

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>

Sat, Aug 1, 2020 at 10:11 AM

[View this email in your browser](#)



July 23 Coffee Group

Rick, Tom, Caroline, Arnie

Vivian, Sandi, Susan, Karen

LK, Carol, Marie, Stan

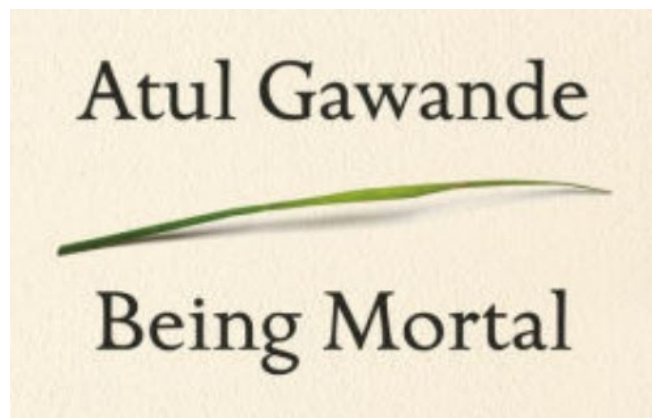
Kathy, Priscilla, Natalie, CCV

**Come for the Home Modifications, Stay for Anti-Racism, End
Up with Good Health and a Little Contemplation!**

Join Capital City Village members, volunteers and guests online for a cornucopia of great programs this month. We had a very informative session on brain health with Dr. Deason from Texas State University last month, and one of her fellow professors will continue the TSU association with CCV doing a program on [Household Modifications for Aging Well at Home](#). Dr. Mira Ahn, Associate Professor of Interior Design in the School of Family and Consumer Sciences at Texas State University, will join us online Tuesday, August 11 at 3pm.

Starting Thursday of the same week (August 13 at 2pm), CCV members Pam Farley and Ginny Fredricks will facilitate a weekly interest group to discuss Layla Saad's book "Me and White Supremacy". [Click here](#) for more details about this 6-week series.

The third week of the month brings us to staying well and the contemplation of our mortality. Dr. Bridgett Wallace, owner and chief therapist at 360 Dizziness & Balance Center, will present [Vertigo, Hearing and Unstable Walking](#) Tuesday, August 18 at 1:30pm. The following day, Wednesday, August 19 for the [Men's and Women's Lunch](#) at noon, our Board President Dr. Tom McHorse will lead a [review and interactive discussion of "Being Mortal"](#) by Atul Gawande, a must read for all seniors.



Village Events



Brain Health Program with Dr. Rebecca Deason
Dr. Deason, Bonnie, Tommi, Emily
Arnie and Margit, LK, Ginny, Stephen, Jimmie
Henry and Ellen, Ann, Gail, Drew and Emy Lou, Kay and Tom
Jerry, Marie, Joann, Anita, Stan
Visitor, Beth and Sam, Tom and Caroline, Pat, Visitor

- Thursday, Aug 6 at 9:30am - [Virtual Coffee Hour](#)
- Thursday, Aug 6 at 4:30pm - [Virtual Happy Hour](#)
- Tuesday, Aug 11 at 10am - [Managing Mindfulness \(online\)](#)
- Tuesday, Aug 11 at 3pm - [Household Modifications for Aging Well at Home](#) (See feature article)
- Thursday, Aug 13 at 9:30am - [Virtual Coffee Hour](#)
- Thursday, Aug 13 at 2pm - [Me and White Supremacy \(6-week series\)](#) (See feature article)
- Tuesday, Aug 18 at 10am - [Virtual Volunteer Orientation](#)
- Tuesday, Aug 18 at 1:30pm - [Vertigo, Hearing and Unstable Walking](#) (See feature article)
- Wednesday, Aug 19 at 12pm - [Men's and Women's Lunch](#) featuring Dr. Tom McHorse (See feature article)
- Thursday, Aug 20 at 9:30am - [Virtual Coffee Hour](#)
- Friday, Aug 21 at 11am - [Book Club](#) (See article below)
- Thursday, Aug 27 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. Please KEEP THAT EMAIL and use the JOIN ONLINE MEETING NOW box to join the event.

[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





Exercise

Get Out and Walk the Streets!

Three new Austin neighborhoods are transforming busy boulevards into walkable, bikable streets. On July 27, the City of Austin officially announced the second phase of its [Healthy Streets](#) program is expanding into Hyde Park, Windsor Park, and South Austin.

Healthy Streets temporarily opens roadways to pedestrians, cyclists, wheelchair users, runners, and others engaging in physical activities "that promote physical and mental health" during this time of social distancing. [See the full article from CultureMap here.](#)

Have You Considered Camping?

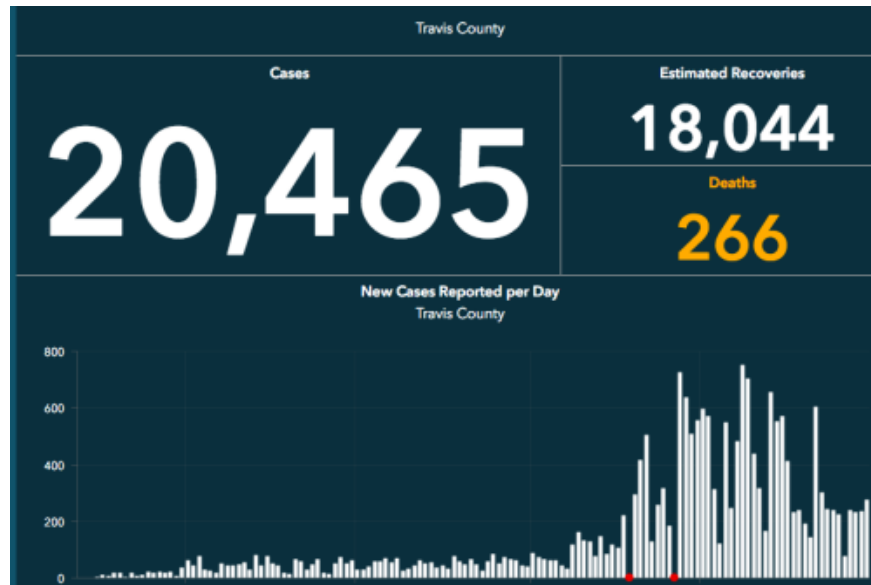
After months confined in their homes, many people who would normally hop on an airplane or crowd into popular tourist destinations are instead rediscovering the joys of camping, with help from technology.

As COVID-19 restrictions ease in many states, companies whose platforms connect people to the outdoors are reporting a major spike in the desire to camp — or [glamp](#) — closer to home. [Take a look at this article from GeekWire for some resources for finding camping spots during COVID.](#)

Health

Austin now has Better Control of COVID-19 than any other Large Texas City

Austin appears to be making progress in its fight to better handle the coronavirus pandemic. Travis County is the fifth largest county in Texas but currently has just the 15th most active cases. It even has fewer cases locally than Hays County. [Check out the story from KXAN.com here.](#)



Security and Safety - Living Well at Home





CCV's Own Fashion Statement Ellen W

How to Show Emotion While Wearing a Mask

[Thanks to AARP for this article.](#)

- Name your emotions. If you're feeling sad, upset or happy, give voice to those sentiments. People can't read it on your face now. It's incumbent on us to describe how we feel.
- Use body language. Waving, thumbs up, virtual hugs or clapping are all good ways to convey emotion.
- Use untapped resources. We don't often think about using the shoulders, the posture of the neck or the eyebrows to convey emotions, but they can transmit subtle signals about how we feel.
- Smile under your mask. People can't see your smile, but they can see the raise of your cheeks and a little lift below your eyes. Plus smiling sends a message to your brain to release chemicals to give you a mood boost.
- Focus on articulation. Without the ability to see lips during exchanges, it's important to speak clearly and articulate.

Will a COVID-19 Vaccine Be Safe?

The good news: Experts say you can feel very confident that any vaccine that makes it through FDA approval today is safe. "It is important to reassure older adults that we are not cutting corners at all," says Mark Mulligan, M.D., director of the Division of Infectious Diseases and Immunology at the New York University Langone Health in New York City. "The speed comes from doing

things in parallel that would normally done sequentially — for example, producing a vaccine at the same time as we're doing studies to make sure it's effective, safe and tolerated well." [Read the article by AARP here.](#)

Medicare.gov

Free Masks for Your Medicare Number? Don't Fall for It!

Have you gotten robocalls, text messages, or emails offering free face masks? Or maybe you've seen social media posts about free COVID-19 testing kits, "cures," or protective equipment?

Unfortunately scammers are using the COVID-19 pandemic to try to steal your Medicare Number and personal information. If anyone reaches out to get your Medicare Number or personal information in exchange for something, you can bet it's a scam.

Stop scams before they happen. [Watch this short video](#) and visit [Medicare.gov/fraud](https://www.Medicare.gov/fraud) for tips on preventing Medicare scams and fraud. If you suspect fraud, call 1-800-MEDICARE to report it.



Center for Healthy Aging
News from the Center

Get ready for Falls Prevention Awareness Week!

Mark your calendars for our webinar on Aug. 4 to learn our new interactive assessment tool, ideas, and innovative partnerships to maximize your impact this year.

[Register here](#)



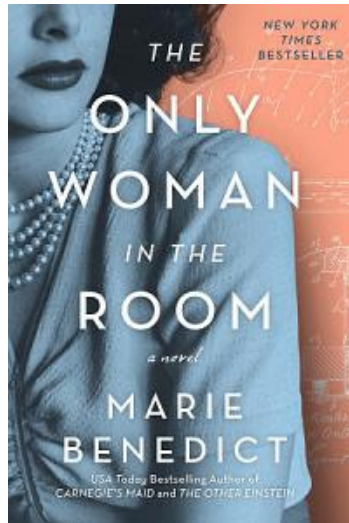
Psychological and Social Needs - Living Well at Home





Here's How to Watch the Historic NASA/SpaceX Splashdown

NASA will broadcast the splashdown coverage on NASA TV and the agency's [website](#) beginning early morning on August. 1, with coverage lasting through splashdown on August 2.



Book Club Meets Friday, August 21 at 11am

[Join the group](#) August 21 for "The Only Woman in the Room," by Marie Benedict. September's selection is "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 Donna Bryant G. has sent us some of her social media posts praising the dedication of our CCV volunteers. Here's one of them. Thank you Donna Bryant!

Donna Bryant

At a moments notice, a volunteer came to my house, between his day at work downtown and his gym time in a friend's garage, to unlock my bathroom door which had blown shut and locked itself!



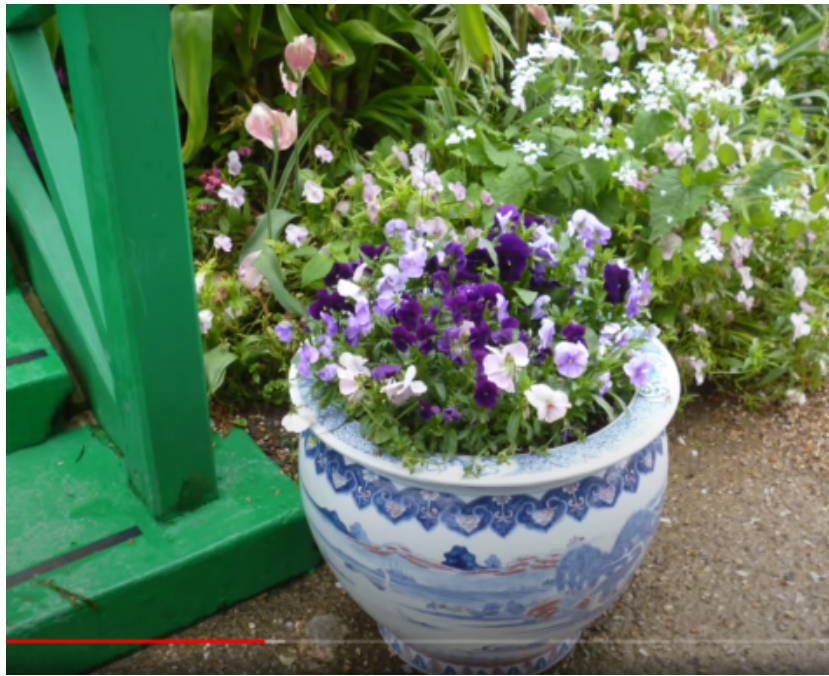
And our member and Board member Pam F said, "This was good — and the recording is available": [Live AARP Coronavirus Tele-Town Halls](#).



Our member Gayle S said, "I wanted to share a resource some members may already know about. I've traveled a good deal with the tour company Road Scholar and on their website they have virtual lectures on a wide variety of topics anyone can listen to. The website is www.RoadScholar.org. They tend to be about an hour long."



From Our Volunteers



Henry M sent this:

"Ellen just discovered an absolutely wonderful website for anyone who likes to garden, look at gardens, or simply be surrounded by beauty.

In the time of Le Peste, aka coronavirus in our century, all of us need to be able to get in touch with beauty, to have a place where we can chill out, to drift off in a riot of colors, to be awed by the glories of nature.

[So, here's a link which will take you away to the most magnificent gardens which we can all now visit virtually, beginning with Monet's Giverny.](#)

Now break out a bottle of wine, put your feet up and enjoy!!"

And a Lot More!



This Looks Like Fun!

“We wanted to see if the online interaction was as effective and impactful as the in-person work,” said Genné, founder of [Kairos Alive!](#) a Minneapolis-based organization that provides intergenerational and intercultural participatory arts programs. Suddenly that effort became even more important. She and her intergenerational team of musicians and dancers adapted their approach and created [Dancing Heart Live!](#), which the communication and outreach director, Cris Anderson, describes as “a two-way interactive participatory webcast TV show for all ages.”



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Grandparents, Participate in an Important Study

During this era of social distancing, how do grandparents and children use video chat to keep in touch and build new relationships? How does your new grandbaby respond when you play peek-a-boo over FaceTime? Will an infant recognize you from session to session? Babies, Zoomers and Boomers is a new study about how young children and grandparents build relationships over video during COVID-19. Please consider participating in the study by completing a [brief online survey here](#). Participants must be residents of the U.S. or Canada and have a grandchild under age 5. After completing the survey, you can choose to enter your email for a chance to win a \$50 e-gift card (with a 1 in 10 chance of winning).

Upcoming Program from Belmont Village Senior Living



TOO SOON TO FORGET

A film screening and discussion on
early onset Alzheimer's disease

THURSDAY • AUGUST 20, 2020
1:00 PM CDT



zoom

URL
<https://zoom.us/join>

Meeting ID
988-3688-4305

Password
RSVP to Receive



SPEAKER: Susan Frick, MSW, LSW, Executive Producer

Susan has worked at the Rush Alzheimer's Disease Center since 1997 and in the field of Alzheimer's disease since 1987. She is the Director of Without Warning®, and coordinates dementia specific educational programs for health care professionals and works with patients and families in the Rush Memory Clinic.

The lack of information available about early onset Alzheimer's, which affects people 65 and younger, leaves many individuals and families feeling misunderstood and often disregarded. The film "Too Soon to Forget" aims to change that. Join us for an online screening of this documentary and a discussion with the film's director to better understand early onset Alzheimer's disease.

RSVP to Jamie Smithson at jsmithson@belmontvillage.com or call 512-348-3318.

How to Join a Virtual Event

1) On a desktop computer or mobile device, open an internet browser and input the url: <https://zoom.us/join>.

OR

Download the desktop or mobile app and sign up for a free Zoom account.

2) Input the meeting ID:

988-3688-4305

3) Input the password:

[RSVP to Receive]

For help in setting up Zoom, please contact Jamie Smithson at jsmithson@belmontvillage.com.



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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Ste 283
Austin, TX 78705

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