

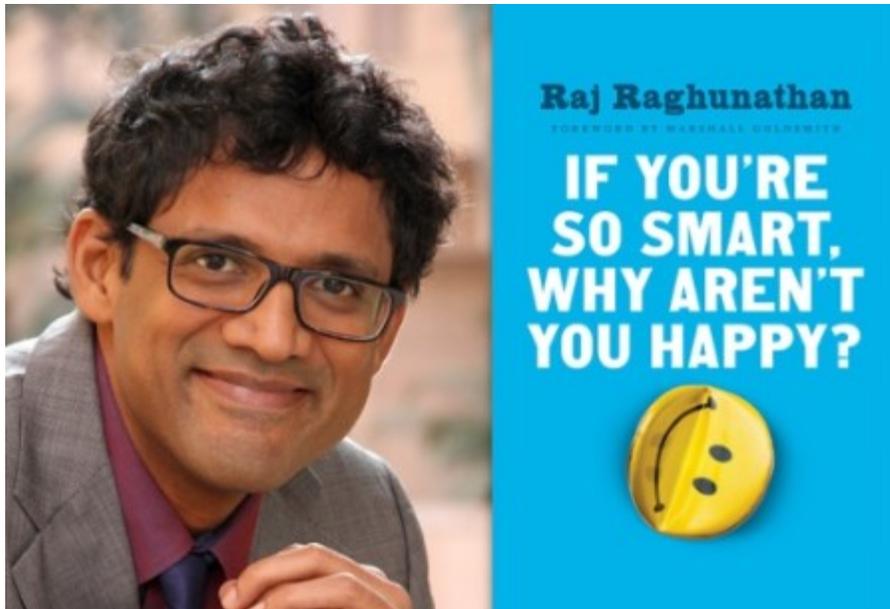
October 2018 Newsletter

[Campaign Preview](#)

[HTML Source](#)

[Plain-Text Email](#)

[De](#)



[Now's the Time to Get Your Tickets!](#)

**Keep Aging Weird
Annual Luncheon Thursday, Nov. 1!**

This year's Keep Aging Weird luncheon features Dr. Raj Raghunathan, Professor of Marketing at UT McCombs School of Business and author of *If You're So Smart, Why Aren't You Happy?*. KXAN's always-popular Jim Spencer serves as MC.

Thursday, Nov. 1st, 2018, 11 am – 1 pm at the Norris Conference Center, 2525 W. Anderson Lane #365 (Northcross Mall); ample free parking.

Dr. Raghunathan (aka "Dr. Happy-smarts") also teaches a very popular online course called "A Life of Happiness and Fulfillment". This course, based on the award-winning class offered both at the Indian School of Business and at the McCombs School of Business at The University of Texas at Austin, draws content from a variety of fields, including psychology, neuroscience, and behavioral decision theory to offer a tested and practical recipe for leading a life of happiness and fulfillment.



Proceeds from the luncheon help fund services and programs for members and volunteers of Capital City Village. Join us at an important, festive event to champion and honor the independence and vitality of local seniors. *Stay where you live; live well where you stay!*

2018 Sponsors:

Dick & Sara Rathgeber



Upali Weerasooriya Foundation

Tom & Kay McHorse
Anonymous Donor

Table Sponsors:

Daniel Carl of BSA
Dr. Drew Scott Sawyer
David & Barbara Gamble and
Dan & Phyllis Waddle
Dell Gully & Rick Cloud
Mart & Sue Hoffman
Ken & Tracy Snodgrass and Paul
& Kathy Spicer
Sam & Beth Williams



Texas





October 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, Oct 2 - 9:30-10:30am - [Coffee Klatch](#) at Wheatsville S. Lamar
- Thursday, Oct 4 - 4:30-6:30pm - [Happy Hour](#) at LaMancha TexMex (N Central)
- Monday, Oct 8 - 6:45-9pm - [Dominoes](#) at a member home (NW)
- Tuesday, Oct 9 - 10:00am-12pm - [ShortTakes](#) at Howson Library (Central). *See article below.*
- Thursday, Oct 11 - 9:30-10:30am - [2nd Cup](#) at Central Market N. Lamar
- Wednesday, Oct 17 - 12-1pm - [Men's Lunch](#) at Andiamo Ristorante (N Central): *CCV Member Megan Biesele presents Cultural Heritage of Our Ancestors: The Click-Speaking African San*
- Thursday, Oct 18 - 11:30am-1pm - [Lunch & Laughter](#) at Wheatsville S. Lamar
- Tuesday, Oct 23 - 10am-12pm - [Managing Mindfulness](#) at a member home (South)
- Wednesday, Oct 24 - 11:30am-1pm - [Women's Lunch](#) at Andiamo Ristorante (N Central)
- Thursday, Oct 25 - 9:30-10:30am - [Coffee, Caffeine and Conversation](#) at Mozart's on the lake (Central)
- Thursday, November 1, 11am-1pm - [Keep Aging Weird Annual Fundraising Luncheon](#) at Norris Conference Center (NC). *See feature article.*

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



ShortTakes Explores Health Remedies - and Moves to Howson Library (Central)

Our October [Short Takes will return to Howson Library](#) for this month's group gathering. After a stimulating discussion about the latest Medicare developments (pitfalls, concerns, benefit changes, surprises, prescription dilemmas) during our September meeting, we decided to follow up with personal experiences/recommendations related to healthcare remedies, supplements, alternative products, and physical activities/exercises that don't require prescriptions. There will be no medical advice given - just information about helpful websites to check out. The group meets from 10am to 12pm Tuesday, October 9.

In the Community

Age-Friendly Housing: Trends and Technology That Enhance Aging in Place and Community - Oct. 1st

AGING 2.0



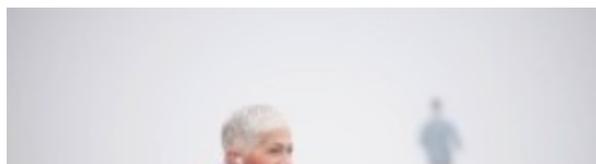
Approximately 10,000 people are turning 65 years old every day and housing is a major consideration, especially in Austin, where we have one of the fastest growing senior populations in the country. Many of these people are moving to Austin post-retirement while others have lived here for years but are now ready to downsize from the family home. Still others need home modifications and are interested in learning about ways to offset the rising cost of remaining in their current homes. Some want buildings that will accommodate intentional communities such as cohousing and shared housing. Most are curious about new technologies that enhance lifestyle, security and convenience.

The Austin Board of Realtors, AustinUp, AARP, Technology Advisors Group, and Dochen Realtors have partnered with Aging2.0 Austin to consider all of these issues at this symposium and expo. This is a unique opportunity for professionals in real estate, housing, and technology to share and learn from older adults and senior advocates.

**Monday, Oct. 1st, 8:30am-1pm (panels);
Exhibit Space Open to the Public 1-4pm
Canyon View Event Center, 4800 Spicewood Springs
[Online ticket info \(registration includes lunch\): \\$15-\\$30](#)
[Exhibitor Information available](#)
Presented by Aging2.0 Austin**

A separate exhibit area will be available for tabletop displays relating to innovative tech solutions, such as security monitors, alerts, lighting, communications, safety features, transportation or anything else that will enhance aging in place and community. There will also be a Pitch Event of the most innovative/interesting exhibitors.

60+ Strong Calendar for 2019





[Austin Regional Clinic](#) and [Connected Senior Care Advantage](#) recently announced the 12 Austinites selected for a special 2019 Calendar that will represent the many ways health and wellness can be a priority for and among seniors. The winners will be featured on the [Austin 60 Strong 2019 Calendar](#), which highlights Central Texas landmarks, events and activities. The 60 Strong Ambassadors have accomplished unimaginable feats; overcome chronic health conditions; changed lives for those less fortunate; and contributed to society in meaningful ways.

The 2019 Calendar will also include health tips for seniors. Proceeds from calendar sales will benefit Capital City Village, a nonprofit program for aging seniors that allows them to be cared for at home and in their communities.

"Austin 60 Strong" is a celebration of grit and resilience. Sponsored by Central Texas physician groups -- Austin Regional Clinic (ARC) and Premier Family Physicians who joined together to form Connected Senior Care Advantage -- the new program is designed to keep Central Texas seniors active and help them navigate the complexities of Medicare coverage and other healthcare decisions.

Capital City Village is thrilled to be partnered with this wonderful project! We will have more information on calendar sales in the coming weeks. Once available, please look for copies of the calendar at CCV events, including [Keep Aging Weird](#) on Thursday, November 1st.



JCC OCTOBER PROGRAMS

[See their calendar here for more details.](#)

Adult Writing Workshop - Tuesdays

Have you ever wanted space to read, write, and share your story? Join Badgerdog teaching artist and fiction writer Celia Bell in a series of writing workshops that will explore poetry, fiction, and nonfiction. In these workshops, you will be encouraged to experiment with new techniques and strategies to create original work that reflects your own voice, perspective, and story. All writers will have the opportunity to publish their new work and present at a celebratory reading.

Simcha Readers' Theater Workshop - Tuesdays

Have you wanted to try acting but feel anxious about memorizing a script, or want to be educated and involved in producing live theater? Then Simcha Readers' Theater is the place for you! Many actors in our group are seasoned performers, but some are not. We welcome you to put on the mask of comedy and tragedy with this non-memorizing, low pressure and nurturing group of thespians. Rehearse weekly and perform gratis readers' theater for children and adults in the community.

Intergenerational Art and History Programs - Once Monthly

We are kicking off both Bridging the Gap, our Intergenerational Art Program, as well as our History L'Chaim program. Bridging the Gap joins adults who are passionate about art and looking for a creative outlet together with Austin Jewish Academy 5th graders for a journey of intergenerational creative expression. The program culminates in a community art show in May. History L'Chaim joins Austin Jewish Academy 4th graders with adults who can share their insights into History and help guide the students in a year-long History project.

Road Scholars trip to the Elisabet Ney Museum - October 5th

Join us for a docent lead tour of *the Elisabet Ney Museum*, the historic home, and studio of Elisabet Ney, a wildly iconoclastic German Sculptor who moved to Austin in 1882. The bus departs the JCC back circle drive at 9:30am sharp. Seating on the bus is limited. RSVP required to attend.

Pre-Shabbat Luncheon - October 12th

Join us as we welcome Shabbat and celebrate late Summer and early Fall birthdays. This quarterly Shabbat luncheon will be led by Rabbi Neil Blumofe of Congregation Agudas Achim. Reservations required.

Safe and Secure for Seniors: Computer Security Awareness Presentation -October

18th

Come join us and improve your knowledge of Internet safety and best practices. The goal of this presentation is to empower adult citizens to secure their online life with cybersecurity education and awareness so as not to scare you away from the internet, but to teach you to use it safely. There will be plenty of time for questions and answers.

Green Living: Easy Steps to Creating a Healthier Home - October 24th

Join Catherine O'Toole as she guides you with easy tips to reduce the indoor air pollution in your home today.



Medicare Information

A sample Medicare Health Insurance card. The card features the Medicare logo and the text "MEDICARE HEALTH INSURANCE" at the top. Below this, it provides the phone number "1-800-MEDICARE (1-800-633-4227)". The beneficiary's name is "JOHN DOE", and his Medicare claim number is "000-00-0000-A". He is identified as "MALE". The card also lists the services he is entitled to: "HOSPITAL (PART A)" and "MEDICAL (PART B)", both with an effective date of "01-01-2007". At the bottom left, there is a "SIGN HERE" label with an arrow pointing to a line.

MEDICARE HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)	
NAME OF BENEFICIARY	JOHN DOE
MEDICARE CLAIM NUMBER	000-00-0000-A
SEX	MALE
IS ENTITLED TO	EFFECTIVE DATE
HOSPITAL (PART A)	01-01-2007
MEDICAL (PART B)	01-01-2007
SIGN HERE	→

The 2019 Medicare Open Enrollment period is quickly approaching, from October 15 to December 7, 2018.

1. If you are enrolled in a Medicare Supplement plan, the annual Medicare Open Enrollment period will not apply to you and will not require you to act or make changes to your plan.
2. The Medicare Open Enrollment Period will apply if you are enrolled in

Medicare Advantage or Prescription Drug Plan. However, if you are satisfied with your plan, you can remain in that plan without taking any additional action during the open enrollment period.

3. It is recommended that you annually review your Medicare plan and benefits.

What to Consider When Reviewing Coverage:

Possible changes to your health, prescription medications, pharmacy choice, or doctor and provider network should be considered. Completing this review can help you decide if your current Medicare plan is still the best fit for you. Go to www.medicare.gov for more information. And if you want even more information, go to the free seminar shown in the next article.



AGE of Central Texas Offering Free “Understanding Medicare” Caregiver Seminar October 10th

AGE of Central Texas will host the free caregiver support seminar “[Understanding Medicare](#)” on Wednesday, October 10th. Part of the ongoing workshop series to help family members effectively care for an older loved one, the free seminar will be held 6:00-7:30pm at The AGE Building, 3710 Cedar Street.

Sergio Garcia from ANKH Financial + Health will discuss:

- Anticipated Medicare changes in 2019
- The difference between traditional Medicare and Medicare Advantage plans
- Factors that should be considered when deciding between Medicare and Medicare Advantage
- Medicare Savings Programs: Who is eligible for them, and how to apply for them

Registration for the caregiver seminar is free, but space is limited. Participants

can register by calling (512) 600-9275 or signing up [online](#).

Free senior adult respite will also be available during the seminar at AGE's Austin Adult Day Health Center, and can be reserved during registration. For more information on the programs and resources provided by [AGE of Central Texas](#), or call (512) 451-4611.



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to << Test Email Address >>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Capital City Village · 3710 Cedar St · Ste 283 · Austin, TX 78705 · USA

