

AGE of Central Texas and Area Agency on Aging Host Free “Striking a Balance” Caregiver Conference on August 20th

(AUSTIN, TX) - AGE of Central Texas and the Area Agency on Aging of the Capital Area are again partnering this year for the 21st Annual “Striking a Balance” Caregiver Conference on Saturday, August 20th, from 9:00 a.m. to 2:00 p.m. at the Doubletree by Hilton Hotel Austin, located at 6505 N. Interstate Highway 35 in Austin. Sponsored by AARP Texas, the free conference includes keynote presentations, breakout sessions, and community resources to support family members who are caring for an older adult.



Lacy Alana

The largest, longest-run free caregiver conference in Central Texas, the annual event helps to ease the challenges of caring for an aging family member by providing unpaid caregivers with relevant information and vital resources. The attendees will discover local resources, acquire skills to better manage their caregiving situation, and connect with other caregivers and local experts on aging. The day also includes workshops on topics related to caregiving, with experts available for questions.

This year’s conference features therapist and trainer Lacy Alana, LCSW, as the lunch keynote speaker. Addressing “It Isn’t About the Bubble Bath: Departing from Conventional Self-Care Wisdom to Take Better Care of Yourself,” Lacy will share with attendees new ways to understand and take care of yourself within the complex and multi-layered realities of caregiving.



Presentations during the morning include workshops on emergency preparedness and hands-on caregiving tools, along with an Information & Resource Fair. After-lunch workshops include a caregiver panel, along with presentations on advanced directives and the positive approaches to caregiving.

Registration for the “Striking a Balance” Caregiver Conference is free, and includes all presentations, breakout sessions, and lunch. Participants must pre-register by visiting <http://www.TinyURL.com/SABConf2022>, or by calling (512) 916-6000. Registration is now open and space is limited.

Beyoncé’s Renaissance Breaks Souls and Records in Historic Debut

By Stacy M. Brown | NNPA Newswire Senior National Correspondent | @StacyBrownMedia



(NNPA) - Beyoncé’s new album, “Renaissance,” has taken the world by storm as expected.

With a healthy helping of Chicago house music and classic 1970s disco, the New York Times called Renaissance a “tour of some of the genre’s most well-known touchstones as well as more underground sounds.”

“It is consciously steeped in dance-music history, cannily embracing decades of samples and sounds: the 1970s disco of Donna Summer and Chic, Jamaican dancehall, internet-speed hyper pop,” Michaelangelo Matos penned for the Times.

“She chose collaborators, references, and even specific keyboard sounds that pay homage to clubland memories while making her own 21st-century statement,” Matos wrote.

The new tracks include songs like “Cozy,” “Cuff It,” “Energy,” and “Break My Soul.”

The album immediately soared to the top of Apple Music in 100 countries.

Sixteen of the top 21 songs on Apple Music are from Renaissance, and the debut enjoyed more than 43 million streams on Spotify — a new record.

“For at least the past decade, Beyoncé Giselle Knowles-Carter has been the world’s greatest living entertainer,” Rolling Stone wrote.

“Beyoncé really made this album for the club,” journalist Vincent Desmond tweeted. “No matter how much you love ‘Renaissance,’ you are going to love this at least five times more if you hear the album or any of its songs in the club. It goes so crazy.”

As noted by Pitchfork, Renaissance was announced as “Act I” of an upcoming saga, and the album’s liner notes confirmed that Beyoncé would follow it up with at least two more “acts.”

“She has said that all the music was made during a creative burst at the peak of COVID and that it was inspired by her children, her husband, and her team,” Journalist Dylan Green wrote.

“But what could these multiple parts entail? One theory: The music is the driving force behind Renaissance more than a specific narrative arc; if Act I is a culmination of various forms of Black music and their effects on pop across the 20th and early 21st centuries, it’s possible that Act II and Act III might look at the way it moves in the present and forward into the future.”

Green continued:

“Beyoncé has accomplished a lot over her nearly 30-year career, but a full-blown musical trilogy is new even for her. Like every piece of art that bears her name, the anticipation is half the fun.”

Vatican: Moment is Ripe for Serious Consideration of the Harms of the Transatlantic Slave Trade | NNPA Newswire

Rome, Italy – A group of global reparations leaders met with the Vatican this week to discuss the Catholic Church’s role in the Transatlantic Slave Trade, and the need for the Church to formally address its role with a Papal reparations commission and financial retribution for descendants of enslaved Africans.

The Global Circle for Reparations and Healing (GCRH) a delegation of reparations leaders arrived in Rome, led by Kamm Howard, Director of Reparations United; and included Dr. Ron Daniels, convenor of the National African American Reparations Commission (NAARC); Dr. Amara Enyia, strategist for the GCRH, and Nikole Hannah-Jones, author of the 1619 Project.

They met with Bishop Paul Tighe, Secretary of the Pontifical Council of Culture, at the Vatican.

The group delivered a presentation outlining the harms and offenses of the Church regarding the Transatlantic slave trade and slavery.

The presentation also referenced the legacy of those harms and offenses, and reparations measures that are needed for full repair.

“The effects of the Transatlantic slave trade, and the harms inflicted on our ancestors continue to cause systemic damage to this day,” said Kamm Howard, Director of Reparations United, who is co-convenor of the GCHR.

“The Catholic Church has admitted that it played a role in the Transatlantic Slave Trade, and the purpose of our meeting was to provide a roadmap to allow us to move forward toward true reparatory justice. The focus now will be on continued conversations to move the work forward to ensure repair becomes a reality.”

During the meeting, Bishop Tighe suggested that the moment is “ripe” for the presentation to

be seriously considered by the Church under the guidance of Pope Francis.

He cited Pope Francis’s encyclical Fratelli Tutti as evidence of the Pontiff’s commitment to explore issues of justice, equality, and reconciliation.

Bishop Tighe agreed to share the presentation to leaders within the Church and offered suggestions for initiating a process for moving forward with talks.

“When talking about slavery, particularly the Transatlantic slave trade and its after-effects, there are certain institutions that directly benefitted and continue to reap those benefits,” said Dr. Ron Daniels, convenor of NAARC and co-convenor of the GCRH.

“Our goal is to hold those institutions accountable and ensure that they play a major role in helping to repair the communities that have been harmed. I am encouraged by the conversation with Bishop Tighe and look forward to creating real change for African descendants of enslavement throughout the diaspora.”

Also present at the Vatican meeting were representatives of other GCRH organizations and supporters representing the Global African Congress (U.K.), Black Europe Summer School (Netherlands), Nia Foundation (Netherlands), First Repair (U.S.), Questa E Roma (Italy), and the African Future Action Lab (Europe).

In August, the group will travel to Accra, Ghana with nearly 100 other global reparations activists to learn from each other in efforts at “building a global culture of repair and healing.”

Additionally, they will meet with Ghanaian President Nana Akufo-Addo and address, among other things, the expanding the role of African nations in discussions about the global reparations’ movement.