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## How's Everybody Doing?

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Reply-To: Capital City Village <info@capitalcityvillage.org>  
To: johanna@capitalcityvillage.org

Mon, May 18, 2020 at 8:59 AM



Office: 512-524-2709  
Member and Volunteer Services: 512-468-5594

## From the Executive Director:

As Austin and the rest of the country grapples with how to reopen safely, Capital City Village extends immeasurable thanks to its members, volunteers, and supporters who have helped us as we've helped each other during this very strange time. CCV will continue to adhere to the City of Austin ["Stay Home - Stay Safe" guidelines](#) as we keep the safety and wellbeing of our village as our primary focus. To that end we will continue to provide the following volunteer services using personal protective equipment (PPE) and observing safe physical distance:

- Transportation to essential medical appointments;
- Technology support delivered remotely and/or in-person (only when necessary);
- Minor help with yard/home.

CCV staff maintains discretion over posting/matching requests within these parameters. CCV volunteers and members must utilize PPE including masks and gloves. If you don't have these items please contact the office and we will provide them to you. For transportation, members should sit in the back seat and volunteers are advised to use a sanitizing wipe on their vehicles before and after transporting a member. If you need help with accessing food, medication or other provisions we can help you directly or by connecting you to other services.

Going forward our newsletters will return to their regular schedule of the 1st and 16th of each month. We will continue our highly successful Buddy Check-In calling tree. Now as always we want to know "how everybody's doing." So please give your feedback and, if you can, join us for virtual coffee every Thursday morning at 9:30am. Many thanks to each and every one of you for helping keep our village strong!

As always, you may contact the office at 512-524-2709, Member and Volunteer

Services at 512-468-5594, email [info@capitalcityvillage.org](mailto:info@capitalcityvillage.org), or find the latest information on our [website](#).



## **Coping with Stress in the Time of COVID**

### **Tuesday, May 19 at 2:30pm**

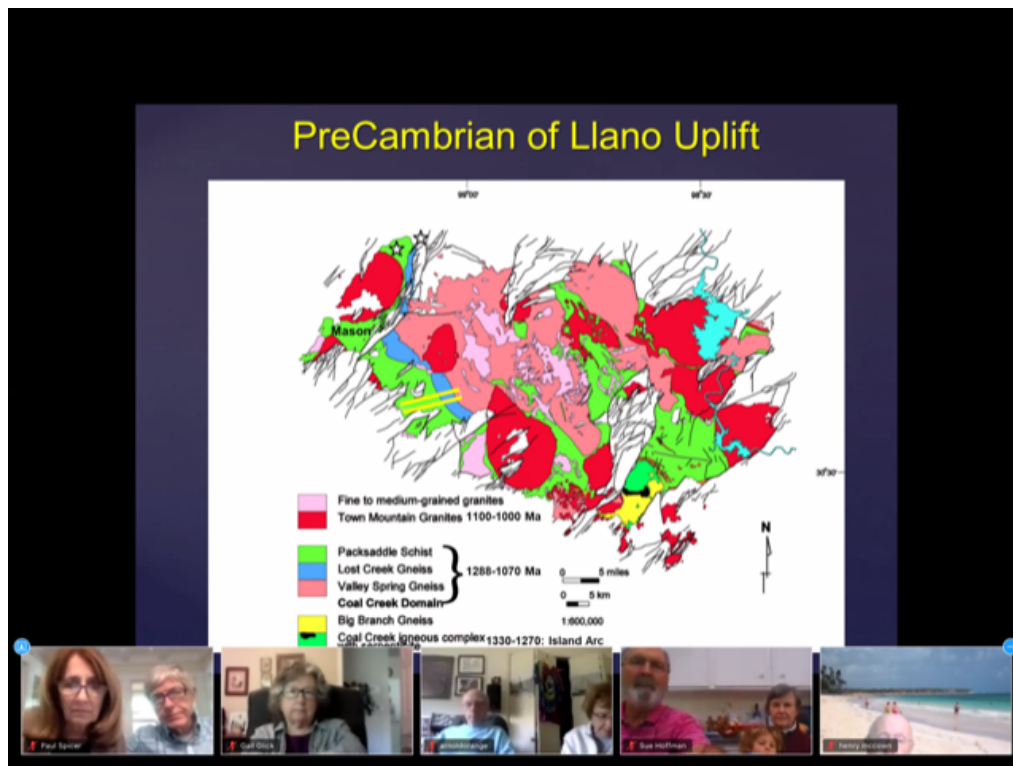
Our emotional health is important in maintaining our physical health. Being considered in the “high risk group” as we “shelter in place” adds to the normal stress of daily life. Barbara combines her background in mind-body therapy and neuroscience to teach you some ways of dealing with stress.

Barbara E. Davis, LCSW-S, CGP has been working in the mental health field since 1966 and in private practice in Austin 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 Wednesday, May 20 at Noon**

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.

## **Village Events**



**Mindfulness Group**  
**LK, Joe, Pam**  
**Mickey, Joanne, Barbara**  
**Caroline and Tom, Peggy, Peter**  
**Ginny, Joan**

- Tuesday, May 19, 2:30-3:30pm [Coping with Stress in the Time of COVID](#) by Barbara E Davis (*See feature article*)
- Wednesday, May 20, 12-1:30pm Virtual [Men's and Women's Lunch](#) with John Berry (*See article above*)
- Thursday, May 21, 9:30-10:30am Virtual [Coffee Hour](#)
- Thursday, May 28, 9:30-10:30am Virtual [Coffee Hour](#)
- Thursday, June 4, 4:30-6:30pm Virtual [Happy Hour](#)
- Friday, June 19, 11am-12:30pm [Book Club](#) (Virtual) (*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





## Groceries

### H-E-B updated meat restrictions:

- Fresh beef, ground beef, chicken, pork, turkey — limit 5 packages total (note: not 5 packages of each)
- Frozen chicken — limit 2 packages total
- Frozen raw beef burgers — limit 2 packages total

## Medical

### 10 Myths About the Coronavirus You Shouldn't Believe

[Read the full article at AARP.org](#)

1. Warmer weather will stop the spread of the coronavirus.
2. Young people don't get sick from a coronavirus infection.
3. Social distancing isn't necessary if you've already been infected.
4. If you don't have fever, cough and shortness of breath, you don't have COVID-19.
5. You can catch COVID-19 from your pet.
6. Ibuprofen makes COVID-19 worse.
7. It's dangerous to go outside during the pandemic.
8. You should avoid the hospital at all costs if you want to stay healthy.
9. Ingesting disinfectants can help treat a coronavirus infection.
10. Mosquitoes and ticks transmit the coronavirus.

(We repeat, these are all myths. [Read the full article at AARP.org.](#))

### Diabetes Patients Face Serious COVID-19 Complications

While stay-at-home orders can make activities like working out and grocery shopping more challenging, those with diabetes have to stay vigilant about managing their blood sugar.

[Read the article from AARP here.](#)

### How to Prevent Foggy Glasses with a Face Mask



Thanks to AARP for this short [video](#) on how to keep your glasses from fogging when wearing a face mask.

## Security and Safety - Living Well at Home



### Latest Travis County Guidelines:

Austin/Travis County is currently at Stage 3. Austin is continuously updating its [guidelines](#), [control orders and emergency rules here](#). Stay up to date with closings and protocols mandated by the City.

# COVID-19: Risk-Based Guidelines

	Practice Good Hygiene	Maintain Social Distancing	Wear Facial Coverings	Higher Risk Individuals Age over 65, diabetes, high blood pressure, heart, lung and kidney disease, immunocompromised, obesity			Lower Risk Individuals No substantial underlying health conditions			Workplaces Open
	Stay Home if Sick			Avoid Gatherings	Avoid Non-Essential Travel	Avoid Dining/ Shopping	Avoid Gatherings	Avoid Non-Essential Travel	Avoid Dining/ Shopping	
	Avoid Sick People									
<b>Stage 1</b>	•			greater than 25		except with precautions	gathering size TBD			all businesses
<b>Stage 2</b>	•	•	•	greater than 10		except as essential	greater than 25		except with precautions	essential and re-opened businesses
<b>Stage 3</b>	•	•	•	social and greater than 10	•	except as essential	social and greater than 10		except with precautions	essential and re-opened businesses
<b>Stage 4</b>	•	•	•	social and greater than 2	•	except as essential	social and greater than 10	•	except expanded essential businesses	expanded essential businesses
<b>Stage 5</b>	•	•	•	outside of household	•	except as essential	outside of household	•	except as essential	essential businesses only

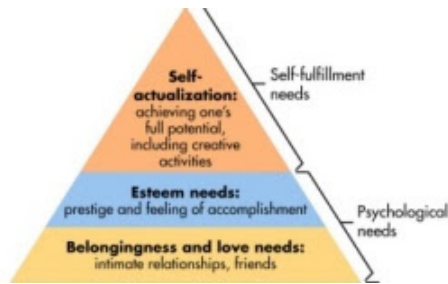
Use this color-coded alert system to understand the stages of risk. This chart provides recommendations on what people should do to stay safe during the pandemic. Individual risk categories identified pertain to known risks of complication and death from COVID-19. This chart is subject to change as the situation evolves.

AustinTexas.gov/COVID19

Published: May 13, 2020

## Psychological and Social Needs - Living Well at Home





## From Our Members

Vivian said she was happy enough to never have a computer. But then it became apparent, in this age of pandemic, that this was going to be the only way to participate in CCV's programs, so for the first time in her life she bought a computer. Village volunteer Rick has spent a number of hours helping her get up to speed on it, and showed her how to use Zoom. The first time on Zoom, she said "I just couldn't get the thing going", so as she put it, "He got up out of the meeting, drove to my place, got me sorted out and went back to the meeting." She participated in last week's coffee without a hitch and plans to join in on more programs. She says, "It's so good to see other faces and hear others' voices."

We are thankful to our member Vivian for this story, and to all our dedicated volunteers like Rick!



*And speaking of Rick, he sent along this reminder for everyone:*

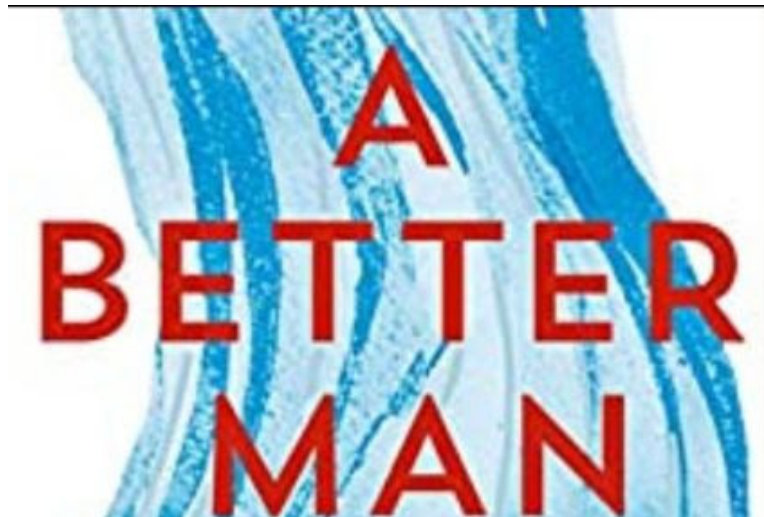
Remember the red emergency bags you got us several years ago? I was cleaning out my closet went through the items. The weather radio still works. The LED flashlight didn't and the batteries had corroded/leaked so badly I couldn't even open it to remove/replace the

batteries. Had to just toss it. 😞 Might want to send out a reminder to check emergency equipment. Remove batteries to prevent damage. Just a thought.

*Jimmie wanted everyone to know some research she's done about hand sanitizers. We know it's good to carry them (at least 60% alcohol) wherever we go. What we may not all realize is that they are highly flammable. Be careful with sanitizers when pumping gas and around flames.*

Thanks, members for thinking of others and sharing helpful information!

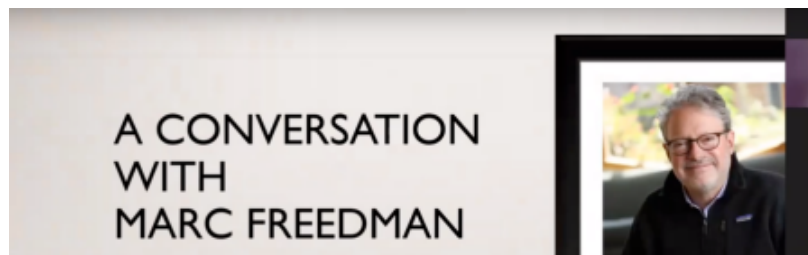
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## Book Club Resumes Online Friday June 19 at 11am

Join the CCV book club online Friday, June 19 at 11am to share your thoughts about this month's book, "A Better Man" by Louise Penny. Bring your own potluck and join friends on screen for good conversation. [RSVP is necessary](#) to receive your zoom invitation - deadline is June 18 at 5:30pm.

Louise Penny is the author of the #1 New York Times best selling series of Chief Inspector Armand Gamache novels.



If you missed the Village to Village Network's Conversation with Marc Freedman, [here's the video](#).



# OLDER AMERICANS MONTH



MAKE YOUR MARK: MAY 2020

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



Are you registered to vote? You may fill out a [voter registration application](#) here. After filling it out, you'll print it and mail it to the voter registrar. You are not registered until you have filled out the online application, printed it, and mailed it to your local County Voter Registrar.

Once registered, you can apply for a vote-by-mail application.



[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.

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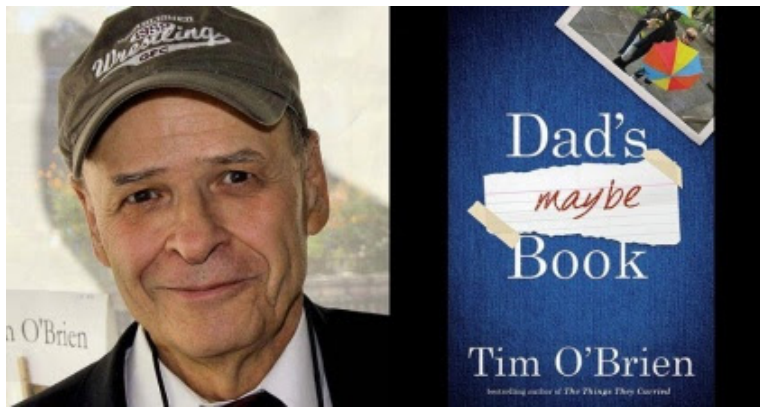
## Some Resources for Viewing and Doing!

### Join Author Tim O'Brien in a Free Online Interview

Friend of the Village Cari Clark extends an invitation to join her and the Texas Author Series for an interview with Tim O'Brien. He'll be discussing his latest, "Dad's Maybe Book", Wednesday, May 20 from 7-8pm. All you need to do is click the link below on May 20 and you'll enter the free live interview.

[CLICK HERE TO WATCH LIVE INTERVIEW](#)

LINK IS ONLY AVAILABLE ON WEDNESDAY MAY 20th FROM 7-8 PM



**Julliard Graduates do Ravel's "Bolero" from their homes - Surprising to see who some of them are!**



## **ATX Television Fest Streaming Free Virtual Event**

From CultureMap: It's fitting that in the middle of a shutdown, a festival devoted to TV would be reconfigured to enjoy from your living room. On May 14, the ATX Television Festival announced it's doing just that while rolling out the initial wave of programming for its first-ever virtual event.

ATX TV... from the Couch! runs June 5-7 and offers similar programming as the in-person fest — think panels, special guest stars, and buzzy cast reunions, etc. — but with a virtual twist. And the best part? The event is free to access via a linear stream on ATX Television Festivals's official YouTube channel. It also offers viewers the chance to donate to organizations providing COVID-19 relief in Austin and across the country. [Register for the 3-day event 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!



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**Our mailing address is:**

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