
How's Everybody Doing?

1 message

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

Mon, Aug 17, 2020 at 8:59 AM

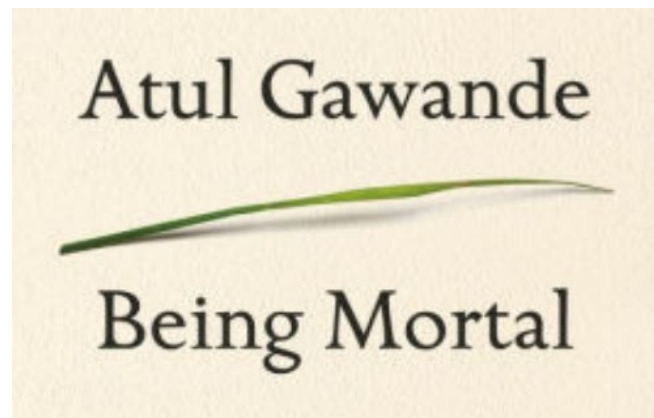
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Dr. Bridgett Wallace

Good Health and a Little Contemplation!

This 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



August 6 Coffee Group

Rick, Caroline and Tom, Mart and Sue, Arnie and Margit

Karen, Stan, Gail, Vivian

Marie, LK, Carol, Susan

Joan, Priscilla

- 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:

The Golf Tournament will become an UnGolf Tournament. For a lot of us, that's good news! Watch for details.

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

In memory of Julie Speaker

Julie Gayle Speaker, a CCV member for nearly a decade, passed away August 5. She was 71.

Born in Tuolumne, CA, Julie spent the last three and a half years of her life in a skilled nursing facility in Austin. She was highly intelligent and successful in her working career as a biostatistician. A description of her talent is best summarized by these lines from one of her resumés: "Clinical programming team leader in the pharmaceutical clinical research industry specializing in CDISC data models and standards, and Subject Matter Expert for a department of 45 biostatisticians." Mercy!

Julie loved crafting, and her favorite hobbies were quilting and painting. Her home walls were decorated with marvelous murals and framed art that she created, and the colorful and imaginative quilts she made were displayed in her home as well as her room in the nursing home.

Julie's condition fostered several meaningful friendships, especially with CCV members Carl and Libby Beck, who regularly visited her during her entire nursing home residency, engaged her in activities, and brought much-needed love and compassion to her. CCV was also able to assign a graduate intern to Julie several times for their academic requirements.

Private funeral services will be held in Tuolumne. Julie was a very special person and she will be sorely missed.

Submitted by Jim Hester

[Click here or on Julie's picture for a great testimonial that she gave for CCV Volunteers.](#)



Food, Health and Exercise - Living Well at Home



From 2019's Keep Aging Weird, Photo by Deborah Reinhard

Food

What Should Your Diet be Like After 50?

"We know that certain nutrients are better in higher amounts," says Katherine Tucker, director of the Center for Population Health at the University of Massachusetts Lowell. "It's not just about preventing deficiency diseases. It's about keeping our systems optimal as we age."

Although the past six months have sure had echoes of wartime deprivation — with depleted grocery shelves for certain items — Americans haven't been at any real risk of developing scurvy. With fall harvest season ahead, it's a good time to reassess what your body needs now, for maximum health in this decade and the decades to come. [Read the full article from AARP here.](#)

Exercise

Austin Greenbelts Reopening

On August 8, the City of Austin reopened the Bull Creek and Barton Creek greenbelts, both of which closed on July 2 as the city's COVID-19 cases began to soar.

To begin, Barton Creek Greenbelt will open under a [pilot capacity program](#), which is scheduled to last for at least the next five months. (Bull Creek will remain open to the public.)

Health

COVID-19 Testing and Vaccines

FREE IN-HOME COVID-19 TESTING AVAILABLE

Austin Public Health is providing testing for those who are unable to leave their home to visit a test site. To schedule a home test, call 512-972-5560. Testing is free. You will not be asked about your immigration status.

How do I make an appointment?

- Call the Austin Public Health nurse hotline at 512-972-5560. Press 1 for English, 2 for Spanish, 3 for Vietnamese and other languages.
- Hotline hours: Monday- Friday 8 a.m. - 6 p.m. and Saturday 9 a.m. - 1 p.m.
- Patient information is confidential. You will not be asked immigration status.

Who should get in- home testing?

- Anyone with mobility issues, underlying health issues, or those without transportation in the Austin-Travis County area

Why should I get tested at home?

- If you are feeling too sick or weak to leave the house
- If you need to limit your exposure to others who may be sick
- If you are unable to get to a test site

Who will come to provide the test?

- An Austin Public Health clinical staff person will come to your home at an agreed date and window of time to perform the test

What should I do until I get my test results?

- We advise that you stay home, except to seek medical care. This helps stop the potential spread of COVID-19 and protects your health.
- Keep yourself away from other household members as much as possible. Keep all shared clean and disinfected.
- Wear a face covering if you must go anywhere outside your home.

Appointments are currently limited. More appointments will become available as the program grows.



Check out this video, "[An Introduction to COVID-19 Tests](#)", produced by the FDA.

ARC Clinical Research contributes to COVID-19 Vaccine Trial ARC recruiting the first 250 interested patients

Austin Regional Clinic will recruit 250 ARC patients from across Central Texas to enroll in this late phase clinical trial, intended to prove the safety and efficacy of the sponsor's vaccine compound and potentially enable this sponsor to be the first to bring a vaccine to market.

Participants will be compensated for their time and contributions to the clinical study. All COVID-19 vaccine clinical trial services will be delivered at ARC Clinical Research Wilson Parke, located at [11714 Wilson Parke Ave., Suite 150](#) in Austin's Four Points neighborhood. To start the enrollment process for the COVID-19 vaccine study, please go to [ARCclinicalresearch.com](#) and click the orange [Request to Participate] button or call 512-225-5931.

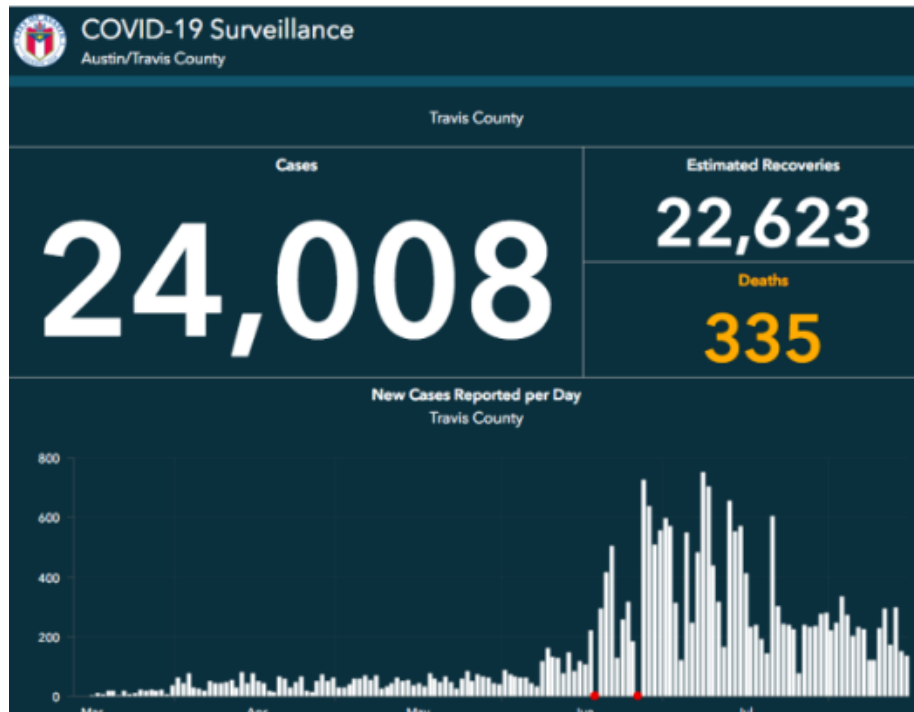


Security and Safety - Living Well at Home



**Austin's "Stay Home, Mask and Otherwise be Safe" Order
Has Been Extended until December 15**

[Read the order here.](#)



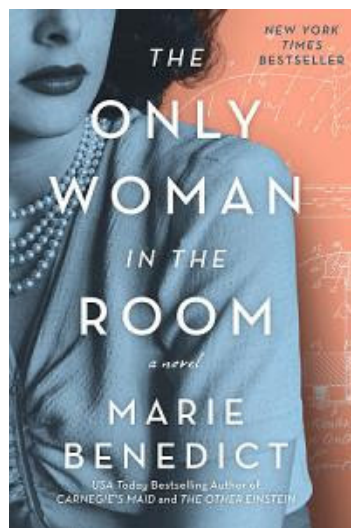
CDC Revises Age-Related Risk Factors for COVID-19

The CDC has recently replaced the "higher risk over 65" terminology by saying that risk increases with age. According to their new webpage, "Among adults, the risk for severe illness from COVID-19 increases with age, with older adults at highest risk." [Check out their complete guidance here.](#)

Can't Find Any Lysol - Here's What to Do

If you can't get your hands on cleaning products, switch your prevention strategy and, instead, focus on your hands. After all, frequent handwashing is "the most effective way to break the chain" of virus transmission from contaminated surfaces, says Joseph Allen, an assistant professor of exposure assessment science and director of the Healthy Buildings Program at Harvard's T.H. Chan School of Public Health. For additional solutions, [read the AARP article here](#).

Psychological and Social Needs - Living Well at Home



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

Don and Peggy sent a message that they are both healthy. Thanks for the check-in!

Scams

Our member and super volunteer Arnie sent this our way - pretty funny!

"Just to let you know that we've gotten some 'hello grandpa, this is your grandson' calls today. I don't know if we send out scam warnings... My response is, 'who's this?'..'your grandson'..'which one, I have several and they all sound the same'?... caller then hangs up..."

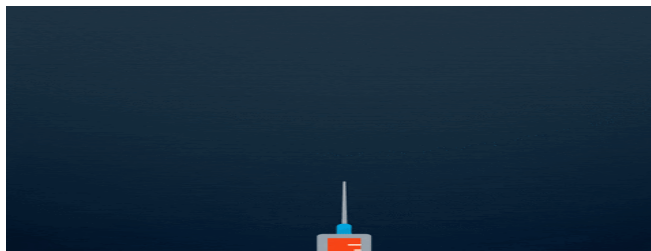
Then Arnie got another call and he was even more creative:

"I used another line this morning for another 'grandpa' call: 'Hello, grandpa?'...'Grandson, really glad you called, I'm in serious need of some cash'..'What?'...'OK, grandson, just send \$5K this afternoon, I really need it'..'Ok, grandpa, just tell me your bank account'...'Why grandson, you know all those already'... Grandson then hung up.."



Flu Shots

Our member and Membership Services Committee member Gail has let us know that [flu shots are now available at Walgreens](#).



What to Do with Old Magazines?

Our member Gayle S asked, " I wonder if any CCV members have suggestions of what to do with magazines once they've been read. I used to take them to the library's give away baskets for donated magazines. Now that's not an option and I doubt it will be one in the future. Any ideas other than the recycle bin?" Thoughts? Reply to this newsletter if you have suggestions for Gayle.

Grief Education

Our member Joan asked that we share this [grief education series from AARP](#). Upcoming sessions are August 20 and 27 on zoom.



AGE Caregiver Conference Starts Today

Our member Jimmie says, "I rate this five having attended them in the past when I was in the caregiving business following being my parents' caregiver. I wish my daughter would have time to watch but she is teaching summer school on the other end of caregiving."

The [19th Annual Striking A Balance Caregiver Conference](#) will be held as an expanded virtual event during the week of August 17th. AGE of Central Texas and the Area Agency on Aging of the Capital Area come together every year to co-host the largest, longest-run free caregiver conference in Central Texas.

During this free annual conference, family caregivers discover local resources, learn new skills to meet the needs of their caregiving situation, and connect with other caregivers and local experts on aging.



Well Deserved Praise for CCV Volunteers

Our member Donna Bryant G. has sent us some of her social media posts praising the dedication of our CCV volunteers. Here's another one. Thank you Donna Bryant!



Donna Bryant Goertz

Gave me a demonstration in the use of my Dyson vacuum cleaner as if he were a Dyson salesman!



From Our Volunteers

Henry M thought you might enjoy this!

A Senior's Version of FACEBOOK

For those of my generation who do not, and cannot, comprehend why Facebook exists: I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them "thumbs up" and tell them I "like" them. And it works just like Facebook. I already have 4 people following me: 2 police officers, a private investigator and a psychiatrist.

In the Community

Upcoming Program from Belmont Village Senior Living



What's Next?

**What To Do After An
Alzheimer's Diagnosis**

THURSDAY • SEPTEMBER 3, 2020
1:00 PM CDT



VIRTUAL EVENT

Zoom

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

Meeting ID
882-3354-1029

Password
RSVP to Receive



SPEAKER: Sherrle D. All, PhD

Licensed Clinical Psychologist, Cognitive Rehabilitation & Brain Health
 Sherrle is passionate about empowering people to use their brains brilliantly to live better, lead better and love better. She is an international speaker, writer, licensed clinical neuro-rehabilitation psychologist, brain health expert and the owner and director of the Chicago Center for Cognitive Wellness.

All too often, people diagnosed with dementia or another type of cognitive decline are left thinking, what can I do to take care of myself? Putting doctors' recommendations into practice and sifting through effective treatments versus gimmicks can be daunting. Dr. Sherrle All, a clinical expert on dementia, will share her experience and insights for "what's next?"

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:
882-3354-1029

3) Input the password:
[RSVP to receive password]

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

BELMONT *Village*
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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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