



Bonnie Gilson <bonniegilson@capitalcityvillage.org>

How's Everybody Doing?

1 message

Capital City Village <info@capitalcityvillage.org>
Reply-To: Capital City Village <info@capitalcityvillage.org>
To: Bonnie <bonniegilson@capitalcityvillage.org>

Tue, Sep 1, 2020 at 10:20 AM

[View this email in your browser](#)

Emy Lou, Avery, Mart, Lance

Stay Home, Stay Safe and Play Another Day!

This year Capital City Village (CCV) and Tarrytown United Methodist Church (TUMC) are encouraging golfers to stay home, stay safe and play another day. Our [Un-Golf Fundraising Event](#) this year has \$8k (more than half our goal!) in Angel support and we're looking for matching funds to further our mission of helping seniors age well in their homes and neighborhoods. Funds raised from the Un-Golf event will be used to support programs and services for modest-

income seniors of CCV and TUMC mission programs. Your pledge of support can help improve lives! It will feel almost as good as a light breeze on the green. Plus, every pledge will automatically give the donor a shot at great prizes. Here's how to support us and get a chance at those prizes:

- [Fore Caddie: \\$100 \(4 prize entries\)](#)
- [Pin Seeker: \\$150 \(6 prize entries\)](#)
- [Yes, a Birdie: \\$250 \(12 prize entries\)](#)
- [An Eagle Again!: \\$500 \(30 prize entries\)](#)

Prizes include:

- Ben Crenshaw signed Masters flags
- Ben Crenshaw signed Masters caps
- Golf round at Riverside Golf Course (team of 4)
- HEB gift cards
- Titleist golf balls by the dozen
- And much more!

There will be a virtual wrap-up event Saturday, October 3. Watch our newsletters and website for the time and details. [Click here to purchase your "tickets"](#).

Our Interest Groups are Going Gangbusters!

Who says that the Village can't fight isolation during a pandemic? Our members, volunteers and friends have been making lemonade out of lemons! Rather than shut things down and sit at home, the Village has been busy starting new programs that anyone can attend. No need to get dressed up and drive to the other side of town...you can just sit (or stand if you like but be sure to wear pants) at your computer screen and fully participate in all kinds of interesting programs.



August 27 Coffee

Arnie, Rick, Vivian, Susan

Karen, Stan, Sue, Tommi

Marie, MaryKate, Scott, Natalie

LK, Priscilla

Enjoy having coffee or happy hour with friends, but don't want to be within six feet of them? Join us for coffee every Thursday morning at 9:30am. Happy hour is on the first Thursday of each month at 4:30pm. Need to feel calmer or express your deepest thoughts? Mindfulness is on the second Tuesday at 10am and our brand new group, Poetry, starts this month on the fourth Wednesday at 10am.

Join the Men's and Women's Lunch on the third Wednesday - look for a special treat this month with Tom Knutsen's own brand of humor. And speaking of lunch, learn to cook a healthy meal with Cali on Friday, September 18 at 4:30pm.

For you book lovers - join the book club on the third Friday of each month at 11am. Bring your own potluck and enjoy great conversation. This month's book is "Upstairs at the White House".

And these are just our interest groups! We also have a great educational program on skin health coming up at the end of the month (scroll down under "Health". Check our Events Listing below for links to all these programs. And remember, you do have to RSVP to get your zoom link, which will come to you in your confirmation email, and then again in a reminder email the day before the event.

Village Events



August 18 Vertigo, Dizziness and Balance Program

Dr. Wallace, Arnie, Gail, Visitor, Carl and Liby

Henry and Ellen, Peggy, Vivian, Beth and Sam, Ginger

Peter, Joanne, Jan, Visitor, Jimmie

Mah, Scott, Visitor, Caroline

- Thursday, Sept 3 at 9:30am - [Virtual Coffee Hour](#)
- Thursday, Sept 3 at 4:30pm - [Virtual Happy Hour](#)
- Monday, Sept 7 - Office closed for Labor Day
- Tuesday, Sept 8 at 10am - [Managing Mindfulness](#)
- Thursday, Sept 10 at 9:30am - [Virtual Coffee Hour](#)
- Tuesday, Sept 15 at 10am - [Virtual Volunteer Orientation](#)
- Wednesday, Sept 16 at noon - [Men's and Women's Lunch](#) featuring Tom Knutsen (*See PSYCHOLOGICAL AND SOCIAL article below*)
- Thursday, Sept 17 at 9:30am - [Virtual Coffee Hour](#)
- Friday, Sept 18 at 11am - [Book Club](#)
- Friday, Sept 18 at 4:30pm - [Cooking for Aging Well](#) (*See FOOD below*)
- Wednesday, Sept 23 at 2pm - [Poetry Group](#) (*See PSYCHOLOGICAL AND SOCIAL article below*)
- Thursday, Sept 24 at 9:30am - [Virtual Coffee Hour](#)
- Monday, Sept 28 at 4pm - [Skin Health and Beauty, an Evidence-Based Approach](#) (*See HEALTH article below*)
- Saturday, Oct 3 - [UnGolf Tournament](#) Ends

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 Date:

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

Welcome to Our New Intern, Marykate Hammer!

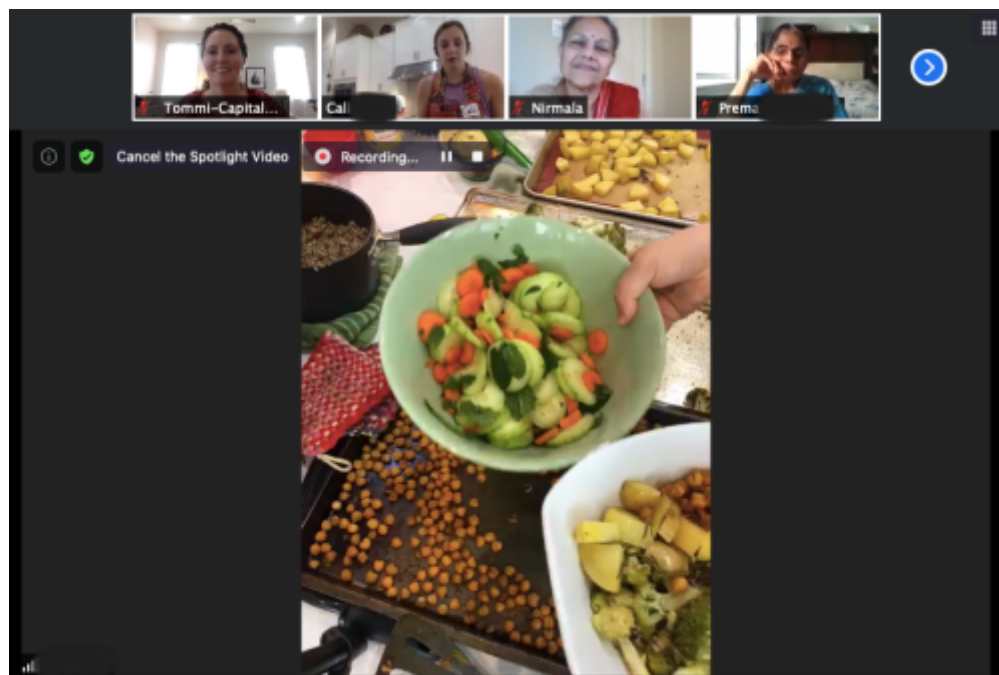
As the fall semester begins we welcome our newest MSSW intern. Marykate is excited to be working with our Village Connections program. In her words:

It is wonderful to meet you all. I have lived in five different states, including New Jersey, Maryland, Georgia, North Carolina, and finally Texas. My mother and father live in Savannah, Georgia, and plan to transition into retirement soon. I moved to Austin in 2015, and have played an active role in the nonprofit community ever since. After two years of AmeriCorps service, I was hired at the Sickle Cell Association of Texas as a Community Coordinator, connecting clients to resources, and planning fundraising events. Afterward, I spent two years at Gethsemane Lutheran Preschool as a Lead Instructor for a class of two and three-year-olds. I was then hired as the Lead Instructor at The Learning Center, which is an adult literacy program with the Literacy Coalition of Central Texas. I still work at the Coalition but have moved into a Program Manager role, supporting our students in finding gainful employment and managing policies around fair chance hiring. Now, as a MSSW Intern at Capital City Village, I look forward to learning about member and organization needs, as well as acting as an advocate and layer of support. As a people person, I am eager to connect with each member and build community.

Marykate can be contacted at intern@capitalcityvillage.org or through the office number, (512) 524-2709. Welcome Marykate!



Food, Health and Exercise - Living Well at Home



June 26 Nutrition for Aging Well Class

Tommi, Cali, Nirmala, Prema

Food

Join us for a Cooking Class!

Learn some new recipes! Cali, a UT nutrition student, will be presenting and demonstrating for our CCV and SAIVA members Friday, September 18 at 4:30. She'll pick a recipe that's heart healthy and/or senior friendly each month and provide the recipe and shopping list in advance. [RSVP here to receive the zoom link for the online class.](#)

Health

Skin Health and Beauty - An Evidence-Based Approach Monday, September 28 at 4pm

Join CCV members, volunteers and friends for "[Skin Health and Beauty, An Evidence-Based Approach](#)", presented by Dr. Tyler Hollmig. The discussion will center around the changes in our skin as we age that are due to intrinsic and extrinsic factors, including genetics and environmental exposures, that result in the appearance of aging and development of issues including skin cancer. We will also discuss evidence-based treatments that improve skin health, skin appearance, and cure skin cancer.



Dr. Tyler Hollmig is Director of Dermatologic Surgery and Director of Laser & Cosmetic Dermatology at Ascension Texas and at UT Dell Medical School. He

grew up in New Braunfels and attended Duke University, graduating *magna cum laude*. Dr. Hollmig then attended medical school at the University of Texas Southwestern and graduated as valedictorian. He underwent dermatology residency training at Stanford, followed by a fellowship in Mohs and Dermatologic Surgery at the Medical University of South Carolina in Charleston. Dr. Hollmig subsequently returned to Stanford to join the medical faculty as Mohs surgeon and Director of Laser and Aesthetic Dermatology, where he practiced for five years. He was then recruited to Ascension Seton and UT Dell to become the Director of Dermatologic surgery and Director of Laser and Cosmetic Dermatology.

[RSVP for Dr. Hollmig's presentation here.](#) Your zoom link will be sent in the confirmation email and again in a reminder email the day before the event.

When — and Where — to Get Your Flu Shot

The latest worry for doctors and health experts across the country is the possibility of a “twindemic” — an overlap between coronavirus outbreaks and flu cases during the upcoming 2020-2021 flu season — that could sicken countless Americans and overburden the nation's health care system.

Older adults in particular are at higher risk of severe illness from both COVID-19 and influenza, which experts say makes getting a flu shot this year — including timing your shot and choosing the right type of vaccine — more important than ever.



Flu shot availability began popping up at pharmacy chains and doctors' offices this summer, but when it comes to getting the shot, earlier isn't better. "The best time to get vaccinated is from mid-September through the month of October," says William Schaffner, M.D., medical director of the National Foundation for Infectious Diseases. [Read the full article from AARP here.](#)

Online Study - Cognition and Aging

From Dr. Rebecca Deason at Texas State University: Thanks again for letting me present to such a kind and knowledgeable audience - it was a treat!

My graduate student and I have launched our newest online survey examining cognition and aging. We would appreciate it if you would consider taking the survey and passing it along to others you know. We are interested especially in caregivers to individuals with dementia, but welcome any participants over 40 years of age!

It takes about 30 minutes to complete and all answers are anonymous. Upon completing the survey (and providing an email address that will not be linked to any of your responses), you will be entered into a drawing for one of 10 \$30 Amazon gift cards!

Here is the link: https://txstate.co1.qualtrics.com/jfe/form/SV_1XpfG29Fjt0eE4t.

Exercise

Celebrate Austin's Oldest Hike-and-Bike Trail during Special 2-week Event

Instead of their usual in-person fundraiser, the [Shoal Creek Conservancy](#) is offering a physically-distant alternative. Digital and print maps will be available beginning September 15, and include a self-guided [Digital Scavenger Hunt](#). Use it to walk, ride, or run along the creek any time during the two weeks and share photos of your "finds" — spots such as markers for an old quarry and cemetery, centuries-old oak trees, historic bridges, native plant meadows, moonlight towers, and springs. Participants can earn Shoal Creek Conservancy swag.



Other Basic Needs

Social Security COLA Forecast for 2021

Thanks in part to the economic impact of the COVID-19 pandemic, don't bank on a big cost-of-living adjustment (COLA) for your Social Security benefits in 2021.

Experts are looking for about a 1% increase starting in January 2021, and possibly less. "Obviously, the amount of the COLA hinges on the economy, which has picked up in the past month," says David Certner, AARP's director of legislative policy for government affairs. "We have a shot at somewhere between 0.5 percent and even as high as 1 percent." [See the rest of the AARP article here.](#)

Security and Safety - Living Well at Home



Austin-Travis County is Now in Stage 3

Austin Public Health (APH) has published a color-coded chart to help residents of Austin-Travis County understand the stages of risk and provide recommendations on what people should do to stay safe during the COVID-19 pandemic.

APH is currently exploring the most effective indicators to help determine the level of risk in the local community. Provisional triggers are being modeled based on the number of hospitalizations because of their general correlation with numbers of cases, use of ventilators, deaths, and availability of effective treatment and vaccination.

COVID-19: Risk-Based Guidelines

	Practice Good Hygiene	Maintain Social Distancing	Wear Facial Coverings	Higher Risk Individuals Aged 65+, diabetes, high blood pressure, heart, lung and kidney disease, immunocompromised, obesity			Avoid Gatherings	Avoid Non-Essential Travel	Avoid Dining/Shopping	Avoid Non-Essential Travel	Avoid Dining/Shopping	Workplaces Open
	Stay Home If Sick			Avoid Gatherings	Avoid Non-Essential Travel	Avoid Dining/Shopping						
Stage 1	•			Greater than 25		Except with precautions	Gathering size TBD					All businesses
Stage 2	•	•	•	Greater than 10		Except as essential	Greater than 25					Essential and reopened businesses
Stage 3	•	•	•	Social and greater than 10	•	Except as essential	Social and greater than 10					Essential and reopened businesses
Stage 4	•	•	•	Social and greater than 2	•	Except as essential	Social and Greater than 10	•	Except expanded essential businesses			Expanded essential businesses
Stage 5	•	•	•	Outside of household	•	Except as essential	Outside of household	•	Except as essential			Essential businesses only

Use this color-coded alert system to understand the stages of risk. This chart provides recommendations on what people should do to stay safe during the pandemic. Individual risk categories identified pertain to known risks of complication and death from COVID-19. This chart is subject to change as the situation evolves.



[AustinTexas.gov/COVID19](https://austintexas.gov/COVID19)

Published: August 10, 2020



Senior Relief Center

Beginning August 10th, the Conley-Guerrero Senior Activity Center will be available as a relief center for senior residents looking to beat the heat.



Conley-Guerrero Senior Activity Center is located at **808 Nile Street** in central Austin



The center will be open **Monday-Friday** from **12pm-5pm**



Available for use by ages **50+**



Chairs will be spaced **6ft.** apart to ensure proper social distancing



Face coverings will be required



Normal meals and activities will not be available, but there will be a television provided for entertainment purposes

Please limit personal belongings to a purse or backpack

Psychological and Social Needs - Living Well at Home

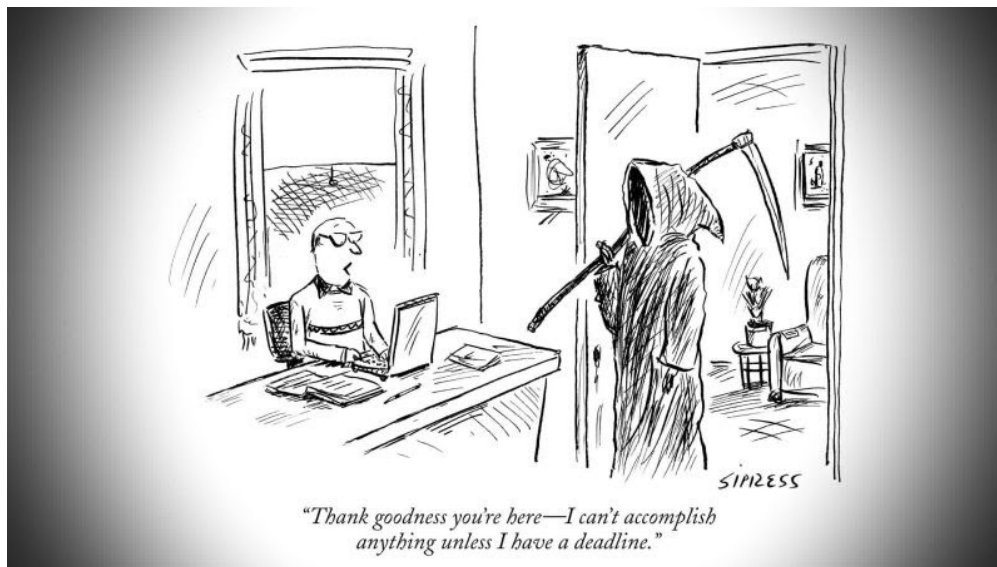




**Men's and Women's Lunch to Feature Tom Knutsen's "God
and Man in Cartoons From the 'New Yorker'"
Online Wednesday, September 16 at Noon**

Join CCV members, volunteers and friends for an entertaining virtual [Men's and Women's Lunch](#). Our presenter, Tom Knutsen, will treat us to a show and tell from his collection of "God and Man in Cartoons from The New Yorker".

So, please plan to attend for some wacky humor and bizarre insights!



Feeling Forgetful? Try These Simple Steps to Boost Your Everyday Recall

Can't find your keys? Misplaced your wallet? Blanked on your new neighbor's name? When we fail to pay close attention, the memories we create are weak and we sometimes have difficulty retrieving them later. [Check out this AARP article for some handy tips for remembering.](#)



New Poetry Interest Group Starts September 23!

The [CCV Poetry Group](#) will meet for the first time at 2pm Wednesday, September 23. After that, they will meet on the fourth Wednesday of each month from 2:00 to 3:30 (via Zoom).

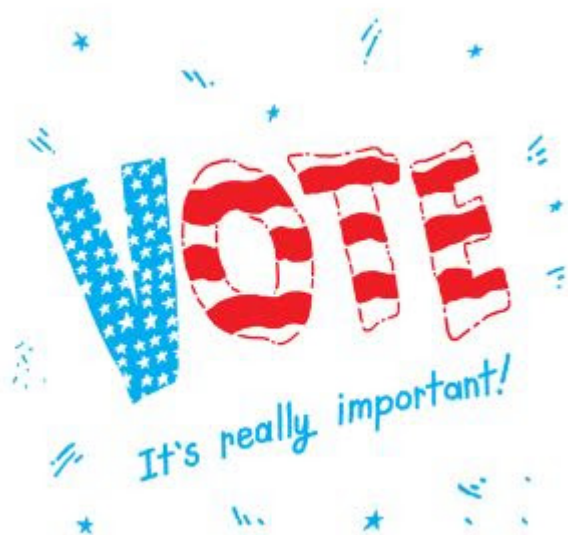
The CCV Poetry Group is for YOU:

- If you like to hear poetry....come listen, no need to bring anything.....

- If you like to share poetry....bring any poem, famous or otherwise.....
- If you like to write poetry....come share your own poems.....
- If you like to discuss poetry....we'll explore each poem's relevance to us.....
- If you appreciate how poetry can speak to our heart, not just our head.....
- If you value how poetry "quiets the noise" and takes us to what matters.....

Monthly themes will make space for all of us to relate.....and find, or write, poems that speak to us individually....our September 23rd theme will be "What Friendship Can Look Like/Be Like/Feel Like!"

Questions? Please contact Joe or Pam Farley, co-facilitators for the CCV Poetry Group. [RSVP Now for Wednesday, September 23rd!](#)



How to Vote in Texas' 2020 Election: What You Need to Know

Texas lawmakers haven't changed much about how the state will conduct its general election amid the coronavirus pandemic:

- As usual, Texas will allow absentee voting for those 65 and older, people with disabilities, and those away from their home county during the voting period, allowing them to safely cast ballots from home.
- Texas voters will be able to cast their ballots early and in person beginning Oct. 13. In July, Gov. Greg Abbott extended the early voting

window, which had been scheduled to open a week later, helping voters avoid long Election Day lines.

- Despite considerable discussion among state lawmakers and a few court challenges over the issue of expanded mail-in voting, the rules for voting from home have not changed this year. [Please continue to read this Texas voting guide here.](#)

From Our Members

Masks

Our member Marie is sharing this [new page from the CDC](#) website with some helpful information about selecting, wearing and cleaning masks:



Scams

Our member and Board member Sue said:

I suggest that we post a warning about the most recent scam I heard about on NPR this am. It is a phone call saying that they are a Contact Tracer and you may have been exposed to Covid. If they ask for your SS number, your credit card number or payment for a Covid test, a person should just hang up. A real

Contact Tracer will ask you to verify your birthday and other things. There is also an email scam that has a link. Do not open it!

In the Community



Ruha Benjamin Kicks Off the first University of Houston CLASS 2020-21 Lecture Series on Race and Social Justice September 17, 2020

The University of Houston College of Liberal Arts and Social Sciences (CLASS) is pleased to announce that noted scholar, author, and Associate Professor of African American Studies at Princeton University, Ruha Benjamin, Ph.D., will deliver the 2020 John P. McGovern Award Lecture in Family, Health, and Human Values. Benjamin's address will serve as the kickoff to the [CLASS 2020-21 Lecture Series on Race and Social Justice](#), a series of seven lectures on race and social justice topics, beginning September 17, 2020.

In her lecture, "Viral Justice: How We Grow the World We Want," Dr. Benjamin examines the twin crises of COVID-19 and police violence, mapping the many vectors through which racism gets under the skin and into the blood stream, attacking our bodies and body politic. She offers a theory of change and viral justice as a practical and principled approach to transmuting a hostile racial climate into one that is more habitable, hopeful, and just.



Allowing Curiosity, Self-Compassion, and Humility to Navigate Chaos

Whether it is the current social unrest and change in our country, or this unprecedented season of pandemic and its uncertainties related to physical and mental health and financial security; many people are feeling overwhelmed and under resourced. Come and rest awhile as Scott Van Camp guides us into bringing more balance to our lives through curiosity, self-compassion, and humility. You will leave with compassion for yourself, tools to diffuse the inner critic, and tips for how to spend more time in the present moment.

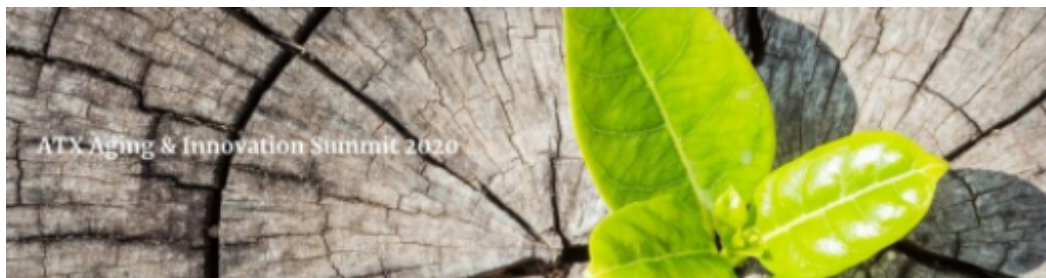
Brown Bag Lunch & Learn
Friday, September 25, 2020
12:00 - 2:00 PM

2 CEUs Included for LPC, LMFT, LMSW, LCSW

Presented by: Scott Van Camp, LMFT
Clinical Director at The Austin Center for Grief & Loss



512-472-7878
info@austingrief.org
www.austingrief.org



ATX Aging & Innovation Summit 2020

ATX Aging & Innovation Summit 2020

The Age of Resilience Meets the Resilience of Age, October 20-21, 2020

This virtual event hosted by [AustinUP](#), featuring multiple sessions held over two days, will explore Covid-inspired innovation and insight that could improve the lives of older adults as we emerge from this devastating pandemic. Our speakers and panels will take a closer look at how the events of 2020 are changing the way we think about aging – especially in the areas of technology, equity and access.

Our keynote presentation on Tuesday, October 20, 9 – 10 a.m., will feature Robert Morison, Senior Advisor at [AgeWave](#), the nation's foremost thought leader on issues relating to an aging population. [Click here to see all the details and RSVP for the Summit.](#)

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: Sherrie D. All, PhD

Licensed Clinical Psychologist, Cognitive Rehabilitation & Brain Health
 Sherrie 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. Sherrie 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*
 SENIOR LIVING
 WEST LAKE HILLS • LAKEWAY



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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Capital City Village
3710 Cedar St
Ste 283
Austin, TX 78705

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