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## How's Everybody Doing?

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Tue, Jun 16, 2020 at 9:00 AM



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## A Message from Capital City Village's Board and Staff

At Capital City Village we inclusively serve seniors whose desire it is to age at home and in their own communities. Our hearts hurt at the thought of black lives lost because of the color of their skin. The Black Lives Matter movement continues to be as important as ever, and many Austinites have descended upon downtown streets to protest. For various reasons, including increased risk from COVID-19, seniors who feel strongly about this issue may not be able to join in the protests.

There are, however, many ways you can make a positive impact in our community:

**Demonstrate** your position by contacting your elected officials and – most importantly – VOTE ([VoteTravis.com](https://www.vote-travis.com));

**Donate** to social justice causes you support (e.g. [ACLU](https://www.aclu.org), [NAACP](https://www.naacp.org), [Austin Area Urban League](https://www.austinareaurbanleague.org), and the [Austin Justice Coalition](https://www.austinjusticecoalition.org) just to name a few options);

**Dedicate** yourself to learning more (please see BookPeople's [Anti-Racist Reading List](#) or a video discussion series [Uncomfortable Conversations with a Black Man](#) by Austin sports analyst Emmanuel Acho).

You can also take action by supporting black-owned businesses in your area. Although we still advise against shopping trips, many of these black-owned businesses can provide curbside, takeout, home or yard services, or delivery. We urge our members to support these businesses in those ways. Thanks to KVUE for publishing this [black-owned businesses](#) list.

Capital City Village remains steadfast in its commitment to supporting Austin seniors regardless of racial, cultural or economic differences. Austin can and should be a community for all.

## And a Message from our Board President

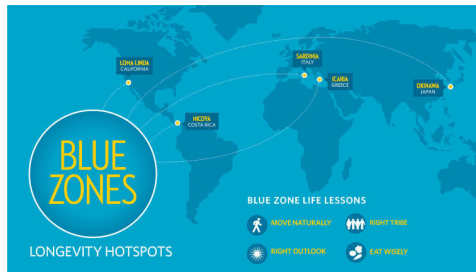
"It was the best of times, it was the worst of times." Charles Dickens, *A Tale of Two Cities*

Medical understanding of the coronavirus has progressed significantly, BUT the virus is still spreading and hospitalizations are rising again. This note is a PLEA to



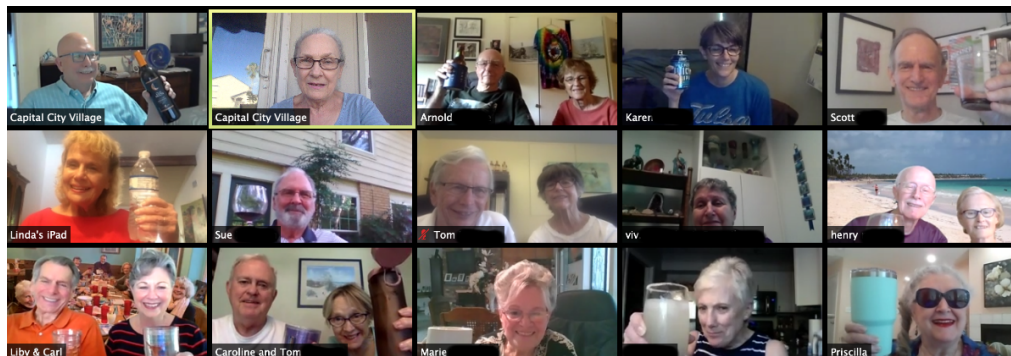
not reduce your caution or increase your potential exposure to people with coronavirus risk. Remember the caution you used two months ago must continue.

Tom McHorse M D



And to reinforce Dr. McHorse's plea, [here's a very informative and current interview](#) by the founder of Blue Zones with Michael Osterholm, PhD, MPH, an internationally known expert in infectious disease epidemiology.

## Village Events



**Cheers from June's Happy Hour!**

**Rick, Bonnie, Arnie and Margit, Karen, Scott**

**LK, Mart, Tom and Kay, Vivian, Henry and Ellen**

**Carl and Liby, Tom and Caroline, Marie, Kathy, Priscilla**

- Tuesday, June 16, 10am-12pm [Volunteer Orientation](#) (Online)
- Wednesday, June 17, 12-1:30pm [Men's and Women's Lunch](#) with John Berry (Online)
- Thursday, June 18, 9:30-10:30am Virtual [Coffee Hour](#)
- Friday, June 19, 11am-12:30pm [Book Club](#) (Online) *(See article below)*
- Monday, June 22, 1-2pm [Avoiding Financial Fraud and Scams](#) presented by the Better Business Bureau *(See article below)*
- Wednesday, June 24, 2-3pm [Fall Prevention](#) (Online) by Travis County EMS *(See article below)*
- Thursday, June 25, 9:30-10:30am Virtual [Coffee Hour](#)
- Thursday, July 9, 2-3pm [Project Connect](#) by CapMetro *(See article below)*

[Click here](#) for a quick tutorial on getting into Zoom.

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.

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



## **"Avoiding Financial Fraud and Scams" Presented by Heather Massey of the Better Business Bureau**

**Monday, June 22 at 1pm Online**

On Monday, June 22 at 1pm Heather Massey, Senior Regional Director of the Better Business Bureau will join us online to talk about financial fraud and scams against seniors. The presentation will cover (1) the top scams affecting seniors, (2) who is more susceptible for falling victim to a scam, and (3) how you can avoid scams. [RSVP by no later than 9am the date of the event to receive your invitation.](#)

Heather is a Regional Director for Better Business Bureau serving Central, Coastal, Southwest Texas and the Permian Basin. She is responsible for media, community outreach and education.

She is a 2013 Alumni of Leadership Midland, Rotary West Member, Midland Chamber Ambassador, Midland Center Advisory Board Member, Junior Achievement Volunteer, Education Committee Board Member and Special Olympics Fundraising Committee.

Heather is a graduate of The University of Texas of The Permian Basin with a degree in Political Science, and a minor in Criminology.

A note from the editor: Check out this [article from AARP](#) if you'd like a little "pre-work" to the presentation by Ms. Massey.

## **Food, Health and Exercise - Living Well at Home**



## One Voice Central Texas Donates Masks to Capital City Village!

Dell Medical School reviewed the request for personal protective equipment compiled by One Voice and was able to provide 370 cloth masks, 5,900 gloves and 326 face shields to the Austin community. If you would like a mask, contact Johanna 512-468-5594 or [johanna@capitalcityvillage.org](mailto:johanna@capitalcityvillage.org). Also, please feel free to send a quick email to [pastor.gayle.evers@gmail.com](mailto:pastor.gayle.evers@gmail.com) as a thank you from Capital City Village.

## Do Face Masks Work?

According to a study published by The Royal Society, they absolutely do. One of the conclusions from the study: "If lock-down periods are combined with 100% adoption of facemask use by the public, the initial disease progress peak is dramatically flattened and delayed and subsequent waves are prevented." [Read the research article by Richard O. J. H. Stutt, Renata Retkute, Michael Bradley, Christopher A. Gilligan, and John Colvin here.](#)

## But Can You Catch Coronavirus Through Your Eyes?

According to experts, it's possible, but not highly likely. [Read this article from AARP](#) to learn ways to protect your eyes.

## Going to the Dentist Gets Complicated in a Pandemic

"Dental offices across the country are beginning to open their doors for routine appointments after postponing nonurgent care and cleanings for several months due to the coronavirus. But things are going to look a little different for returning patients.

The most obvious change from a patient perspective? 'It may not have that homey feel.'" [Read the full article from AARP here.](#)

## The Unequal Distribution of Economic Impact from COVID-19

The COVID-19 pandemic has caused immense economic damage, but the harm has not been evenly felt. Workers who provide in-person services have borne the brunt of layoffs and wage reductions, as shown in Gallup data collected from April 17-May 17, 2020. Moreover, those in low-paying jobs are much more likely to have been laid off or seen wage and hour cuts than workers in high-paying jobs. For 42% of laid-off workers in the bottom quintile of the income distribution among respondents, their bills now exceed their income, and they have been forced to draw upon savings or go into debt. [Read the full story from the Gallup blog here.](#)

## Austin Regional Clinic Launches New COVID-19 Self-Assessment Tool

ARC has partnered with Mediktur to launch an AI-powered COVID-19 online assessment tool. Anyone with COVID-19-related symptoms can visit [ARCcovidcheck.com](https://ARCcovidcheck.com) to help them decide their next steps. The purpose of the tool is to provide clear guidance to patients on the likelihood their symptoms are indicative of coronavirus infection and then provide them with the best recommendation based on their symptoms.

The AI-based medical assistant for triage, prediagnosis and decision-making support takes a patient through three basic steps:

1. The patient states their symptoms using a predefined checklist.
2. The system follows up with questions based on the symptoms a patient checks off.
3. The patient gets a list of possible conditions and a recommendation on what to do next.



## Security and Safety - Living Well at Home





Photo by Ruben Chase

## Stand Up - Don't Fall! Wednesday, June 24 at 2pm

Join us online for a educational event to help us all avoid falls. The program will be presented by Cheryl Bakhtiari, Paramedic, Austin-Travis County EMS Wednesday, June 24 at 2pm. She will touch on fall prevention, vital of life information (the how and why), and how to set up emergency contacts on a phone. Then there will be a time for questions and concerns. [RSVP to receive your invitation](#). RSVP deadline is 10am the morning of the event.

## Six Things You Should Not do with Bleach

The Centers for Disease Control and Prevention (CDC) reported a 20% increase in calls to poison control centers during the coronavirus outbreak presumably related to the misuse of household cleaning products as people sought to protect themselves from infection. A follow-up survey [CDC conducted in May](#) found 39% of Americans had engaged in at least one "high-risk practice" in the prior month to prevent the transmission of COVID-19, including gargling with diluted bleach.



1. Don't mix bleach with other cleaning products.
2. Don't gargle or drink bleach or diluted bleach.
3. Don't bathe in bleach.
4. Don't use bleach straight out of the bottle.

5. Don't use bleach to clean fruits and vegetables.
6. Don't soak your face mask in liquid bleach straight out of the bottle.

[You can read the full report from the CDC here.](#)

## Austin Enters State 4 COVID-19 Risk-Based Level after Spike in Hospitalizations

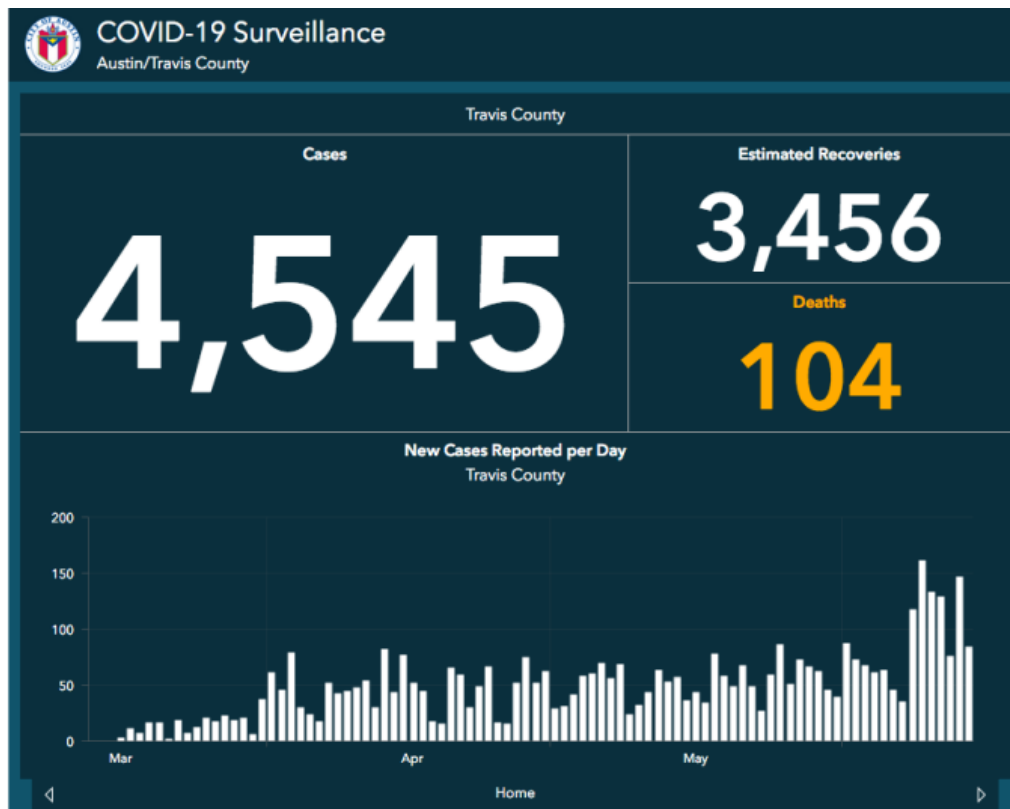
With 30 new hospital admissions reported on Sunday, Austin's seven-day moving average eclipsed 20, which moves the City into Stage 4 (out of five total levels) of its COVID-19 risk-based levels. [See the full story from KVUE here.](#) [There's also a story from the Austin American Statesman here.](#)

Please review the Stage 4 Guidelines and note that those of us over age 65 are to (1) avoid gatherings greater than two people, (2) avoid nonessential travel, and (3) avoid dining/shopping except as essential.

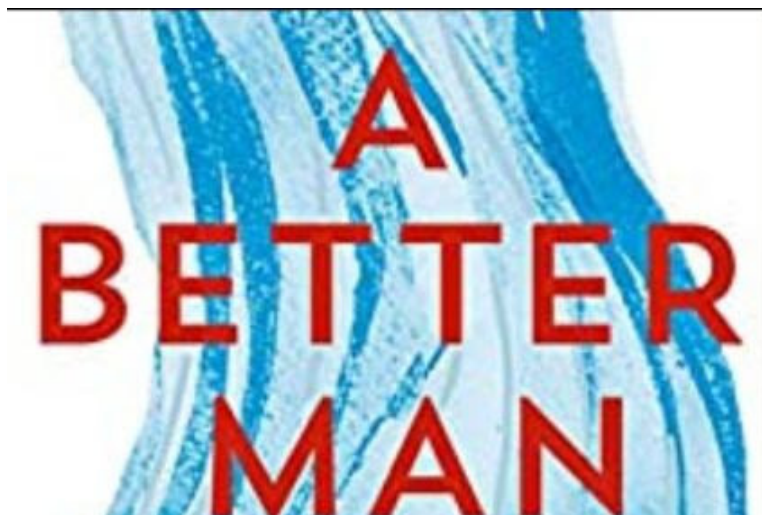
COVID-19: Risk-Based Guidelines

Recommended thresholds  7-day avg hospital admits		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									
0	Stage 1	•			greater than 25		except with precautions	gathering size TBD			all businesses
< 5	Stage 2	•	•	•	greater than 10		except as essential	greater than 25		except with precautions	essential and reopened businesses
5 - 19	Stage 3	•	•	•	social and greater than 10	•	except as essential	social and greater than 10		except with precautions	essential and reopened businesses
20 - 70	Stage 4	•	•	•	social and greater than 2	•	except as essential	social and greater than 10	•	except expanded essential businesses	expanded essential businesses
> 70	Stage 5	•	•	•	outside of household	•	except as essential	outside of household	•	except as essential	essential businesses only

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



## 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.

## Our country is growing older and more diverse. Are we prepared?



In the coming decades, our older population will grow far more racially, ethnically, and culturally diverse. As the population of older Americans doubles in size from 2010 to 2050, diverse Americans will constitute an increasingly larger segment of that group. [Learn about the Diverse Elders Coalition here.](#)



**Are you wondering what it will be like to vote this year? This is the program for you! Come learn about voting during the time of COVID-19.**

Have you been wishing you knew more about what it will be like to vote this year? The [League of Women Voters Austin Area](#) and the [National Council of Jewish Women of Austin](#) are sponsoring a program about new voting processes during the COVID-19 pandemic.

Our featured speaker is Dana DeBeauvoir, Travis County Clerk. She will describe the new processes her office is developing, including how they plan to protect voters and poll workers at in-person polling locations.

Cinde Weatherby, LWV of Texas Issue Chair of Voting Rights and Elections, and Joyce LeBombard, LWV Austin Area Past President, will discuss the broader perspectives of voting in Texas and how the League has been working to support voters' rights, including their work on the lawsuit over ballots by mail.

Please [register for this online event by June 22, 2020](#). You will then receive a link to the Zoom meeting and details for submitting your questions before the program.



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.



## Learn About "Project Connect"

Thursday, July 9 at 2pm

Join us online at 2pm Thursday, July 9 for "[Project Connect](#)", presented by CapMetro. Lonny Stern, Team Coordinator for Special Programs, CapMetro will be sharing information about Austin's transportation system.

## 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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