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## AGING IN PLACE AND COMMUNITY SUCCESSFULLY

### Join CCV for "Hearing Loss and How to Manage It" at a Member Home

*Presented by Drew Scott Sawyer, MD  
and Christina Land, AuD  
Sunday Nov. 19, 3-5pm*

Hearing loss is a common problem in older people and those who have been exposed to loud noise. Being able to hear better again makes life more enjoyable. The presenters will talk about what can be done to improve hearing.



Dr. Sawyer's Office will have a limited number of loaner hearing aids on loan from the manufacturer that he can dispense for a free week-long trial. Simply call the office at [512-593-5200](tel:512-593-5200) and set up a time to come in for a free hearing test and if needed a trial with a new hearing device. If you believe you could benefit from trying out a hearing device, be sure to take Dr. Sawyer up on one of the loaners.

And to have all your questions answered join us for this informative program at a member home **Sunday, November 19, 3-5pm**. There will be light refreshments and opportunities to meet other CCV members and visitors.

Please RSVP to [info@capitalcityvillage.org](mailto:info@capitalcityvillage.org) or 512-524-2709 to reserve a space at the program.

## *CCV Wishes Each of You a Happy Thanksgiving!*



At Capital City Village, we are thankful for the ability to age in our own homes and communities. We have many to thank for this. The Village could not exist without our many volunteers, who have logged around 2500 hours this year helping members remain independent. We are also extremely grateful for our expanding list of donors and partners who support us financially and with in-kind gifts. Our members form a strong cohesive force for successful aging in Austin. Happy Thanksgiving!

**The CCV Office will be closed in observance of Thanksgiving Thursday-Friday, November 23-24.**

## *Upcoming Events*



**RSVP for any of our events by clicking on the red button or by following the link on the event!**

Or if you prefer talking to a person call [512-524-2709](tel:512-524-2709) for events that you'll attend so we may plan accordingly.

**Thursday, November 16 @ 9:30am - Coffee, Caffeine and Conversation** at [Kick Butt Coffee](#), 5775 Airport Blvd. RSVP to [Rick](#).

**(CANCELLED) Thursday, November 16 @ 11:30am - Lunch & Laughter** at [Wheatsville Co-op](#) on S. Lamar.

**Friday, November 17 @ 11am - Book Club** at a member home featuring "Dear Tolstoy Yours Ghandi: A Novel Based on True Correspondence" by Jonathan Kis-Lev . Potluck - bring something to share. RSVP to [Kathy](#) .

**Sunday, November 19 @ 3pm - Drew Scott Sawyer, MD and Christina Land, AuD** presenting "Hearing Loss and How to Manage It" at a member home. RSVP to [info@capitalcityvillage.org](mailto:info@capitalcityvillage.org). (See *feature article*.)

**Monday, November 27 @ 2pm - Flying Solo** , a group for widows and widowers, at Tarrytown United Methodist Church. RSVPs strongly recommended to [Mary Jane](#).

**Tuesday, November 28 @ 10am - Managing Mindfulness** at a member home, featuring Jon Kabat-Zin's *Wherever You Go There You Are*. RSVP to [Joe](mailto:Joe).

**Sunday, December 3 @ 3pm - CCV Holiday Party** at [Zax](#), 312 Barton Springs Rd. RSVP to [info@capitalcityvillage.org](mailto:info@capitalcityvillage.org). (See article below.)

**Please note that Lunch and Laughter scheduled for Thursday, 11/16 is cancelled.**

**Holiday break for the Women's Lunch!** The Women's Lunch is usually on the 4th Wednesday of each month, but due to the upcoming holidays, we will not meet in November or December. We WILL have a lunch in January 2018 to welcome in the new year!

**CCV Yoga sessions** (multiple) weekly at [Cafe Dance](#) ( [3307 Hancock Dr](#) ). Fee: \$5/session. Call Kate Warren at [\(512\) 633-3525](tel:5126333525) to register in advance.

- Women's Beginner Yoga - Mondays at 10:15am
- Women's Intermediate Yoga - Mondays and Wednesdays at 11:45am
- Men's Beginner Yoga - Tuesdays and Thursdays at 10:00am

## *Our Annual Holiday Party is Sunday, December 3!*

Join CCV members, volunteers, friends for the annual holiday party at [Zax](#), 312 Barton Springs Rd **Sunday, December 3 from 3:00-5:00pm**. Cash bar. "Appetizers" provided.

You'll enjoy entertainment by "[Typewriter Rodeo](#)". You have to attend to find out what this craziness is!



And please RSVP if you're planning to go. Send us a line at [info@capitalcityvillage.org](mailto:info@capitalcityvillage.org). Thanks!



Join us as we begin a new tradition of sharing coffee and conversation - 2nd Cup at Central Market!

**Thursday, December 14, 9:30-10:30am**

## *2nd Cup Moves to Central Market in December*

First, in the continuing theme of thankfulness, we'd like to thank Russell's Bistro for 5+ years of coffee and pastries. They have been one of our most faithful partners in providing opportunities for socialization, which is a key aspect for successful aging.

And now a change - 2nd Cup will be held at [Central Market, 4001 N Lamar](#) on the 2nd Thursday in December. Time is the same - 9:30-10:30am. No RSVP needed. Just show up and join the crowd.

## **In the Community**

## *Join Team AGE for the 2018 Austin Marathon*

AGE of Central Texas is proud to announce a partnership with the 2018 Austin Marathon, to be run on **Saturday, February 18th, 2018**. In conjunction with dozens of other charities, AGE will be sponsoring a team of runners and volunteers.

Our team will work to build awareness about the challenges facing older adults and their caregivers. Anyone running the marathon, half marathon, or 5K can go the extra mile and run for Team AGE!

People of all ages are encouraged to get involved as volunteers as well. Together, we will support a great event that will bring together the community of Austin as well as our older citizens and their caregivers.



For more information on running or volunteering for Team AGE, please contact Aubrey Lethbridge at [alethbridge@ageofcentraltx.org](mailto:alethbridge@ageofcentraltx.org) or (512) 600-9287.



## *Free "Striking a Balance" Caregiver Conference*

**New Date - Saturday, December 2, 2017**

The 16th Annual Striking A Balance Caregiver Conference will be held on Saturday, December 2, at the Doubletree by Hilton Hotel Austin ( [6505 N Interstate Hwy 35, Austin, TX 78752](#) ), from 8:30 a.m. to 2:00 p.m. [AGE of Central Texas](#) and the [Area Agency on Aging of the Capital Area](#) come together every year to co-host the largest, longest-run free caregiver conference in Central Texas.

During this free annual conference, family caregivers discover local resources, learn new skills to meet the needs of their caregiving situation, and connect with other caregivers and local experts on aging.

The day also includes a keynote talk by a nationally-renown expert in aging and caregiver concerns, workshops on topics related to caregiving with experts available for questions, along with a complimentary lunch and opportunities to visit with leading senior services non-profit organizations and companies.

### Registration Information:

1. If you already registered for the original Striking a Balance Conference date of September 23rd, you are still registered for the new rescheduled date of December 2nd - you can call the Area Agency on

Aging to confirm your registration:  
(512) 916-6182.

2. If you did not register yet for the Conference, and would like to attend on the new date, simply click the link below to register for free:

[Register here.](#)

This Year's Keynote Speaker: Jane Meier Hamilton, MSN, RN

Jane Meier Hamilton is the CEO and Founder of [Partners on the Path](#), LLC, providing caregiver support programs to businesses that employ, and non-profits that support caregivers.

## Holiday Shopping

### *Support Our Village with Holiday Shopping on Amazon*

You can help Capital City Village while doing your online shopping this holiday season. For eligible purchases at AmazonSmile, Capital City Village will receive 0.5% of the purchase price if you designate CCV as your preferred charitable organization.



It's easy! Just click on the image to the right and follow the link to Amazon, sign in, and begin shopping. This holiday season your shopping can help support the village that helps support you!

Link to CCV's Amazon Smile page:  
<https://smile.amazon.com/ch/27-0539952>

## Contact

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CONTACT US



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