

How's Everybody Doing?

1 message

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Wed, Jul 1, 2020 at 9:44 AM



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Time to "Pause" and Reflect?

As the number of cases of COVID-19 have soared in Texas and other states, the Governor has put a **"pause"** on the state's reopening. Capital City Village continues to provide only essential volunteer services. We encourage all our members to stay home as much as possible, keep physical distance from others when you go out, and wear a mask.

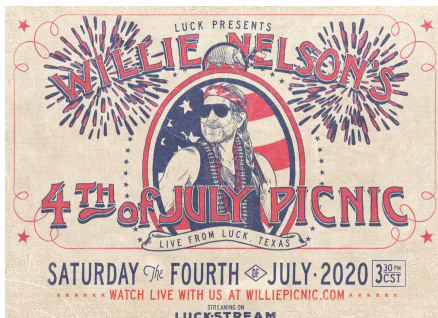
Mayor Steve Adler said, "This week alone, our rate of infections grew exponentially. If you venture out, know that you are multiples more likely to get infected today than just two weeks ago.

"We have a window now, a very small window, maybe seven days — maybe two weeks, to have people really change behaviors," Adler said. "To wear masks, to social distance so we can disrupt and at least slow the rate of our current trajectory."

As we **reflect** on all that, we hope you're taking advantage of the online [programs and social opportunities](#) we continue to offer. We're thankful that some of you have even purchased a computer or upgraded your existing technology just so you can join our coffees, happy hours, concerts, and educational programs.

[Here's an article from CultureMap that gives more information on the pause in activities.](#)

Celebrate Independence Day a New Way!



Willie's Picnic will be livestreamed this year, and it's a fundraising event for [All Together ATX fund](#), created in partnership with Austin Community Foundation. Capital City Village is currently applying for funding from this source and



Then you can watch (free) "Freedom Over Texas" Saturday evening. ABC13 will broadcast the entire event with a statewide simulcast on Saturday, July 4 from 7 to 10 pm. (Check local listings for times.) Cox Media radio stations will simulcast the music.

encourages your support.

[Tickets](#) are available here. They are \$35 in advance, or \$45 the day of the show. The tickets grant access to highly-curated food and beverage delivery packages from Sourced Craft Cocktails, Assembly Kitchen, and Austin Food and Wine Association.

Tune in on Saturday, July 4 at 3:30 pm for live performances, a BBQ cook-along with Chef Scott Roberts from The Salt Lick, and a special 90-minute concert. Read about it in [Rolling Stone](#).

The program will kick off with a patriotic tribute by the Houston Symphony, according to press release, followed by performances by rappers, humanitarians, and philanthropists. Bun B and Tra the Truth will be joined by nationally acclaimed mariachi band Mariachi Imperial De America, and Houston sibling Norteño trio Los Luzeros De Rioverde.

Country music icon Pat Green, the three-time Grammy-nominated Texas artist, will close out the diverse evening.

Local and regional favorite acts will join the show from their stage of choice for virtual appearances and throw-back tributes including Lyle Lovett, Josh Turner, La Mafia and Hunter Hayes.

The evening will culminate in fireworks that can be seen on the broadcast.

Village Events



Cheers from CCV and SAIVA's Nutrition Program!

Cali, Tommi, Henry, Caroline and Tom, Kay

Barbara, Carol, Gail, Mah, Nirmala

Peggy, Jane, Vaidya, Prema

Sue, Kamal and Ramesh, Natalie, Cali, Tara

- Thursday, July 2, 9:30-10:30am Virtual [Coffee Hour](#)
- Thursday, July 2, 4:30-5:30pm Virtual [Happy Hour](#)
- Friday, July 3, 4:30-5:30pm [Chair Yoga](#) online (*See article below*)
- Friday, July 3 - Office Closed for Independence Day Holiday
- Thursday, July 9, 9:30-10:30am Virtual [Coffee Hour](#)
- Thursday, July 9, 2-3pm [Project Connect](#) by CapMetro (*See article below*)
- Tuesday, July 14, 10am-12pm [Managing Mindfulness](#) online
- Wednesday, July 15, 12-1:30pm [Men's and Women's Lunch](#) featuring John Berry (online) (*See article below*)
- Thursday, July 16, 9:30-10:30am Virtual [Coffee Hour](#)
- Thursday, July 23, 9:30-10:30am Virtual [Coffee Hour](#)
- Thursday, July 30, 9:30-10:30am Virtual [Coffee Hour](#)

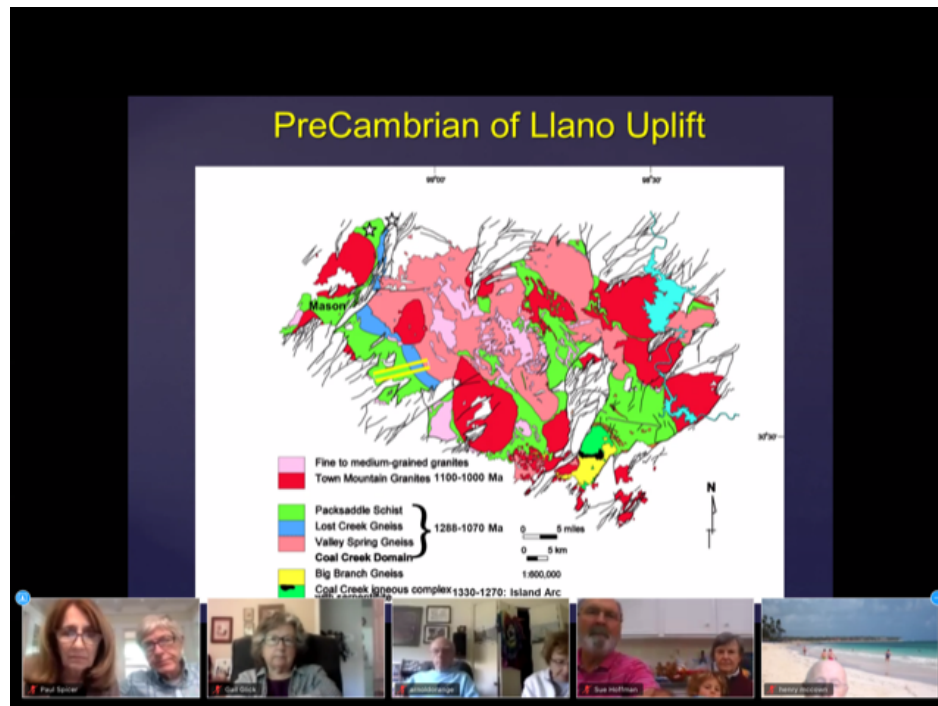
Save the date Wednesday, August 19 at noon for [Men's and Women's Lunch](#) featuring Dr. Tom McHorse (*See article below*)

You must RSVP to get a meeting invitation, which will arrive with your confirmation email and again on the reminder email the day before the program.

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

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

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



"John Berry on the Rocks with a Twist" screenshot by Tom Knutsen

Kathy and Paul, Gail, Arnie and Margit, Tom and Sue (with Cliff), and Henry

Men's and Women's Lunch Features the Third in a Series from John Berry

Our next virtual lunch meeting will be on Wednesday, July 15th at 12 noon.

John Berry will be back to present the third in his series of talks on the geology of Central Texas. The title of his presentation will be "The Cenozoic: Coal, Clay, Canyons, Faults and Mammals!", and he has promised to dial back on some of the more technical details this time. [RSVP here](#) in order to receive your zoom invitation, which will be included in your confirmation email and the reminder email the day before the event.



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, MPA, Team Coordinator for Special Programs, CapMetro will be sharing information about Austin's transportation system.

Take a look at what the Austin Chronicle had to say about Lonny when he was named "Best and Hardest-Working Man in the Nonprofit Business" (when he was at Project Transitions):

"In a nonprofit world where everyone is working hard to raise money for each worthy cause, one crusader is indefatigable and ubiquitous. Stern not only publicizes dozens of benefits each year, he cross-pollinates and does legwork for other organizations. His fingerprints are all over e-mails, press releases, and pleas for volunteers for a variety of charitable organizations. As if that isn't enough (and it is), he never fails to do the simple thing that is so often overlooked: He says thank you. On behalf of the recipients of the kind and compassionate care provided at Project Transitions and other places, thank *you*, Lonny Stern."

Food, Health and Exercise - Living Well at Home





Five Tips for Keeping Cool Under That Mask

"As physicians, when we are wearing masks for long periods of time, for example in surgery or during a procedure, you'll notice we keep the rooms what patients call 'uncomfortably cold,'" says Gregory Poland, a physician and vaccine researcher at the Mayo Clinic. "There's a reason for that." [Check out this AARP article for 5 tips for keeping your cool under the mask.](#)

Our Member Joan Asked that We Share this Important and Timely Note from County Commissioner Brigid Shea

As the number of COVID-19 cases continue to spike, I am urging everyone to do the simple things that we know work to slow the spread of COVID-19. Wear a mask, observe social distancing, practice good hygiene, and do not go out unnecessarily.

We also know that what helps keep us all safe is hurting our economy. Recognizing that many in our community are facing difficult economic burdens, Travis County has initiated several programs to help using federal CARES Act funding. Please see the list below of those and other programs that you or someone you know may find helpful.

- If you have a small business under 25 employees, and that business is located within Travis County (but outside the City of Austin), you may be eligible for up to \$40,000 in grant assistance for those hurt by the pandemic. Visit [TCTXthrive](#) or email at info@traviscountythrive.com or by phone at 512-994-2280 to take the first step by completing the pre-eligibility questionnaire.

- If you are struggling to pay rent or a mortgage anywhere in Travis County (including within the City of Austin), you may be eligible for rent or mortgage assistance for up to three months; that program started June 29. For more information, please [click here](#).
- If you are struggling to pay utility bills, you may be eligible for utility assistance. For more information, please [click here](#).
- If you or family members are in need of hot meals, Keep Austin Together has a network of partner organizations that are dedicated to feeding our community; [more information here](#). Travis County also offers food pantry assistance for basic groceries, [more information here](#).
- If you are facing eviction because you are unable to pay rent, County Judge Sam Bischoe has issued an order banning evictions until July 25th, 2020. For more information, [the full order is available here](#).
- If you are experiencing domestic violence, The SAFE Alliance can help. Learn more at [safeaustin.org](#), or call them at 512-267-SAFE (7233) or text them at 737-888-7233.
- If you are struggling with mental health or substance use, Integral Care can help. Learn more at [integralcare.org](#), or call them at 512-472-HELP (4357).
- If you think you may have contracted COVID-19, you can access free testing. [Learn more here](#).
- If you have the virus and need to quarantine away from others in your household, Austin & Travis County have partnered to establish an Isolation Facility for free, safe lodging for residents who cannot safely self-isolate. [Learn more here](#).

Know Your Hand Sanitizer - And Pick Some Up Free!

Tito's is partnering with Parks and Recreation to provide free hand sanitizer distribution for the public via drive through.

Date: Thursday, July 2, 2020

Time: 12:00PM-6:00PM

Location: Krieg Athletic Complex ([515 South Pleasant Valley Road](#))

Method of Distribution: Drive through - Individuals must remain in their cars.

And on a different note, two distributors – Saniderm Products and UVT – agreed to recall Saniderm Advanced Hand Sanitizer packaged in 1-liter plastic bottles and labeled with “Made in Mexico” and “Produced by: Eskbiochem SA de CV.” FDA advises consumers not to use any hand sanitizer manufactured by Eskbiochem SA de CV in Mexico, due to the potential presence of methanol (wood alcohol), a substance that can be toxic when absorbed through the skin or ingested.

9 Hand Sanitizers Subject to FDA Safety Warning

- All-Clean Hand Sanitizer (NDC: 74589-002-01)
- Esk Biochem Hand Sanitizer (NDC: 74589-007-01)
- CleanCare NoGerm Advanced Hand Sanitizer 75% Alcohol (NDC: 74589-008-04)
- Lavar 70 Gel Hand Sanitizer (NDC: 74589-006-01)
- The Good Gel Antibacterial Gel Hand Sanitizer (NDC: 74589-010-10)
- CleanCare NoGerm Advanced Hand Sanitizer 80% Alcohol (NDC: 74589-005-03)
- CleanCare NoGerm Advanced Hand Sanitizer 75% Alcohol (NDC: 74589-009-01)
- CleanCare NoGerm Advanced Hand Sanitizer 80% Alcohol (NDC: 74589-003-01)
- Saniderm Advanced Hand Sanitizer (NDC: 74589-001-01)



Don't Forget to Exercise

We had a great time last week in the nutrition class shared with our partner SAIVA (South Asians' International Volunteer Association). Join the combined group again Friday, July 3 at 4:30pm to start off the holiday weekend right with [Chair Yoga!](#) [RSVP here](#) to get your invitation, which will be included in your confirmation email and then again in the reminder email that comes the day before the event.

And Get Outside!

"Austin's notoriously brutal summers and coronavirus may prevent some of us from hitting the outdoors. According to a recent [national survey](#), the most significant obstacles that prevent people from spending time outside are high temperatures (51 percent) and rainy conditions (44 percent), followed by mosquitoes and other insects (37 percent), a lack of easily accessible parks and green spaces (18 percent), and a lack of outdoor-friendly apparel (13 percent). The remaining 15 percent split between prioritizing other activities over time outside and those whose main obstacle was not listed."

[In this article from CultureMap, let's look at each of these barriers and how Austinites can overcome them.](#)

Security and Safety - Living Well at Home



Driving Safety

AGE of Central Texas will host the free virtual caregiver support seminar exploring "[Driving Safety for Older Adults and Their Caregivers](#)" on Saturday, July 18, 2020. Part of the on-going workshop series to help family members effectively care for an older adult, the free seminar will be held from 10:00 to 11:30 a.m. online.

Free Virtual Caregiving Seminar

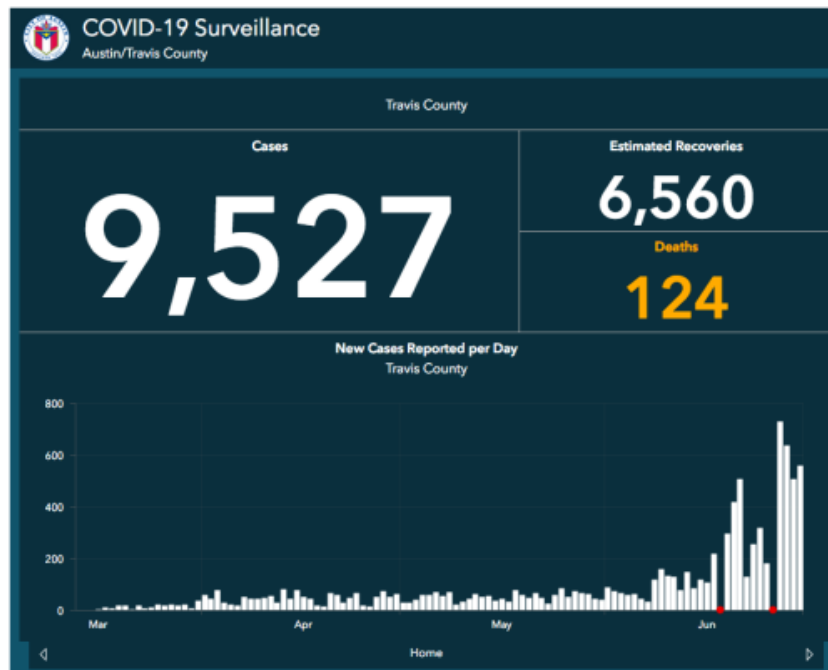


Driving Safety for Older Adults and Their Caregivers

Regional experts will discuss proven techniques to determine an older adult's fitness to drive, how to have the difficult conversations about driving, and how to help older adults maintain their independence.

Saturday, July 18th, 10:00 - 11:30 a.m.
Register for Free: [TinyURL.com/AGEJuly2020](https://tinyurl.com/AGEJuly2020)

Current statistics from Travis County.



Psychological and Social Needs - Living Well at Home



A Note from Member Peter B and a Recommendation for Inspiration

Last Sunday I got a call from my spouse's caregiver. Her daughter has an advanced degree, is diabetic, and has a young daughter. She just got COVID. The mom is now in isolation, ending this Saturday. I am anxious for everybody, including ourselves.

Using "lessons learned" we got on with the business of living during the week. This evening Elizabeth and I decided it would be great to get our batteries topped up, so we looked at [Lucy Hone on TED](#).

Both of us applauded at the end. Best wishes



The three secrets of resilient people | Lucy Hone | TEDxChristchurch

Thanks to Those Who Collect Donations, and Those Who Donate, on Facebook

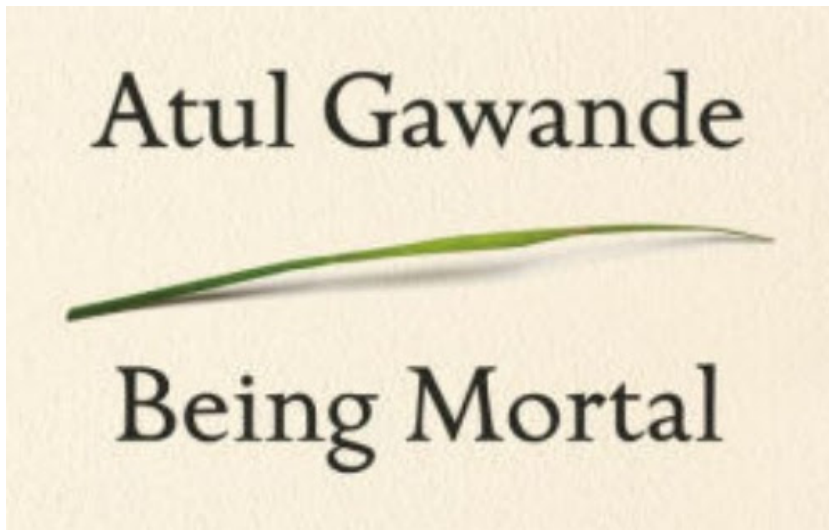
From Tom K:

I want to thank everyone who donated to Capital City Village on my birthday posting in April. Facebook gave me the opportunity to use the date as a fundraiser, and I took it on a lark, supposing nothing would happen. The thinking of a skeptic. Yesterday, CCV received a check from Network for Good, the platform that collects and distributes the donations. So, yes, there is a Santa Claus. Thank you all. Tk



Save the Date

Men's and Women's Lunch Wednesday, August 19 at Noon



Dr. Tom McHorse has volunteered to review one of the best books of 2014, Dr. Atul Gawande's "Being Mortal: Medicine and What Matters in The End."

Many of you may have already read this excellent analysis of how medicine can not only improve life but also its ending.

The Zoom virtual session on this topic, which should be of considerable interest to us all, will begin August 19th at 12 noon. [RSVP here to receive your invitation](#), which will be included in your confirmation email and also in your reminder email that comes the day before the event.

FYI, Austin Public Library has 24 copies of the book, 14 of which are available for checkout as of today and can be ordered through your local branch library. Or you can order it on [Amazon at this link](#).



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 note that the deadline for applications to vote by mail in the July 14 election is July 2. However, you still have time to apply for your vote-by-mail ballot for the November election.

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.

On-Screen Resources



New York Times Events

With many of us spending more time at home, The Times created a [new series of free live events](#), where they've been talking about exercise, health and pandemic living. There are programs on exercise, racism, and this one on "[How to Lower Your Risk of Breathing Coronavirus](#)".



Elisabet Ney Museum

- For a video tour of the Elisabet Ney Museum's main collection, given by Museum Site Coordinator Oliver Franklin, click here: [Elisabet Ney Museum Collection Tour](#)
- For a video tour of the current Special Exhibition "Barbara Attwell: Rewylding", visit [Barbara Attwell: Rewylding Exhibition](#)
- For a video tour of the Museum's Native Prairie Historic Landscape restoration project, given by Mino Giunta, the Museum's landscape specialist, click here: [Elisabet Ney Museum Landscape Tour](#)
- To celebrate wildflower season, for a video demonstration of Plein Aire painting created by Baron Wilson of Austin Plein Aire Society using the Elisabet Ney Museum as a model, click here: [Plein Aire Demonstration](#)

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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