

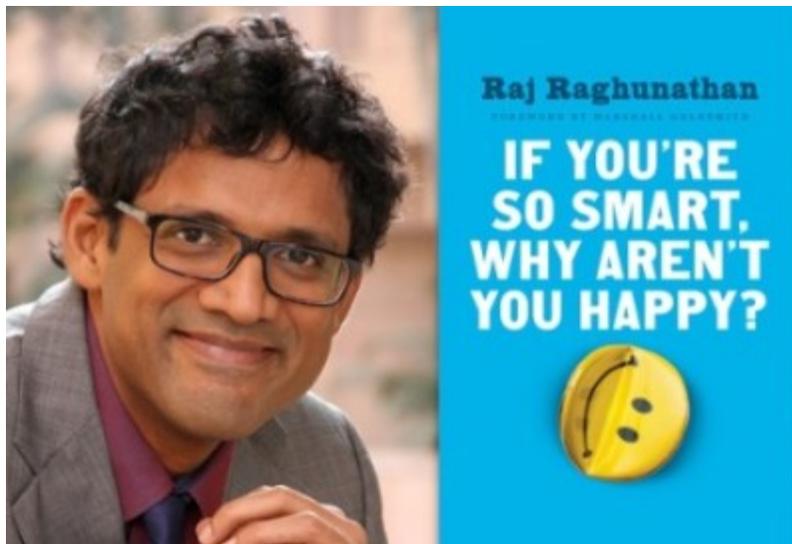
Mid-October 2018 Newsletter

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[Numbers are Limited - Get Your Tickets Now!](#)

**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?*. 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.

KXAN's Jim Spencer, named [Best Weatherperson](#) in the Best of Austin Poll 2017, 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;
complimentary valet.



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:
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Upali Weerasooriya Foundation



Table Sponsors:

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Ken & Tracy Snodgrass and
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AARP Real Possibilities in

Texas



Photo by Tom Knutsen

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.

- Wednesday, Oct 17 - 12-1pm - [Men's Lunch](#) at Andiamo Ristorante (N Central). *See article below.*
- Thursday, Oct 18 - 11:30am-1pm - [Lunch & Laughter](#) at Wheatville S. Lamar
- Friday, Oct 19 - 11am-12:30pm - [Book Club](#) at a member home (NW). *See article below.*

- 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).
See article below.
- Thursday, Oct 25 - 9:30-10:30am - [Coffee, Caffeine and Conversation](#) at Mozart's on the lake (Central)
- Thursday, Oct 25 - 3-5:30pm - [Movie Group, "A Star is Born"](#), at Regal Gateway 16 (NW)
- Sunday, October 28 - 2-4pm - [Tour of Synagogues](#), Dell Jewish Community Center Campus (Central). *See article below.*
- Thursday, Nov 1, 11am-1pm - [Keep Aging Weird Annual Fundraising Luncheon](#) at Norris Conference Center (NC). *See feature article.*
- Saturday, Nov 3, 10:30am-1pm - [Community First! Village Tour](#) (East). *See article below.*
- Sunday, Nov 4, 2-3:30pm - [Levels of Care Panel Discussion](#) at Belmont Village (West).
See article below.

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



Men's Lunch Features CCV Member and Anthropologist Megan Biesele

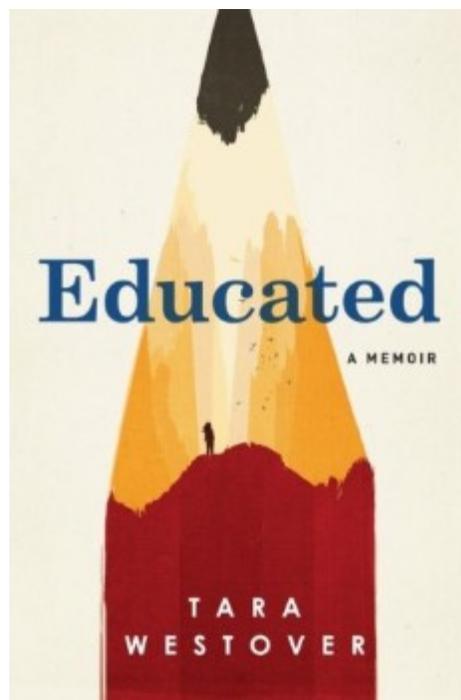
Our next lunch meeting will take place on Wednesday, October 17 at 1200 hours at Andiamo Ristorante, 2521 Rutland Blvd (at Burnet Road). There's a treat in store: New CCV member Megan Biesele will share her presentation on "Cultural Heritage of our Ancestors: The Click-Speaking African San."

Megan is a cultural anthropologist and activist on behalf of indigenous peoples. A lifelong Austinite, she has studied and worked in Botswana and Namibia off and on over the course of 48 years. Her time in Africa has been spent with the Jul'hoan San, whose forebears are said by the Human Genome Project to be mankind's very oldest ancestors. Both her research and her activist work have centered on cultural heritage documentation and maintenance of the Jul'hoan language through recording, transcription, translation, publication, and literacy projects.

This isn't your ordinary travelogue, folks! If like me you've never heard of click-speaking peoples, then come join us and plan to be fascinated and broaden your horizons!

And please [RSVP](#) if you plan to attend.

Book Club Getting "Educated"



Join the CCV [Book Club](#) Friday, October 19, 11am-12:30pm for potluck and a lively discussion about their latest book choice, "Educated, A Memoir" by Tara Westover. [RSVP](#) and we'll send you the address of the member home. Then just bring along something for the potluck and enjoy!





Women's Lunch Features Member Jerry Dykstra

Jerry Dykstra recently traveled to Iceland and has some interesting observations to share in our next lunch meeting, which will be on Wednesday, October 24 at 11:30am at Andiamo Ristorante, 2521 Rutland (at Burnet Road). [RSVP here](#) and we'll save a space just for you!

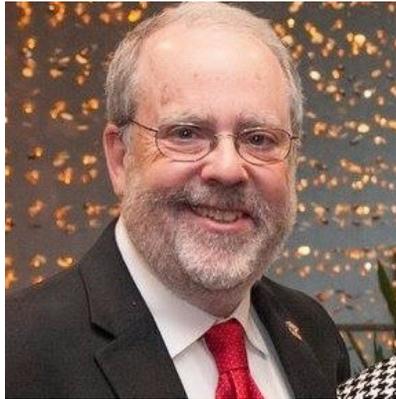


Tour Oldest Synagogue Building in Texas and One of the Newest

Capital City Village members, volunteers and friends have the opportunity to tour the oldest synagogue building in Texas along with one of the newest, both on the Dell Jewish Community Center Campus, 7300 Hart Ln. [Be sure and RSVP](#) so our tour guide Jay Rubin will have an accurate number. The group will meet at the flagpoles at 2pm Sunday, October 28 for the two-hour tour.

Old & New:

The B'nai Abraham Synagogue was moved from Brenham, Texas to Austin in 2015. The group will also tour the newer synagogues on the campus.



Jay L. Rubin retired two years ago after a decade as CEO of Shalom Austin, the Central Texas integrated community organization comprised of the Jewish Federation, Jewish Community Center, Jewish Family Service and Jewish Foundation and managing the 40-acre Dell Jewish Community Campus with three synagogues and a Jewish community day school. He also served as a Jewish community executive director in Augusta, Georgia; Canton, Ohio, and New Haven, Connecticut and Executive Vice President of Hillel International during a 35-year professional career. A native of pre-hip Brooklyn, New York. Jay is on his third tour of duty in Austin, first as a history professor in the late 1970s and early 1980s, then as the Shalom Austin CEO beginning in 2006 and now as a part-time consultant, volunteer and grandparent.



Capital City Village Joins Tarrytown United Methodist Church on a Tour of Community First! Village

Community First! Village has distinguished itself with a highly-innovative approach to housing the homeless. Developed by Mobile Loaves and Fishes

approach to housing the homeless. Developed by Mobile Leaves and Fishes, the mission of Community First! Village is to provide "affordable, permanent housing and a supportive community for the disabled, chronically homeless in Central Texas,".

A limited number of Capital City Village members, volunteers and friends have been invited to accompany Tarrytown United Methodist's group on a tour of Community First! Village Saturday, November 3, 10:30am-1pm. The group will meet at the site for the tour. [RSVPs are required](#) and the number is limited so [sign up](#) early for this wonderful opportunity.



Capital City Village and Belmont Village present Levels of Care - Panel and Discussion Nov. 4

What type of care do I need after a hospital stay? What will be covered by my insurance or Medicare?

Topics of discussion will include: what benefits pay for, length of stay, amount of therapy done and clinical capabilities of each setting.

Levels of Care - Panel and Discussion

Sunday, Nov. 4, 2-3:30pm

Belmont Village West Lake Hills

4310 Bee Cave Rd. in Austin

Panel presentation and discussion including professionals from fields including:

- Inpatient Rehab
- Long-Term Acute Care
- Assisted Living
- Home Health

[RSVP here](#) or at 512-524-2709.

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In the Community

Early Voting Information



Early voting for Texas general elections opens next Monday, Oct. 22 and runs through Friday, Nov. 2. **Vote Day is Tuesday, Nov. 6.** To find out more about early voting polling locations and hours, please visit one or more of the resources listed below.

Travis County Clerk [website on early voting](#) (general information and links).

Travis County Clerk [info sheet on early voting locations](#).

League of Women Voters [voting guide via Vote411.org](#)

If you are a member of Capital City Village and need help getting to a polling location, please contact the office.

info@capitalcityvillage.org

512-524-2709

512-468-5594 (member services line)

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.](#)

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 for John Doe. The card has a red header with 'MEDICARE' and 'HEALTH INSURANCE' in white, and a blue header with '1-800-MEDICARE (1-800-633-4227)' in white. The card contains the following information: NAME OF BENEFICIARY: JOHN DOE; MEDICARE CLAIM NUMBER: 000-00-0000-A; SEX: MALE; IS ENTITLED TO: HOSPITAL (PART A) and MEDICAL (PART B); EFFECTIVE DATE: 01-01-2007. There is a 'SIGN HERE' field with an arrow pointing to the right. A large 'SAMPLE' watermark is overlaid on the card.

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

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.



Our mailing address is:

3710 Cedar St, Suite 283, Austin, TX 78705

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