

November 2018 Newsletter

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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, 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?

This educational program could help you navigate through a crisis and when dealing with your health. Knowledge is power! Topics of discussion will include: what benefits pay for, length of stay, amount of therapy done and clinical capabilities of each setting. Find out what you need to know before you encounter a care need.

Panel presentation and discussion including professionals from fields including:

- Inpatient Rehab

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

Levels of Care - Panel and Discussion
Sunday, Nov. 4, 2-3:30pm
Belmont Village West Lake Hills
4310 Bee Cave Rd. in Austin

Speakers will include: [Encompass Health](#), [Kindred Health Care](#), [Senior Care Centers](#), and Jamie Smithson of [Belmont Village](#).

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

BELMONT *Village*

SENIOR LIVING
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belmontvillage.com



Photo by LK Keeling

November 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.

- Thursday, Nov 1, 4:30-6:30p - [Happy Hour](#), LaMancha Tex-Mex (North Central)
- Saturday, Nov 3, 10:30am-1pm - [Community First! Village Tour](#) (East).
See feature article.
- Sunday, Nov 4, 2-3:30pm - [Levels of Care Panel Discussion](#) at Belmont Village (West). *See article below.*
- Tuesday, Nov 6, 9:30-10:30am - [Coffee Klatch](#) at Wheatsville S Lamar
- Thursday, Nov 8, 9:30-10:30am - [2nd Cup](#) at Central Market N Lamar
- Monday, Nov 12, 6:45-9pm - [Dominoes](#) at a member home (NW)
- Tuesday, Nov 13, 10am-12pm - [ShortTakes](#) at Manchaca Library (South).
See article below.
- Wednesday, Nov 14, [Movie Group](#) (Movie, time and location to be determined)
- Thursday, Nov 15, 11:30am-1pm - [Lunch & Laughter](#) at Wheatsville S Lamar
- Friday, Nov 16, 11am-12:30pm - [Book Group](#) at a member home ("Still Life" by Louise Penny)
- Tuesday, Nov 27 - 10am-12pm - [Managing Mindfulness](#) at a member home (South)
- Wednesday, Nov 28 - 11:30am-1pm - [Women's Lunch](#) at Andiamo Ristorante (N Central). *See article below.*
- Thursday, Nov 29 - 9:30-10:30am - [Coffee, Caffeine and Conversation](#) at Kick Butt Cafe' (North Central)

Cancellations:

- Men's Lunch is cancelled due to Thanksgiving; will return December 19.

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



Women's Lunch Features CCV Member and Anthropologist Megan Biesele

Our next lunch meeting will take place on Wednesday, November 28 at 11:30am 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 ladies! If 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.





ShortTakes Looks at "The Gentle Genius of Bonobos"

Join the [ShortTakes](#) group Tuesday, November 13 from 10am-12pm at the Manchaca Library, 5500 Manchaca Road. They've been discussing a lot of serious stuff lately so wanted to lighten up with a look into the genius of Bonobo apes. It should be fun, and a great way to jump into this group.



CCV Member Featured in the "Austin American Statesman"

Member Stan Brooks was featured in the "Statesman" for his recollections of Nobel Prize laureate James Allison.

The article notes: "What we didn't know about Allison's extended time in Austin came to us through reader Stan Brooks, who first moved to Austin from Elgin in 1926. Yes, 1926.

In the 1960s, however, Brooks worked as a counselor at Dubose Junior High School in the

South Texas town of Alice. An Alice native, Allison, now 69, was the youngest of three brothers to Dr. Albert Allison and his wife, Constance Allison.

"He was 11 years old — he had been pushed up two grades because of his academic achievement — when I first met Jim,' Brooks tells us."

[Read the full article here!](#)



Launch of Art Book by CCV Member Melanie Lewis

Come celebrate the book launch of CCV member and Austin artist Melanie Lewis on Thurs., Nov. 15th. The title of Melanie's art series is "Faces of the Matriarchs" and has been on display in Agudas Achim at the JCC. Here's a great chance to show support for the artist and the art!

Sociosights Press presents: ***Faces of the Matriarchs***

6:30-8:30pm on Nov. 15th

Social Hall at Congregation Agudas Achim, JCC campus, 7300 Hart Lane

In the Community

Voting Information





Voting Day is Tuesday, November 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](#) (general information and links).

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



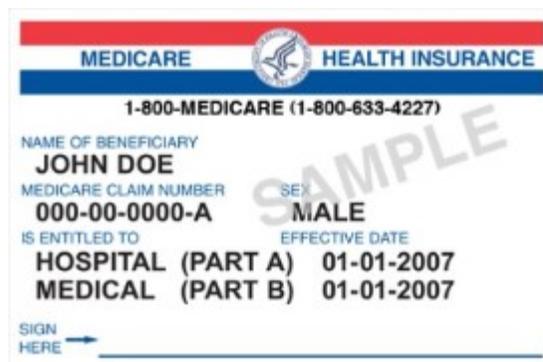
[Austin Regional Clinic](#) and [Connected Senior Care Advantage](#) recently announced the 12 Austinites selected for a special 2019 Calendar that will represent the many ways health and wellness can be a priority for and among seniors. The winners will be featured on the [Austin 60 Strong 2019 Calendar](#), 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.

Medicare Information



The 2019 Medicare Open Enrollment period is 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.



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