
How's Everybody Doing?

1 message

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

Thu, Jul 16, 2020 at 9:39 AM

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The Science of the Aging Brain

Tuesday, July 21 at 2pm

Join Capital City Village members, volunteers and guests online Tuesday, July 21 at 2pm for "[The Science of the Aging Brain](#)", presented by Dr. Rebecca Deason.

Dr. Deason will review the latest research on the aging brain. Topics will include the changes that occur in the brain as it ages and how these changes can impact memory and cognition. We will also talk about the differences between healthy aging and dementia, with an emphasis on lifestyle factors associated with successful aging. This session will provide an overview of current scientific research, including new data related to the COVID-19 pandemic, as well as practical tips for aging well.

[RSVP here to receive your invitation.](#)

Dr. Rebecca Deason is an Associate Professor of Psychology at Texas State University. She received her Ph.D. in Cognitive and Biological Psychology from the University of Minnesota and then went on to do her postdoctoral fellowship at Boston University School of Medicine and VA Boston Healthcare System. In 2013, she joined the Texas State University faculty and established the Memory and Cognition lab to investigate how we learn and remember information and how these processes are changed by aging. Dr. Deason's work has been published in high impact journals such as *Neuropsychologia*, *Neuropsychology*, and *Brain and Cognition*, and she has presented at many national and international conferences.

Village Events



Coffee time July 2, Screenshot by Tom Knutsen

Rick, Caroline and Tom, Suzann

Arnie and Margit, LK, Tom

Vivian, Carol, Marie

- Thursday, July 16 at 9:30am - [Virtual Coffee Hour](#)
- Friday, July 17 at 11am - [Book Club](#) Online (See article below)
- Tuesday, July 21 at 10am - [Virtual Volunteer Orientation](#)

- Tuesday, July 21 at 2pm - [The Science of the Aging Brain](#) (Online) (See *feature article*)
- Thursday, July 23 at 9:30am - [Virtual Coffee Hour](#)
- Thursday, July 30 at 9:30am - [Virtual Coffee Hour](#)

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.

Save the Dates:

[5th Annual CCV Golf Tournament](#), Saturday, October 3 (live and in-person)

[Keep Aging Weird Annual Luncheon](#), Thursday, November 12 will be held online! Watch for more details.

Food, Health and Exercise - Living Well at Home



Urgent Message from the Travis County Medical Society

The Travis County Medical Society has created this video to share a message from physicians regarding the severity of the pandemic, and what we all need to be doing to fight it. [Please take a moment to view this video.](#)



Medicare.gov

The Official U.S. Government Site for Medicare

What to Know about Medical Conditions and COVID-19

While everyone is at risk for getting COVID-19 if they're exposed to the virus, people of any age with certain [medical conditions](#) — like heart disease, diabetes, or COPD — are more likely to get severely ill from COVID-19. Visit [CDC.gov](#) for a list of conditions that might put you at higher risk.

If you or a loved one are at an increased risk, take these steps to help protect yourself:

- Continue your medicines and treatment plans as directed by your healthcare provider. Ask your Medicare drug plan about [extended-day supplies](#).
- Call your healthcare provider if you have any concerns or feel sick. Don't delay getting emergency care for your medical condition because of COVID-19.
- If you must go out in public, stay safe by wearing a face covering and maintaining social distance.

If you're at higher risk for complications from COVID-19 and you need to see your doctor, consider [telehealth](#) and virtual visits. For more general information about COVID-19 and your Medicare coverage, visit [Medicare.gov](#).

Security and Safety - Living Well at Home



Thanks, Tito's

As life changes every day, Tito's Handmade Vodka has joined forces with nonprofits across the country working hard to help those impacted by the COVID-19 pandemic. Capital City Village has received a donation of 240 bottles of hand cleanser that will be distributed to members and volunteers in the weeks to come. Additionally, four one-gallon bottles were donated for event use when it is safe for CCV to resume in-person gatherings.

Well over 400 organizations throughout Austin and Central Texas, including nursing homes, police and fire stations, food banks, construction crews, hospitals and

healthcare facilities, the United States Postal Service, and more have benefited from the generosity of Fifth Generation, Inc., the makers of Tito's Handmade Vodka.



Stay One Step Ahead of the Scammers

AARP has set up a fraud watch network to alert us of new scams, etc. [You can sign up for it here.](#)



May nothing but happiness come through your door
And if it does, make sure it wears a mask!

Austin residents face \$2,000 fine for not wearing face coverings

At a special-called Austin City Council meeting July 9, council members voted unanimously to pass an ordinance that states a person who violates a health authority rule during the coronavirus pandemic could face a \$2,000 fine through December 31.

The ordinance directs the public health authority to come up with a list of what those rules are, but as of Thursday evening, the rules were still not clear. One example of a possible rule is wearing a face covering or social distancing.



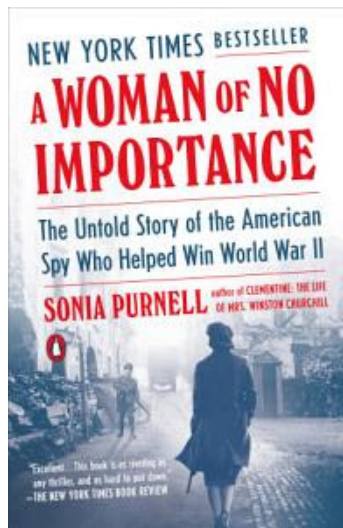
How Long Do You Have to Keep Tax Records?

You've likely heard that seven years is the perfect period to hold on to tax records, including returns. The [actual time to keep records](#) isn't that simple, according to Steven Packer, CPA, in the Tax Accounting Group at Duane Morris.

"In most cases, tax records don't have to be kept for seven years because there's a three-year statute of limitations," Packer explains. "So assuming there's no fraud or nothing else wrong, the IRS cannot look at your tax returns beyond that three-year statute." [See the full article from AARP here.](#)

Psychological and Social Needs - Living Well at Home





Book Club Meets Friday (Online) - And Here are the Books for the Next Few Months

[Join the group this Friday](#), July 17 at 11am to discuss this month's book, "A Woman of No Importance" by Sonia Purnell. Then get ready for the next few months by reading these selections:

August: "Only Woman in the Room," by Marie Benedict

September: "Upstairs at the White House," by J.B. West

Bring your own potluck and settle down in front of your screen for good conversation.

From Our Members

Our member (and Board President Emeritus) Sue sent this note: "I have a friend from church who has offered some nice scrapbooking supplies and wooden inking stamps to someone who is suffering from isolation in the pandemic. Can we place a brief 'ask' in the mid-month newsletter?"

If you're interested in receiving some of these art supplies, call Johanna at 512-468-5594 or email to info@capitalcityvillage.org.

Our member (and Board member) Pam sent us a couple of great online resources. One of them is [Senior Planet](#), which has online learning for everything from exercise to technology. [Take a look!](#) The other resource she sent us is this upcoming Fireside Chat:

Dr. Ira Byock



Story
Corps®



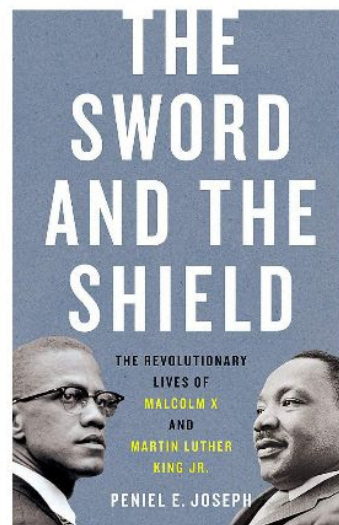
David Isay



Join Storycorps Founder Dave Isay and Palliative Care Pioneer Dr. Ira Byock for a [Fireside Chat](#) on Storytelling

This Monday, July 20, 12-12:50pm, join Dave Isay, founder of [StoryCorps Connect](#) and Dr. Ira Byock, Chief Medical Officer of the Institute for Human Caring, to explore the power of storytelling to create connections when they are needed most. In this [Fireside Chat](#), Dave Isay will share audio recordings from Storycorps Connect. Than Dr. Byock will reflect on connection in the face of a global pandemic and highlight another meaningful initiative coming from The Institute for Human Caring called [Coronavirus Chronicles](#), a storytelling and listening project designed to capture and share the experiences of caregivers and patients by offering a safe space for people to share heartfelt images, art, audio, video, poetry and more. [Register here to receive your invitation.](#)

And a Lot More!



Join CCV Partner Cari Clark for an Interview with Dr. Peniel Joseph

Join Cari Thursday, July 16 at 7pm for a conversation via zoom with celebrated author Peniel E. Joseph. [RSVP here](#) to receive your invitation. Registration deadline is two hours prior to the event. This is part of the Texas Author Series presented by Chez Zee and hosted by Cari Clark.



A Request from Dr. Sandi Rosenbloom, Research Professor at the University of Texas at Austin

I need the group's help with the extension of a study funded by the U.S. Department of Transportation through UT's CM2 Center. Two plus years ago I meet with the Village and asked members about their use of the so-called "shared economy"--home, mail, and online delivery of goods and services from groceries to pet food to prescription medications to clothing and craft supplies to prepared meals AND the use of services like Lyft and Uber and Task Rabbit (home chore services). Few Village members used such services; some had never heard of them or could understand their value. In fact few seniors across Austin whom I interviewed knew about or used such services.

NOW the world has changed and I'd like to ask the same questions again and ask about the members' experiences with using any of these services.

Please contact Sandi directly at srosenbloom@utexas.edu to share your experiences.

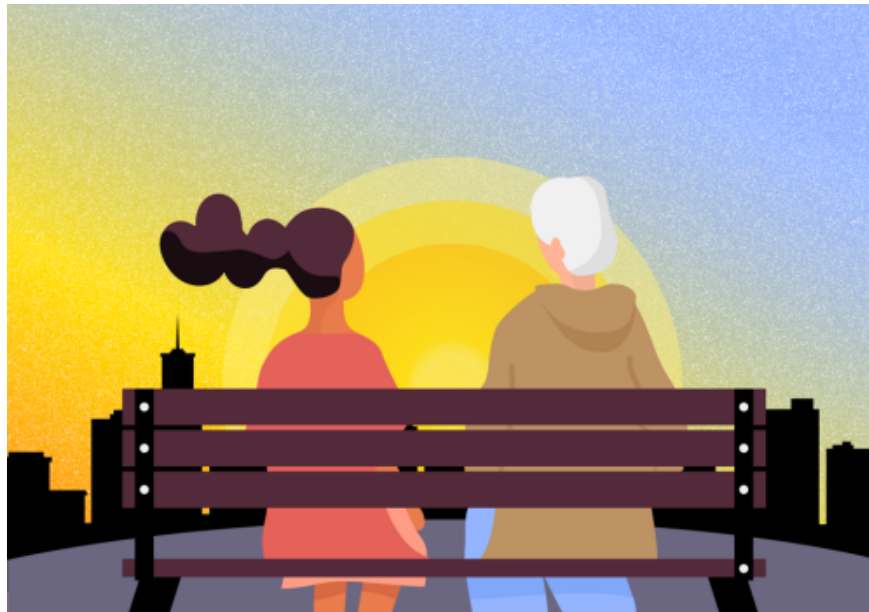


International jazz vocalist offers first-ever virtual Music, Movement & Memory program for those staying-at-home

Thanks to the Village to Village Network for providing this opportunity.

International touring jazz vocalist Shannon Wallace has created a virtual and interactive live streaming and on-demand Music, Movement & Memory workshop program, aimed at serving the senior population, as well as those living with dementia and cognitive impairment, along with their care partners. The program is offered regularly via pre-scheduled live stream video sessions, as well as in on-demand video formats which can be accessed 24/7. Each video workshop features Wallace interacting with her online audience who then experiences full-body movement exercises; memory and hand-eye coordination games; problem-solving games; humor and reflective conversation, all set to music and/or rhythm. The live streaming user-experience also includes an interactive chat component; while the videos also cover topics, ideas and concepts relevant to health, family, life, mindfulness and overall well-being.

Wallace's career spans more than 25 years in international music, marketing, television and public policy/advocacy. For the past five years, she has specialized in in-person, interactive music, movement and memory group workshops. Wallace is a Certified Dementia Practitioner (CDP) through the National Council of Certified Dementia Practitioners (NCCDP). Access to the program can be made from most digital, streaming devices. [Click here for a free, 30-minute prerecorded online video experience.](#) For more information about the [virtual workshop program click here.](#)



Grandparents Face Separation Anxiety During Coronavirus

"Grandparents are these enormously important attachment figures," says psychiatrist Alan Schlechter, a clinical associate professor in the Department of Child and Adolescent Psychiatry at New York University Langone Health. Though families worry the separation could weaken the bond between grandparent and grandchild, Schlechter does not see a significant risk. "Children are not going to forget loving grandparents," he says. "That's not the way human brains work." [See the article from AARP here.](#)



Keep the Conversation Alive!

[ATX Together: Confronting Racism](#) was broadcast live on Facebook Monday, June 8. The show is now available to watch online.



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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3710 Cedar St
Ste 283
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