue; accessible entrance at back of building via alley.

[REGISTER ONLINE](#) or contact the office (512-524-2709 or info@capitalcityvillage.org).



CCV ShortTakes Discussion Group One the Move this Month

The eclectic discussion will be on the move beginning this month! Join us **Tuesday, July 10th, 10am-11:30am at the Howson Library Branch, [2500 Exposition Blvd.](#)** in Tarrytown.

July 10th Discussion Topic: Is pride in aging ("Aging Pride") subversive? Are we part of an "aging revolution"? From alluring images of aging film and music stars (Betty White, Paul McCartney, Aretha Franklin), to new [art exhibit \(Aging Pride\) at Veinna's Belvedere Museum](#), to the rise of [Grandmas of Instagram](#), ideas of aging - and what older adults look like and act like - are being seriously reconsidered. At the same time, the cult of youth and beauty continues to grip our Western culture (\$274 billion sent annual worldwide on anti-aging products and services). We invite you to explore several media offerings and gather July 10th to "unpack" a bit our individual and collective ideas about aging. A few suggested

links are included below. CCV's Tommi Ferguson will facilitate the group discussion.

The Glamorous Grandmas of Instagram (New York Times): <https://www.nytimes.com/2018/06/20/style/instagram-grandmas.html?hpw&rref=fashion&action=click&pgtype=Homepage&module=well-region®ion=bottom-well&WT.nav=bottom-well>

"Aging Pride" exhibition at the Belvedere

Museum: https://www.belvedere.at/aging_pride

And, in keeping with ShortTakes traditional prep: [TEDx Talk by Scilla Elworthy, "Why Are We So Afraid of Getting Older?"](#)

Look for a new topic, new discussion leader, and new location for next month as well. More details in upcoming CCV newsletters!

Sign up through [the CCV website](#) or [email the CCV office](#).



CCV Men's Lunch Group July 18th

The CCV Men's Lunch Group meets monthly on the third Wednesday of each month at noon at Andiamo's Restaurant, 2521 Rutland Dr.

July 18th: Henry McCown will present an off-beat collection of "Images of Vietnam" which he and his wife captured on their recent trip abroad.

Sign up through the CCV website or email Henry directly: hymccown@swbell.net



Transportation Resources for Seniors Co-presentation by Capital City Village & Drive-A-Senior July 18th

Join Capital City Village and Drive-A-Senior South Austin for a special presentation on transportation resources for seniors, **Wednesday, July 18th, 1-2:30pm**, at the Manchaca Senior Activity Center (3911 Manchaca in South Austin). We will also feature an update on the ongoing work for the Age-Friendly Austin Initiative task forces. Enjoy lively discussion and door prizes.

BONUS: CapMetro Mobile Unit will be on hand after the presentation to register people for the Senior Fare Cards!

Sign up through the CCV website: <https://capitalcity.helpfulvillage.com/events/169-transportation-resources-for-seniors>



AGE Senior Resource Fair July 24th

Join [AGE of Central Texas](#) for a free Senior Resource Fair on **Tuesday, July 24th, from 10:00 am to Noon** at the Manchaca Senior Activity Center. There will be free copies of the «Caregiving in Central Texas» community resource guide, and more than 2 dozen area businesses and community organizations will have information and resources available. Visit the Capital City Village table for information materials and free take-away items.

Sign up through the CCV website: <https://capitalcity.helpfulvillage.com/events/168>



Austin "60 Strong" Contest and Calendar to Benefit Capital City Village!

Capital City Village has been selected to be the recipient of calendar sales from a contest currently underway in the Austin area. The Austin 60 Strong Contest will select 12 ambassadors ages 60-69 who represent what it takes to be inspiring in mind, body and spirit. A panel of celebrity judges will select Austin-area residents who will be featured in a special 2019 Austin 60 Strong calendar that will be sold throughout the area. Winners will participate in a professional photo shoot and be compensated for their time, and the person who nominated them will also receive \$65 in gift cards to Austin-area establishments.

Capital City Village was chosen to benefit from the calendar sales because of our commitment to seniors and healthy living! The project is part of Connected Senior Care Advantage, a program from Austin Regional Clinic and Premier Family Physicians for people who have or who are choosing a Medicare Advantage plan.

Nominate someone you know NOW – he or she could be a winner! The

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deadline for entries is August 10, 2018. Complete details and more information is on the website, www.austin60strong.com

THANK YOU!

A Heartfelt "Thank You" from a Member

A CCV volunteer has been taking me grocery shopping almost every Tuesday for the last year or so. He's always kind and helpful. He carries my four heavy grocery bags into my apartment without complaint. He also carries in any package I might have had delivered.

But today he really went above and beyond. He helped me to catch my cat and put on the cat's flea medicine—which was not easy since Panther highly objects to this procedure.

I can't thank your volunteer enough for being such a good friend, and I can't thank CCV enough for always being there when I need some assistance. I don't know what I'd do without you!



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

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