

April 27 2020 Newsletter

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Office: 512-524-2709

Member and Volunteer Services: 512-468-5594

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.



Streaming Concert with Emily Cole Saturday, May 2 at 4pm

We are pleased to announce our second concert of the "streaming era". One would be

hard pressed to discover an artist as unique in talent and personality as vocalist, songwriter, and multi-instrumentalist Emily Cole. Already able to play guitar, ukulele, keyboard, bass, and mandolin, Emily has been focusing her attention on the art of songwriting. Emily is also a busy performer. She has taken the stage at several popular venues in the Houston area, including Warehouse Live and Main Street Crossing. She was a featured performer on “Real Life Real Music,” a one-hour, weekly radio program recorded live at Dosey Doe Big Barn in Woodland, Texas. [Check Emily's music out here!](#)

Please [RSVP to get your zoom invitation](#), which will be sent the prior afternoon. *RSVP deadline is Friday, May 1 at 2:30pm.*

Village Events



Just a few of the attendees at the Sara Hickman concert:

Caroline and Tom, Bonnie, Tommi

Sara, LK, Annette

Drew, Peggy, Sally and Neil

We are quickly adding virtual programs, so check our [Events Page](#) for the latest updates.

(All current programs are virtual and can be joined from the comfort of your own home. You must RSVP to get the meeting invitation.)

- Thursday, Apr 30, 9:30-10:30am Virtual [Coffee Hour](#) (RSVP by Wednesday afternoon to get your invitation.)
- Saturday, May 2, 5:4-5pm [Streaming Concert with Emily Cole](#) (See feature article)

- Saturday, May 2, 3-5pm [Streaming Concert with Emily Cole](#) (See feature article)
- Wednesday, May 6, 2-3:30pm [Blueprint to Age Your Way Part II](#) (See article below)
- Tuesday, May 12, 10am-12pm [Managing Mindfulness \(Virtual\)](#)
- Saturday, May 16, 2-4pm [Eye Health with Dr. Happy Settle \(Virtual\)](#) (See article below)

We are currently working on several new programs, including another music concert. Stay tuned!

And save the dates for these big non-virtual in-person programs in the fall:

- [5th Annual CCV Golf Tournament](#), Saturday, October 3
- [Keep Aging Weird Annual Luncheon](#), Thursday, November 12

We have learned that Zoom works best on Chrome or Firefox. Click the picture below for a [quick tutorial on getting into Zoom](#).



Sara was a Success!

Thanks to CCV members, volunteers and friends who shared the screen with Texas treasure Sara Hickman last Wednesday. As Caroline said, "My husband, Tom, and I enjoyed Sara's program immensely; we all could benefit from her optimism!!!! What a talent."

Sara was totally engaging, sang individualized birthday ditties, and asked questions of each attendee. After the show she sent us a note, saying "I wanted to take a moment to let you all know how very much I enjoyed performing for and talking with you yesterday! It was a BLAST!

Austin is so blessed to have such a cool group like Cap City Village! And each of you that I spoke with yesterday were interesting, delightful and full of whimsy!

Peace be with you!
Stay healthy!"

Screenshot by Tom Knutsen



Welcome New Member and Volunteers!



A big welcome to new member Donna Bryant G (78703) and a grateful welcome to new volunteers Karen Y 78759, Emily M 78660 and John K 78746.

Food, Meds and Exercise - Living Well at Home



Eye Health with Dr. Happy Settle

Saturday May 16 at 2pm

Join us online to learn about keeping your eyes healthy. Dr. Settle is a popular speaker with the Village and he's agreed to cover this topic online with us Saturday, May 16 at 2pm. Be sure and [RSVP to get your zoom invitation](#). RSVP deadline is May 15 at 2:30pm.



Kathy Smith

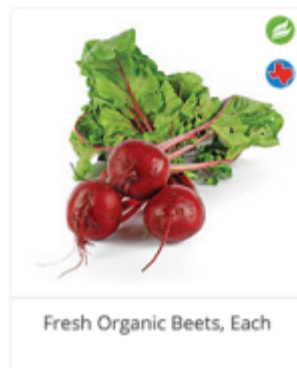
Exercise:

Thanks to [AARP](#) for this [10-Minute Balance and Energy Workout](#) with Kathy Smith.

Groceries

If you've been using curbside or delivery - thank you for protecting yourself and others in that way! What has been your most interesting substitution? Here's one recently reported

by a CCV member: "I ordered beets, which look like this on the order screen:



To my surprise I received radishes, although beets were checked off as having been fulfilled and there was no order for radishes! They do look the same in the picture, and fortunately I love radishes."

Let us know your hunting and gathering stories.

H-E-B and Central Market Extending Hours

Thanks to [Culture Map](#) for this information:

H-E-B is extending store hours for its grocery stores and pharmacies, the company recently announced. Beginning Monday, April 27, H-E-B stores will open at 7 am and close at 10 pm, until further notice. H-E-B pharmacies will open from 8 am-8 pm. Austin's Hancock location, which normally operates 24 hours, will also operate from 7 am-10 pm.

Central Market, Mi Tienda, and Joe V's Smart Shop, all owned by the San Antonio-based company, will also offer extended daily hours. Also beginning on April 27, Central Market stores will open from 8 am-10 pm; Mi Tienda locations will open from 7 am-10 pm; and Joe V's Smart Shop will remain open from 7 am-10 pm.

Grocery Safety

We still highly recommend that you get your groceries through delivery or curbside, but if you must go, here's yet another article on staying safe (from the [Daily Caring](#) site):

"According to the CDC, proper hand hygiene is the most important thing in reducing the spread of COVID-19. However, items from stores have been touched by many people and could potentially carry the virus, which can live for [up to 3 days](#) on surfaces like plastic and steel.

Items that have been packed or delivered by grocery services have also been handled by other people. Then, when you handle the item or outer packaging later at home, lingering germs could be transferred to your hands.

"If people are concerned about the risk, they could wipe down packages with disinfectant wipes and wash their hands," [said Dr. Linsey Marr](#), an expert in the transmission of viruses by aerosol at Virginia Tech.

This [article from Consumer Reports](#) contains useful information from infectious disease experts and specific suggestions on how to clean and disinfect groceries and other household goods that you've purchased or had delivered. For most items and surfaces, washing with soap and water can break apart the COVID-19 virus' cell walls and kills it."

Security and Safety - Living Well at Home



Online Path to COVID-19 Testing without Doctor Referral

According to the [Statesman Online](#), Austin Public Health officials on Thursday launched an online tool that will allow people to be screened for coronavirus symptoms and possibly referred for testing without having to see a doctor.

The new online enrollment form asks users a series of questions to determine their eligibility for testing. If approved, they can schedule a location, date and time for a drive-thru test for COVID-19, the disease linked to the coronavirus.

“This system allows us to identify areas that have high rates of infection and even identify particular locations to test asymptomatic people,” said Dr. Mark Escott, interim Austin-Travis County health authority. “This gives a lot of flexibility to modify our strategy as the pandemic unfolds here in Austin.”

Health officials said filling out the form does not guarantee a test referral, and priority will be given to health care workers, first responders and those at high risk for developing severe symptoms and complications.

Anyone who tests positive for the virus will receive an email with instructions on how to prevent its spread, monitor their symptoms and whether to seek medical care. [Read the full article here.](#)

Make Your Own Mask or Support a Local Business Selling Them

Officials urge the use of fabric face coverings, not medical-grade masks or N-95

respirators, which they say are in short supply and should be reserved for health care workers and first-responders. The [Centers for Disease Control and Prevention](#) and [Austin Public Health](#) provide guidance on how to make a face covering.

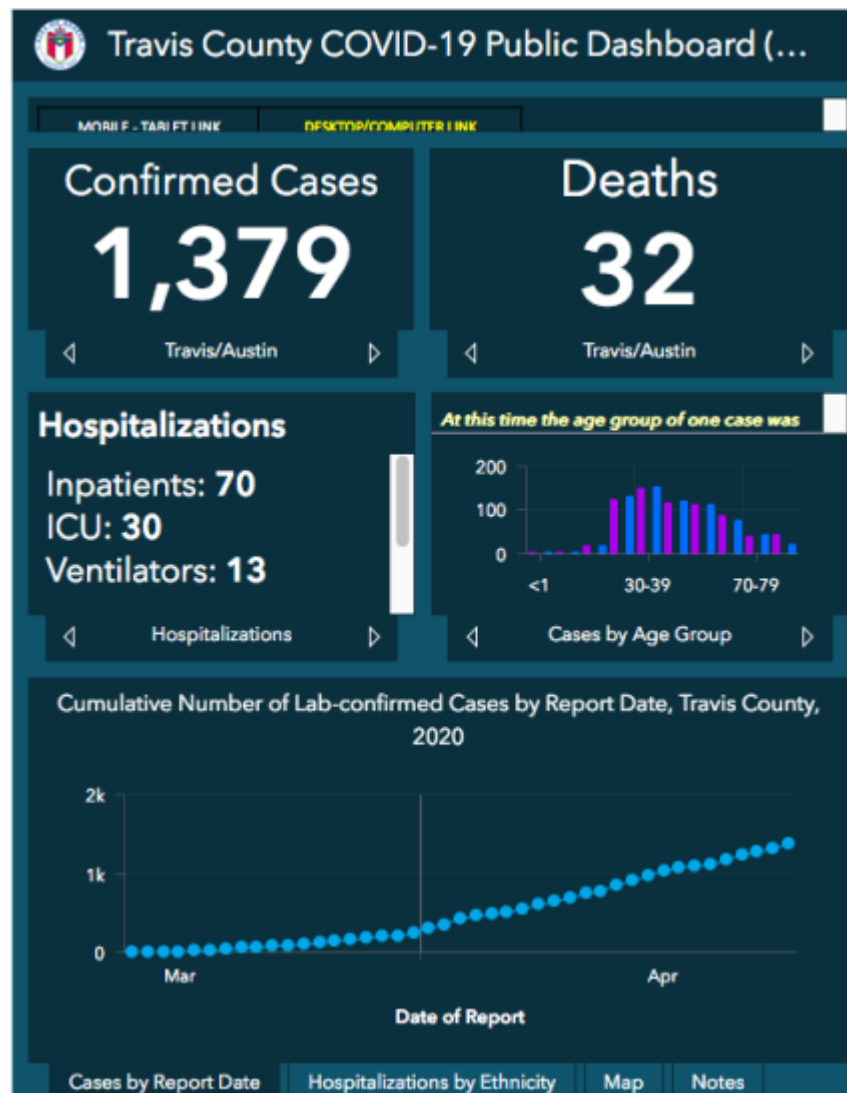
If you don't have the necessary supplies or time to make one yourself, consider supporting the local economy by checking out these [Local Businesses Selling Fabric Face Masks](#).

Summary of the local order:

When leaving one's residence, all persons over the age of ten (10) shall wear some form of covering over their nose and mouth, such as a homemade mask, scarf, bandana or handkerchief, except when:

1. Alone in a separate single space, whether indoor or outdoor;
2. In the presence only of other members of one's household or residence whether inside or outside the residence,
3. When doing so poses a greater mental or physical health, safety or security risk,
4. When engaged in Outdoor Activity where social distance is maintained; or
5. For consumption purposes.

Latest Travis County statistics re COVID-19:



Austin is continuously updating its [guidelines, control orders and emergency rules here](#). Stay up to date with closings and protocols mandated by the City.

Governor Issues Three New Executive Orders

[Strike Force to Open Texas](#), a team of nationally recognized medical experts and private and public leaders who will advise the Governor on safely and strategically reopening the state of Texas.

[The Governor's second Executive Order \(GA-16\)](#) relates to the safe, strategic reopening of select services and activities in Texas. This order establishes a temporary "Retail-To-Go" model that will allow retail outlets in Texas to reopen beginning Friday, April 24. Under this model, reopened establishments are required to deliver items to customer's cars, homes, or other locations to minimize contact.

Under this Executive Order, schools — including public, private, and higher education institutions — will remain closed for the 2019-2020 school year. Teachers may go into the classroom for video instruction, to perform administrative duties, and to clean out their classrooms.

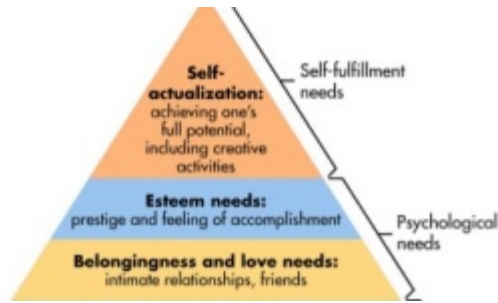
[The Governor's third Executive Order \(GA-15\)](#) relates to hospital capacity and personal protective equipment (PPE) needed for the COVID-19 response. The order loosens restrictions on surgeries. Beginning at 11:59pm on April 21 through 11:59pm on May 8, all licensed health care professionals and all licensed health care facilities must continue to postpone all surgeries and procedures that are not medically necessary to diagnose or correct a serious medical condition of, or to preserve the life of, a patient who without timely performance of the surgery or procedure would be at risk for serious adverse medical consequences or death as determined by a patient's physician. Exceptions now include:

- Any procedure that, if performed in accordance with the commonly accepted standard of clinical practice, would not deplete the hospital capacity or the PPE needed to cope with COVID-19, or
- Any surgery or procedure performed in a licensed health care facility that has certified in writing to Texas HHSC both (1) that it will reserve at least 25% of its hospital capacity for treatment of COVID-19 patients, accounting for the range of clinical severity of COVID-19 patients, and (2) that it will not request any PPE from any public source — whether federal, state, or local — for the duration of the COVID-19 disaster.

The Governor directed state parks to reopen Monday, April 20 with strict guidelines to reduce transmission of COVID-19 — including requiring visitors to wear face coverings, maintain a six-foot distance from individuals outside of their party, and prohibiting the gathering of groups larger than five.

Psychological and Social Needs - Living Well at Home





From Our Members

We continue to enjoy getting your responses to our "How's Everybody Doing?" question. Glad to hear from Sandy and Dudley who say "Gratefully we are very well and ensconced."



Join Debbie Pearson for Part II of "Blueprint to Age Your Way" Wednesday, May 6 at 2pm

Join CCV members, volunteers and friends online for Part II of this informative and helpful planning session. [RSVP to receive your zoom invitation](#). RSVP deadline is Tuesday, May 5 at 2:30pm.

**For Part 2, let's look at some of the details moving forward.
Arrive with questions and concerns to discuss.**



Some Resources for Online Viewing and Doing!



Virtual Train Rides

Are you a train fan? Here are [13 virtual train rides](#) from around the world that you can experience right now!

Help Out in the Battle Against Alzheimer's

[Participate in an online study](#)

[Take an Alzheimer's Association online course](#)

[Attend virtual community classes with Alzheimer's Foundation of America](#)



ALZHEIMER'S
PREVENTION
REGISTRY

The National Theatre is Live Streaming

Coming up:

[Twelfth Night](#)

[Frankenstein](#)

[Antony and Cleopatra](#)





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 and Volunteer Services) - call us if you need us!



Our mailing address is:

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