
How's Everybody Doing?

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Mon, May 11, 2020 at 8:59 AM



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Eye Health with Dr. Happy Settle

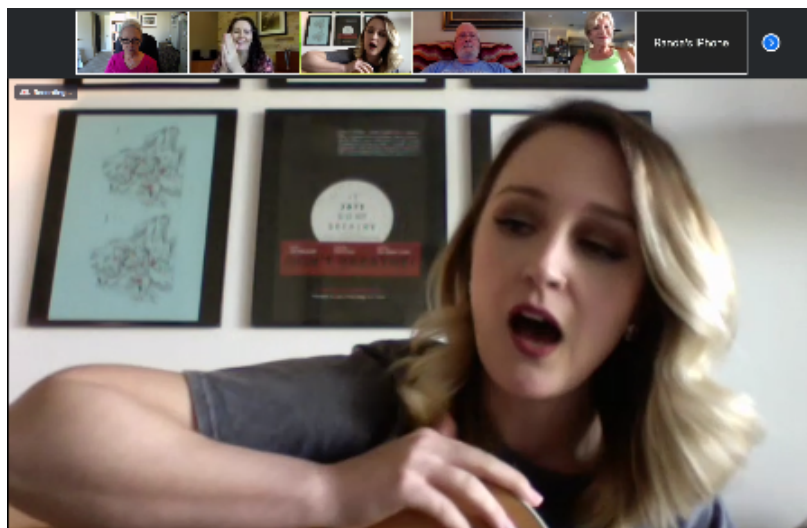
Saturday May 16 at 2pm

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 16 at 10 am.



Need a few hours of calming downtime? The [Mindfulness Group](#) meets online tomorrow at 10am. RSVP deadline is today at 5:30pm.

Village Events



We had another great streaming concert May 2 -- with Emily Cole (pictured). She sang some Etta James, some John Prine and a lot more. Those who tuned in had a great time!

- Tuesday, May 12, 10am-12pm [Managing Mindfulness](#) (See article above)
- Thursday, May 14, 9:30-10:30am Virtual [Coffee Hour](#)
- Saturday, May 16, 2-4pm [Eye Health with Dr. Happy Settle](#) (See feature article)
- Tuesday, May 19, 2:30-3:30pm [Coping with Stress in the Time of COVID](#) by Barbara E Davis (See article below)
- Wednesday, May 20, 12-1:30pm Virtual [Men's and Women's Lunch](#) with John Berry (See article below)

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

You must RSVP to get a meeting invitation, which will usually arrive a few hours before the program. We have learned that Zoom works best on Chrome or Firefox. [Click here](#) for a quick tutorial on getting into Zoom.

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

Food, Health and Exercise - Living Well at Home



HOUSTON/AUSTIN	
	GOOD NEIGHBOR PROGRAM Complete this form to link your Loyalty account to the organization of your choice. You can choose to link up to three organizations. Contact your organization of choice and ask if they are a member of Randalls Good Neighbor program or call 1-888-334-8240 to get the GNP number.
REMARKABLE CARD NUMBER []	
Don't know your card number? Call Customer Care at 1-877-723-3929.	
Charity to be added to your card:	
1. Charity # _____	Charity to be deleted to your card:
2. Charity # _____	
3. Charity # _____	
APPLICANT NAME (PLEASE PRINT) _____ PHONE (linked to loyalty account) _____	
APPLICANT SIGNATURE _____ DATE _____	
PLEASE RETURN THIS FORM TO YOUR NEIGHBORHOOD RANDALLS CUSTOMER SERVICE DESK OR EMAIL YOUR RESPONSES TO good.neighbor@randalls.com	
OFFICE USE ONLY: STORE # _____	
STORE INSTRUCTIONS: SEND THIS COMPLETED FORM TO THE MAILROOM - ATTN: GOOD NEIGHBOR PROGRAM	

Groceries

If you're getting groceries from Randall's and you use one of their "Remarkable Cards", Capital City Village could use your help. Would you sign up for their [Good Neighbor Program](#) and designate CCV as your charity. That way some percentage of your spending will go to help Village members. Our charity number is GNP13219.

H-E-B has imposed quantity restrictions effective May 1:

- Ground beef — limit 2 packages
- Beef, chicken, pork, turkey — limit 2 packages, combined total (not two of each)

As for non-food items, the following products remain restricted:

- Acetaminophen — 2 items total (includes baby, trial and travel sizes, OTC)
- H-E-B Acid Controller/Famotidine and Pepcid 50ct and larger — Limit 1
- H-E-B Acid Controller/Famotidine and Pepcid smaller than 50ct — Limit 2
- Baby wipes — 2 items
- Disinfecting and antibacterial sprays — 2 items
- Disinfecting and antibacterial wipes — 2 items
- Trial and travel size disinfecting and antibacterial sprays/wipes — 2 items

- Liquid bleach — 2 items
- Hand sanitizer — 4 items
- Hand soap — 4 items
- Aloe Vera — 2 items (Digestive Health, Skincare/Suncare, Healthy Living)
- Hydrogen peroxide — 2 items
- Rubbing (Isopropyl) alcohol/swabs — 2 items
- First-aid and cleaning gloves — 2 items
- Masks — 2 items

Medical

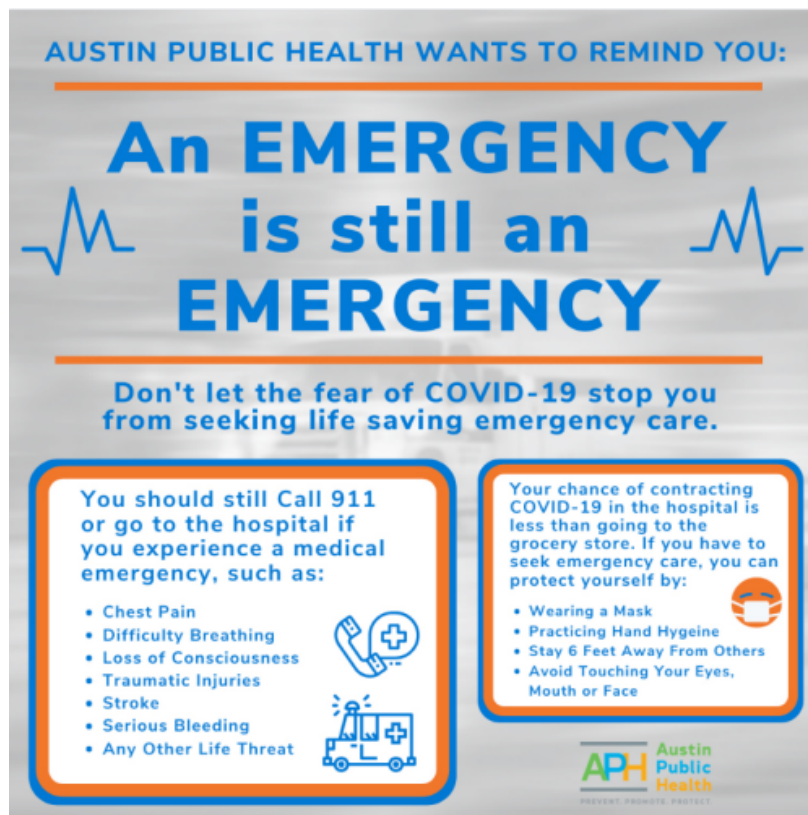
CDC Urges Older Adults to Continue Distant Socializing, New Symptoms List Issued



Distant socializing by LK and Caroline (Photo by Tom Knutsen)

Older adults and people at high risk for complications associated with COVID-19 are encouraged to continue to stay home as much as possible and to limit contact with others during the first two phases of reopening plans. Federal guidelines recommend that people continue to wash their hands frequently and maintain physical distancing for the foreseeable future.

The Centers for Disease Control and Prevention (CDC) on May 7 updated its list of COVID-19 symptoms to include: cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat and new loss of taste or smell. "This list is not all inclusive. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea," the CDC says.



Center for Medicare and Medicaid Services (CMS) Loosens Rules

- Medicare and Medicaid beneficiaries can now get tested for the coronavirus without a written order from a physician.
- Physicians and occupational therapists as well as speech language pathologists can provide telehealth visits.
- Communities that are in phase 1 of the administration's re-opening plan can begin to provide non COVID-19 treatments and elective procedures that have been curtailed since the coronavirus outbreak.
- Coronavirus tests will be available for Medicare beneficiaries who cannot leave their homes, and testing will be ramped up in nursing homes.
- Medicare officials have issued an alert to all beneficiaries that scammers may try to use the coronavirus as an opportunity to steal their identities and commit [Medicare fraud](#). Medicare will never call to ask for your Medicare number.
- CMS recommends that nonessential, elective surgeries and other medical procedures be postponed during the [coronavirus outbreak](#). CMS also asks that nonessential dental exams and procedures be postponed.
- [Medicare expands telehealth options](#) so more patients — especially older adults — can get medical advice and care while remaining in their homes and stemming the spread of the coronavirus.
- Medicare Advantage and Part D prescription drug plans can relax copays and other cost sharing when it comes to testing for the coronavirus.

Ten Things the Coronavirus has Changed for Good



**CCV's First Virtual Happy Hour - Tommi, Bonnie, Arnie and Margit
Phyllis, Marie, Carl and Liby
Scott, LK, Tom and Kay
Elizabeth, Johanna, Rick**

At CCV's very first virtual happy hour, the question asked of each participant was, "What's one new thing you're doing now that you want to continue to do when the pandemic is over?". On April 29, 2020, the [Center for the Digital Future](#) and the [Interactive Advertising Bureau](#) released the first comprehensive study of the impact of the coronavirus pandemic on Americans. Here's a list of 10 things that they believe will likely continue beyond the pandemic.

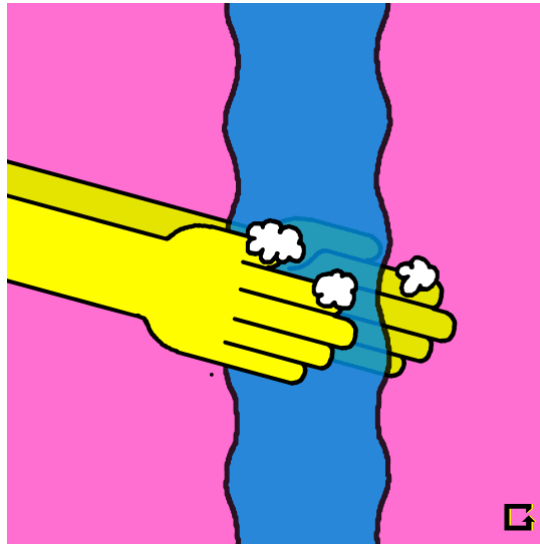
1. **Working from home** - many who have begun this practice will continue it, according to surveys of both employees and employers.
2. **Seeing your doctor** - "Doctors and patients who previously might have considered telehealth only in limited circumstances are now seeing that a wider range of services can be provided virtually. Along with cutting out hassles like parking and waiting-room time, video visits make it easier for family members to observe and participate, a big boon for caregivers."
3. **Shopping for groceries** - According to [RBC Capital Markets](#), "More than half of those who purchased groceries online said the COVID crisis made them more likely to keep doing so permanently. Among those who shopped only at stores, 41 percent said they planned to try delivery in the next six months."
4. **Staying in touch** - Just think of how the life of our Village has changed. Although we've had to severely decrease personal interaction, in other ways we're staying in touch more than ever. Some day the personal interaction will return - however, our new ways of staying in touch by Zoom and other platforms will likely also continue as a supplemental method of contact for many of us.



5. **Wearing face masks** - Although fairly common in some Asian countries, this has been a new phenomenon for Americans. However, the use of face masks as a way to protect ourselves has become more accepted.
6. **Going to the movies** - According to Jeffrey Cole of the Center for the Digital Future, "Next to bottom on a list of 15 activities people miss the most while stuck in their

homes is going to the movies. The only thing we say we miss less is drinking and socializing in bars."

7. **Traveling by air** - From Gary Leff's blog, "[View from the Wing](#)", "This is the new normal. Even when the pandemic comes to an end and travel demand picks up, all of our behaviors will have changed as a result of COVID-19. Airline crew members... airport employees... passengers. We will all act differently. The days of carefree travel are long gone."
8. **Riding public transportation** - "There's lots of technologies that are already being developed now to enhance safety, including steps like using UV light, reconfiguring buses to provide more space between passengers, looking at doing temperature checks for people boarding," says Gary Zipper, Harvard Kennedy School's Taubman Center for State and Local Government.
9. **Loss of privacy** - once again quoting Jeffrey Cole, "If we really do contact tracing, it means we're going to have to let someone — the government, Google — know where we are, report who we're next to. We just don't seem to care that much when it's our health, our family's health."
10. **Washing our hands** - "Happy birthday to you, happy birthday to you" is embedded in our minds forever!



Security and Safety - Living Well at Home

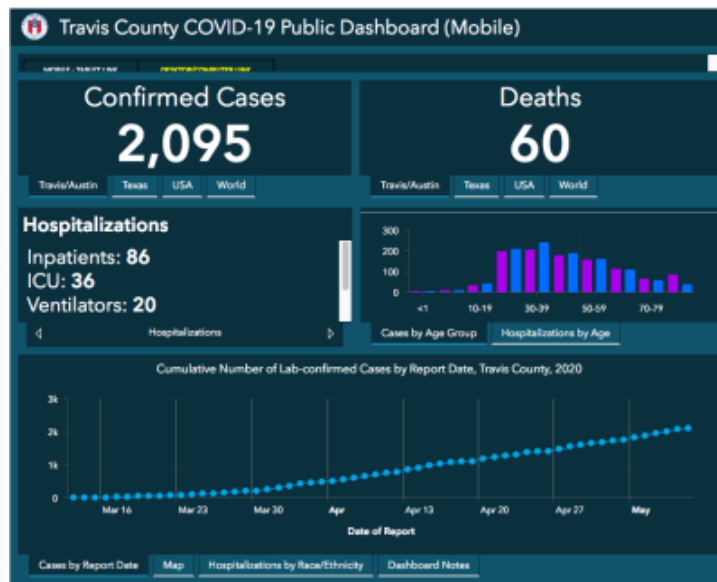


Austin's Stay-at-Home Order Extended

According to CultureMap, Austin's Stay Home/Work Safe order has once again been

extended. The city order that was set to expire May 8 will now run through June 15. [Read the full article here.](#)

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.

Psychological and Social Needs - Living Well at Home





Coping with Stress in the Time of COVID

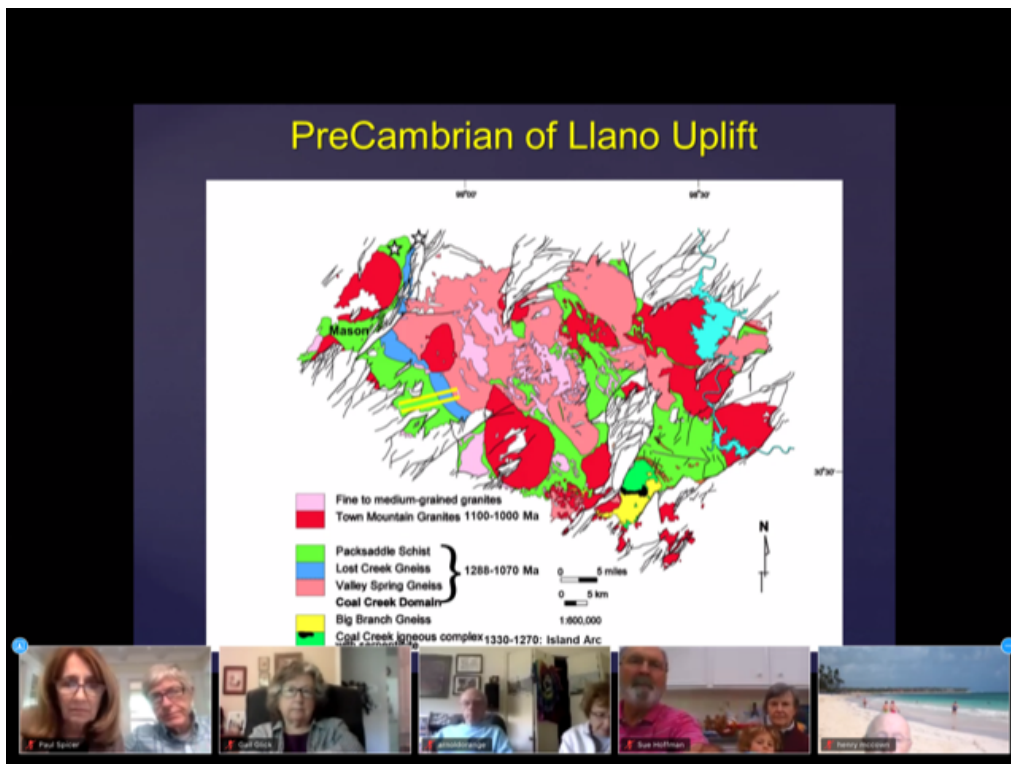
Tuesday, May 19 at 2:30pm

Our emotional health is important in maintaining our physical health. Being considered in the “high risk group” as we “shelter in place” adds to the normal stress of daily life. Barbara combines her background in mind-body therapy and neuroscience to teach you some ways of dealing with stress.

Barbara E. Davis, LCSW-S, CGP has been working in the mental health field since 1966 and in private practice in Austin, Texas for over 40 years. Barbara has led a variety of therapy and training groups and is a past-president of the Austin Group Psychotherapy Society. Her specialties include working with couples, treating the effect of trauma, and therapy with people with chronic illnesses.

As a volunteer she has been active in community organizing, having been a cofounder of the Peoples Community Clinic in 1970 and the founder of Project Transitions, the AIDS hospice in the 1980's. Now, as a senior herself, having to isolate due to the coronavirus she is maintaining her practice through online video conferencing.

[RSVP here to get your invitation.](#) RSVP deadline is May 19 at 10am.



John Berry on the Rocks, Shaken but Not Stirred (Screenshot by Tom Knutsen)

Kathy and Paul, Gail, Arnie and Margit, Mart and Sue with Cliff, Henry at the fake beach

Rifting, Drifting, Drowning, then Getting Bombed - Men's and Women's Lunch with John Berry

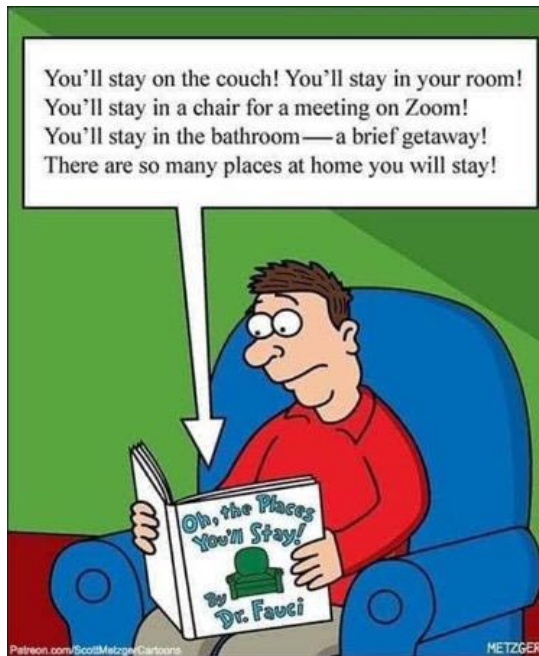
For our May lunch meeting, we will continue with our "New Normal" of a virtual get-together via a Zoom videoconference. So, get ready to sit back and enjoy another presentation about the world which used to be.

In the second of his five presentations on the geology of Central Texas, John Berry will be talking about "Rifting, Drifting, Drowning, then Getting Bombed". Sounds to us like someone was having a very bad day, but the only way we will know for sure is to sign on to Zoom and listen to John, who will have some interesting pics to share.

So put the date of Wednesday, May 20th at 12 noon on your calendars right now. Again, we WILL be taking attendance, so please show up to be counted! [RSVP here to get your invitation](#) - deadline is 9am May 20 - invitation will be sent just prior to event.

From Our Members

Ellen saw our cartoon last week and sent us the rest of the poem. Look below the picture.
Thanks Ellen!



Yes! You'll stay in your kitchen,
The dining room too,
The mud room, the hallway,
There's plenty of room!

If inside gets boring,
there's always the yard,
or the driveway, or the porch,
which you can't disregard!

There are so many places
at home you will stay,
Until Dr Fauci says,
Get out there and play!!

**OLDER
AMERICANS
MONTH**



MAKE YOUR MARK: MAY 2020

Happy Older Americans Month! [Here are some great tips for sharing your story.](#)



[Click here to download a Travis County vote-by-mail application.](#) Be sure to check “Annual Application” in Box 6a to assure you also automatically receive a ballot in October to vote by mail for the critical Presidential election.

Voting by mail is an easy process. The ballot usually arrives just prior to the physical start of Early Voting. You get to thoroughly review your ballot selections in the privacy of your own home.

Please print out your application and mail it in today. Or, if you are unable to print at home, [click here to request that an application be sent to you.](#)

Our democracy works best when more of us participate.

Some Resources for Viewing and Doing!

[Check here](#) for free streaming options from the Austin Jewish Film Festival in May.

“PLAY IT AGAIN... BOYCHICK!”



Presented by



Benefitting



Learn about the hidden Jewish story behind the movie “Casablanca.”

Join us for a free live webinar with Noah Isenberg, author of **“We’ll Always Have Casablanca,”** on **Tuesday, May 12, 2020 at 7:30 PM**

We hope this event is the beginning of a beautiful friendship.

Register Now For “Casablanca” Event (FREE)

National Parks are Reopening, But Should You Go?

"For an America longing for the outdoors after many weeks of being home during the coronavirus outbreak, our national parks may seem like an ideal escape. The good news is that while most of the 62 parks were at least partly closed this spring, now the National Park Service has announced that it will begin “increasing access and services in a phased approach.” But visiting will be a little different than it was pre-COVID-19: Park Service officials say they plan to implement restrictions that keep in mind Centers for Disease Control and Prevention guidance and state and local regulations, while, as always, protecting wildlife and natural areas." [See the full article from AARP here.](#)



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:

3710 Cedar St, Suite 283, Austin, TX 78705

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