

Mid-July 2018 Newsletter

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Do You Need Information on How to Age Successfully at Home? Join Us!



There's a lot of information out there, and we at Capital City Village have opportunities for you to hear just what you may be looking for. We and some other local nonprofits will condense some of that info down to manageable pieces that can help you age successfully at home and in your community.

Looking for transportation options? Join CCV and Drive A Senior (South) to hear about available options for senior transportation in Austin. The program is being presented to the South Austin AARP chapter Wednesday, July 18, 1:00-2:30pm at the Manchaca Senior Activity Center, 3911 Manchaca Rd. There will be door prices and the CapMetro Mobile Unit will be on hand after the

presentation to register people for the Senior Fare Cards! Scroll on down to see an article with more information about this event. You can [RSVP here](#) or there.

Also at the Manchaca Senior Activity Center, AGE of Central Texas will present a Senior Resource Fair Tuesday, July 24, 10am-Noon. Visit the Capital City Village table for information and free give-aways. You can [RSVP for that here](#) or scroll on down the page for more information about AGE's fair.

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 17, 1:00-4:00pm (approx) - [Movie Group](#) at Regal Arbor 8 at Great Hills (NW) See article below.
- Wednesday, July 18, 1-2pm - [Senior Transportation Resources](#) - presentation by CCV and Drive A Senior at Manchaca Senior Center (South) See feature article and article below.
- 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) See feature article and article below.
- Wednesday, July 25, 11:30am-1pm - [Women's Lunch](#) at Andiamo Ristorante (NC)
- Thursday, July 26, 9:30-10:30am - [Coffee, Caffeine and Conversation](#) Texas French Bread (Central)

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

The July Men's Lunch is cancelled and will resume Wednesday, August 15.

Save the Dates: [3rd Annual CCV Golf Tournament](#) Saturday, September 29
[Keep Aging Weird Annual Fundraising Luncheon](#) Thursday, November 1

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





Won't You Join Our Movie Group?

Do you love movies and would like someone fun to go with? We have the group for you! They see a different movie just about every month, and this month they're going to see "Won't You Be My Neighbor" about a man that everyone loves, Mr. Rogers.

The group will meet in the lobby at the Regal Arbor 8 at Great Hills at 1:00pm for the 1:10pm movie Tuesday, July 17. [Join them](#) - you'll be glad you did!



Have You Been to Celeb Salon? Take a Look at What Our Volunteer Has to Say

At Capital City Village, we love to discover the skills that each of our volunteers has, and then put those skills to work. Well, one of our newer volunteers is Megan, who is a senior editor for a magazine that you would all recognize. She has agreed to periodically write articles for us. Here's her first one, written about our program Celeb Salons. Enjoy!

"Capital City Village continued its new Celeb Salon series on May 20 with the University of Texas' Dr. Art Markman and KUT's Rebecca McInroy, executive producer of "Two Guys on Your Head," a show that explores how our brains work. Dr. Markman started the event by addressing some of the central

work. Dr. Markman started the event by addressing some of the central concerns that bring members to Capital City Village—staying social as we age. “Why is important to stay social?” he asked. “Because being social forms new connections in your brain. Our brains have physical mechanisms to engage with each other socially.” When we don’t use those social connections, he said, our brains suffer.

Markman and McInroy also talked about how our perception of time changes as we age, including the “memory landscapes” that are formed when we get out and encounter new experiences. They answered questions about pain, memory, and whether or not you’re getting enough sleep (If you read a book at 3 p.m. and you’re asleep at 3:05 p.m., said Markman, you’re not getting enough sleep.) Tune into KUT to hear Markman in conversation with Dr. Bob Duke, or subscribe to the Two Guys on Your Head podcast.

Stephen Ennis, the director of the Harry Ransom Center, spoke on June 3. The most recent Celeb Salon was last Sunday, July 8 and featured Dr. Jacqueline Angel, a senior researcher and professor of sociology and public policy at the UT LBJ School of Public Affairs and a nationally recognized expert on aging policy. Celeb Salons are held downtown at Mort Subite, one of the first authentic Belgian-style pubs in the United States."

Many thanks to CCV Volunteer Megan.





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!](#)



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!](#)



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

Affordable Housing Information



**HOUSING AUTHORITY
OF THE CITY OF AUSTIN**
Bringing Opportunity Home



Bringing Opportunity Home

The Housing Authority of the City of Austin will be opening its waiting list for the Housing Choice Voucher Program (Section 8) from **September 17th – 24th, 2018**. The process will be similar to the 2014 waiting list opening including an online pre-application and subsequent lottery to place randomly selected individuals on the waiting list. Interested individuals may apply online at www.hacaapply.org during the 8-day waiting list opening. Updates will be available through HACA's [Facebook](#) and [Twitter](#) pages as well.



Tackling the Issues – Household Affordability, Displacement and Gentrification: July 18

Join us at the next [Imagine Austin Speaker Series event](#), featuring University of California Berkley Professor Karen Chapple PhD, co-founder of the Urban Displacement Project, as she discusses approaches and solutions to tackling affordability and gentrification in the face of stagnant wages and increasing housing prices. The free event will be held **Wednesday, July 18, 7 to 8:30 p.m.**, at Austin Energy, [721 Barton Springs Rd, Room 130](#). [Find out more here.](#)

The Imagine Austin Speaker Series is an opportunity to promote and implement the Imagine Austin Comprehensive Plan through shared dialogue and mutual learning.



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

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