

March 23 2020 Newsletter

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Until further notice, we'll be sending updated resource information every Monday to help you respond and stay healthy in your home during the COVID-19 emergency. We'll be keeping this weekly newsletter personal and succinct. However, we are also constantly updating our website [COVID-19 information page](#). Please check there for more complete information.

Living in Maslow's Hierarchy in an Uncertain Time



Physiological needs:
food, water, warmth, rest

In 1943 psychologist Abraham Maslow developed the "Hierarchy of Needs". We are all living in some sector of this pyramid, whether we have need at this time food, water, warmth and rest, or whether we feel we're achieving our full potential, or somewhere in between. In a national emergency such as this, we may find ourselves moving down the pyramid and feeling real concerns about our security, safety, or whether we'll be able to get food on a timely basis.

In this newsletter, and [more so on our website](#), we're including a lot of resources for whichever level of the pyramid we feel we're in at the moment. In fact there's so much information out there it can be overwhelming. So here's our effort to put it into categories in a way that we hope is helpful.

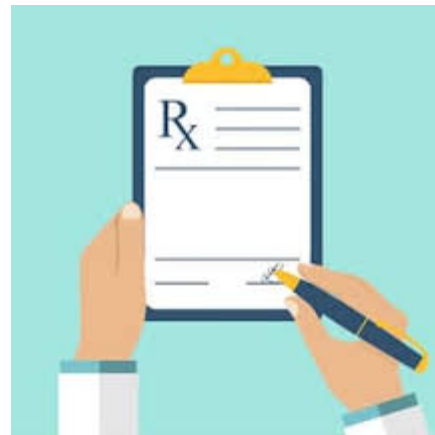
Food and Meds - Living Well at Home



Groceries and Fresh Produce:

Austin has a lot of grocery stores, and many have set up delivery services to seniors. For instance, HEB has just announced a new service for people over 60, [see the story from the "Statesman" here](#). Check our website for a full listing including [fresh produce pickups](#), [grocery stores and delivery services](#).

Order your groceries well before you need them, as delays have been experienced. And remember, when the groceries are



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Pharmacies:

As there can be some delays at this time, be sure and order needed prescriptions and refills with time to spare. Look here on our website for [pharmacy hours](#), [curbside](#), [drive-through and delivery services](#).

delivered, use gloves to remove them from the bags.

Security and Safety - Living Well at Home



City of Austin:

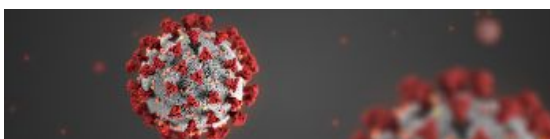
The City of Austin is continuously updating its [guidelines](#), [control orders](#) and [emergency rules here](#). Stay up to date with closings and protocols mandated by the City. The City has now ordered grocery stores to enforce social distancing. [See the KXAN story here](#).

State of Texas Governor's Executive Order

Prohibits gatherings of more than 10 people and orders the closing of restaurants, bars, gyms, etc. through April 3. [See the full order here](#).

National Institutes of Health

According to a recent study released from the National Institutes of Health, scientists found that the COVID-19 virus was detectable in aerosols for up to three hours, up to four hours on copper, up to 24 hours on cardboard and up to two to three days on plastic and stainless steel.



Center for Disease Control:

Stay up to date with this [extremely informative website](#). Learn the symptoms of COVID-19 as well as how to prevent exposure.

Given the level of contagion and rapid acceleration of numbers with COVID-19, we are taking this very seriously. Wash hands often, stay at home as much as possible, keep a safe distance from others.

Medicare:

Scammers may tell you they'll send you a Coronavirus test, masks, or other items in exchange for your Medicare number or personal information. Be wary of unsolicited requests for your Medicare number or other personal information. Only give your Medicare number to participating Medicare pharmacists, primary and specialty care doctors or people you trust to work with Medicare on your behalf. Remember, Medicare will never call you to ask for or check your Medicare number.

Psychological and Social Needs - Living Well at Home



Photo by Tom Knutsen

Are You Practicing Distant Socializing?

Here are a couple of our members practicing distant socializing while celebrating a birthday. Are you staying at home and/or at least six feet away from others?

Other Village members are also available electronically, through [Village Talk](#). Give it a try. If you need help with a password or just some assistance getting in, contact us at info@capitalcityvillage.org.

Buddy-Up!



On Friday, March 13th several of us in south Austin felt the reality of needing to hunker down in our homes to help limit the spread of the Coronavirus and to protect ourselves. Helen H. termed this "Staycaution", rather than "Staycation." Amazing what a difference a letter "u" makes! Given the reality of the situation and having no idea how long this might continue, nine south Austin CCV members decided to "Buddy-Up" by organizing themselves into 3 groups. Members in each group live relatively close to each other. By phone or email, group members are checking in with each other on a frequent basis. As needs present, buddies will help each other problem solve. Already some of us are feeling closer together than we did when we could see each other regularly. Ellen W's son referred to us as "Pandemic Pals" and Helen took that further calling us Pan(demic) Pals. Isn't it wonderful that a disaster can bring out so much good in us all and humor is definitely good therapy.

This is just a small beginning. Watch for this model to emerge soon throughout the Village membership!

Thanks to Pam Farley for sharing this.

Ideas for Those Staying Alone

From a sharable article on NBC News: Opinion by F. Diane Barth, psychotherapist:

Though it's all but gone out of fashion, talking to other people, whether on the telephone or via video conferencing, can both fill in for normal social interactions and break the cycle of focusing on the bad news.

Further, you can use the need for social distancing as an opportunity to reach out to people you have wanted to get to know better. Similarly, research has shown that exercise is effective in lowering stress, in part because it both lowers stress hormones and raises the endorphins or "feel good" chemicals in your body. And, it has also long been a way of

connecting. A client, for instance, told me that she was staying away from her yoga studio, but that she desperately missed the few minutes of social contact before and after class. She decided to solve the problem by doing online yoga with a buddy. “We’re at our own homes, but we open up the app and start the class at the same time; and then we talk for a few minutes when it’s over, just like we would do when we were at a class.”

Still, there are people all around us who don’t have the luxury of self-isolating: first responders, health care workers and even people in service industry jobs (many of whom who don’t get paid time off), for example, are also frightened, anxious and stressed. A friendly smile and a question about how they’re doing when you do have to interact with them can go a long way toward ameliorating their discomfort — and, as a nice secondary gain, your own.



If you are healthy and able, another way to cheer up your day is to volunteer! [Capital City Village](#) is seeking healthy applicants for immediate volunteer opportunities! Our volunteers help with greatly needed services such as transportation to medical appointments, grocery shopping, home/yard help, technology/communications assistance, and friendly phone calls & video check-ins. You can help Austin seniors successfully age in place and stay connected to their community, now more than ever. For more information about opportunities and online orientation, fill out our [Volunteer Interest Form](#) or call 512-468-5594.

Some Nice Resources for Online Viewing (or Phone)





The website Explore.org has webcams set up around the world recording nature in real time. Some of us just can't get enough of the eagle on her nest!

Rather Use the Phone?

[Family Eldercare](http://FamilyEldercare.org) has a program called "Lifetime Connections without Walls". The program allows seniors to socially network with their peers over the phone. Some people play bingo. Others enjoy writing workshops or guided phone tours, complete with color slides that have been mailed to them, of such places as the Capitol and Lady Bird Johnson Wildflower Center. For more information [check it out here](#), or call 512-220-7076.



For you live music fans, there's a Facebook site called "Viral MUSIC-- Because Kindness is Contagious" that's allowing musicians to stream shows. This is a great place to discover new musicians or follow some you already know. It's a win-win because you get your music fix and you're able to tip them online. Musicians, like many, are losing a lot of income these days.

Need More Info?



Visit our [website](#) for so much more information. Please let us know ways we can help you during this time, from getting you to necessary doctor's appointments to making sure you have food, meds and services essential to quality of life.

Our staff is working remotely, but working nonetheless, and many of our volunteers are still volunteering. The Village can make a difference and we will. Our phone numbers are 512-524-2709 (office) and 512-468-5594 (Member Services) - call us if you need us!



Our mailing address is:

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