



Bonnie Gilson <bonniegilson@capitalcityvillage.org>

---

## There's No Place Like Home for the Holidays! 🎁

1 message

---

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

Tue, Dec 1, 2020 at 9:59 AM

[View this email in your browser](#)



December 1, 2020

## Featured Event



**Donna Ingham, Storyteller**

## **Capital City Village Holiday Event**

**Join CCV Members, Volunteers and Friends in a Virtual [Happy Hour Party](#) on Zoom Sunday, December 6 at 5pm**

**Our Special Entertainment will be Donna Ingham, Storyteller**

Donna has been named Biggest Liar in Texas multiple times for her humorous "true" stories and is a recipient of the John Henry Faulk Award for outstanding contributions to the art of storytelling.

And...join in on more fun with an "Ugly Holiday Apparel" contest. The categories will be:

- Sweater
- Headpiece, or
- Our most important fashion accessory, an ugly face mask

Humorist and folklorist Donna Ingham takes the ancient art of storytelling and gives it a Texas twist to entertain audiences of all ages. She has been named the Biggest Liar in Austin seven times and the Biggest Liar in Texas three times. She

has also been awarded a National Storytelling Oracle Regional Excellence Award for "exceptional commitment and exemplary contributions to the art of storytelling."

[RSVP here to receive your invitation](#), which will be included in your confirmation email and again in your reminder email the day before the event.

## Village Event Calendar



### October Poetry Group

Joe, Pam, LK

Kate, Suzann, Beverly

Mickey, Ellen

**Reminder: It is necessary to RSVP for events to receive the zoom invitation.**

- Thursday, Dec 3 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Dec 3 at 4:30 pm – [Virtual Happy Hour](#)
- Sunday, Dec 6 at 5 pm – [Holiday Party with Storytelling](#) (See feature article)
- Thursday, Dec 10 at 9:30 am – [Virtual Coffee Hour](#)
- Tuesday, Dec 15 at 10 am – [Virtual Volunteer Orientation](#)
- Wednesday, Dec 16 at 12 pm – [Men's and Women's Lunch](#) (See

article in "Psychological and Social")

- Thursday, Dec 17 at 9:30 am – [Virtual Coffee Hour](#)
- Friday, Dec 18 at 11 am – [Book Club](#)
- Friday, Dec 18 at 4:00 pm – [Cooking for Aging Well](#)
- Wednesday, Dec 23 at 2 pm – [Poetry Group](#)
- Thursday, Dec 24 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday–Friday, Dec 24–25 – Office Closed for Christmas holiday
- Thursday, Dec 31 at 9:30 am – [Virtual Coffee Hour](#)
- Friday, Jan 1 – Office Closed for New Year's Day

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

## Basic Needs



## Food

Looking for a way to give back this holiday season? Then mark your calendar for Thursday, December 10, when CultureMap and Frost Bank are hosting a [drive-through donation drop-off](#) benefitting Central Texas Food Bank.

Donations will be accepted at [Lamar Union Plaza](#) in front of Alamo Draffhouse. Here are the items most needed:

- Peanut butter
- Canned chicken breast or tuna
- Canned low-sodium vegetables
- Canned fruit in its own juice (no sugar added)

- Dry pinto beans
- Brown rice
- Non-fat dry milk powder
- 100 percent whole-grain cereal

Everyone who donates will also get the chance to win the Ultimate Lamar Union Plaza package that includes a \$100 gift card to Caffè Medici, \$40 to Finley's Barbershop, \$50 to Shake Shack, \$50 to Jjim BBQ, two gift cards for a small treat at Lick Honest Ice Creams, \$90 worth of goodies from Greenbelt Botanicals Co., \$50 to TLC, and \$50 to Soto South Lamar.

Central Texas Food Bank was established in 1982 with a goal to help feed the hungry in the community. Now it works with partner agencies in 21 counties across Central Texas.

**When**

Thursday, December 10  
4-6 pm

**Where**

Lamar Union Plaza  
[1100 S. Lamar Blvd](#)

Thanks to CultureMap for this article.

---



## Early Voting for Runoff Elections is December 3–11

Two City Council races – District 6 and District 10 – will be on the ballot, as well as the races for District 5 and At-large Place 8 on the Austin ISD Board of Trustees.

[Click here for voting information from the Travis County Clerk.](#)

---



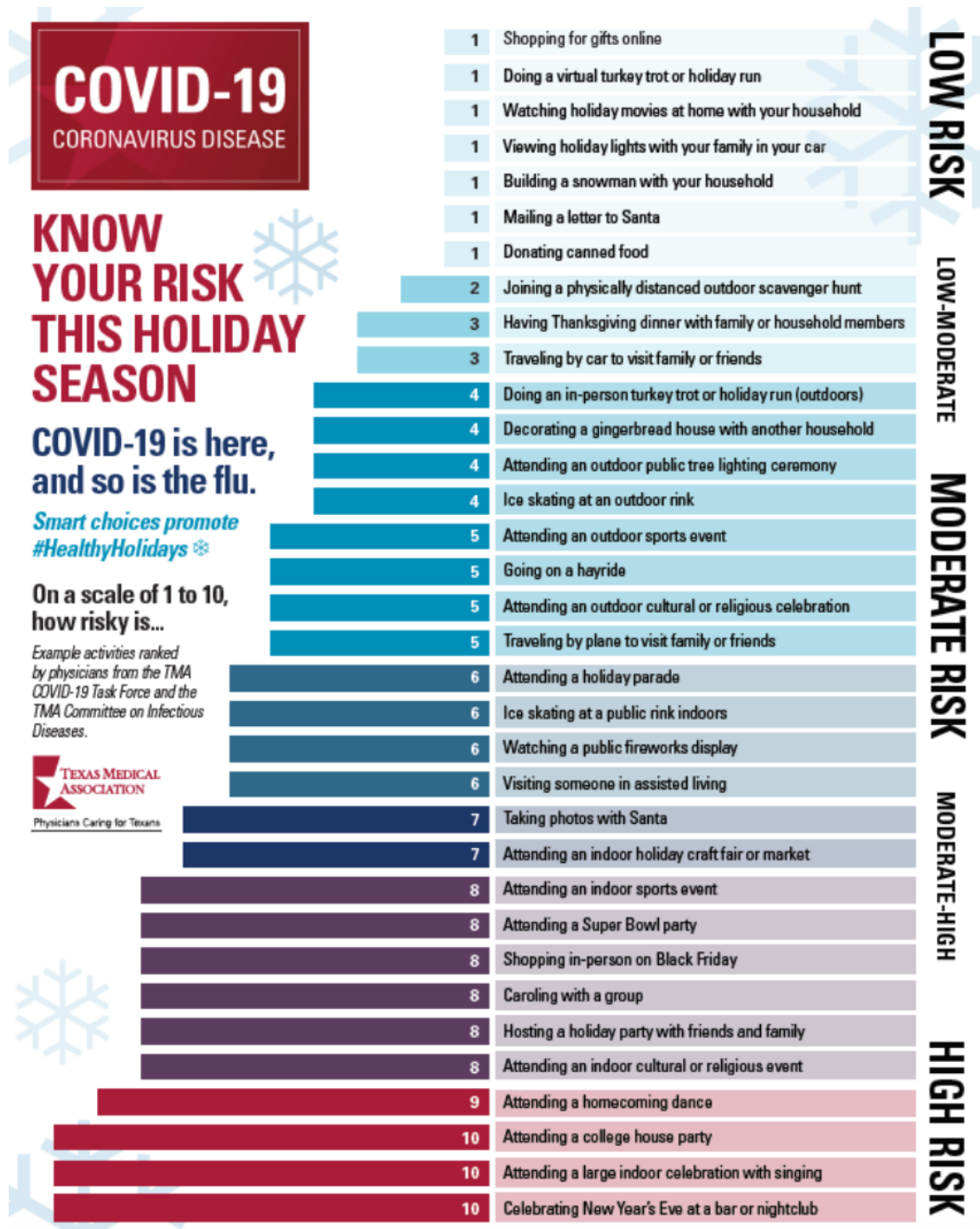
## Health

### The Benefits of Meditation

Over the years, researchers have linked different forms of meditation to reduced anxiety, cardiovascular health, pain relief, a healthy immune system and stress reduction. Now, they're discovering it also changes the very structure of the brain and may help preserve cognitive function. [See the article from AARP here.](#)

---





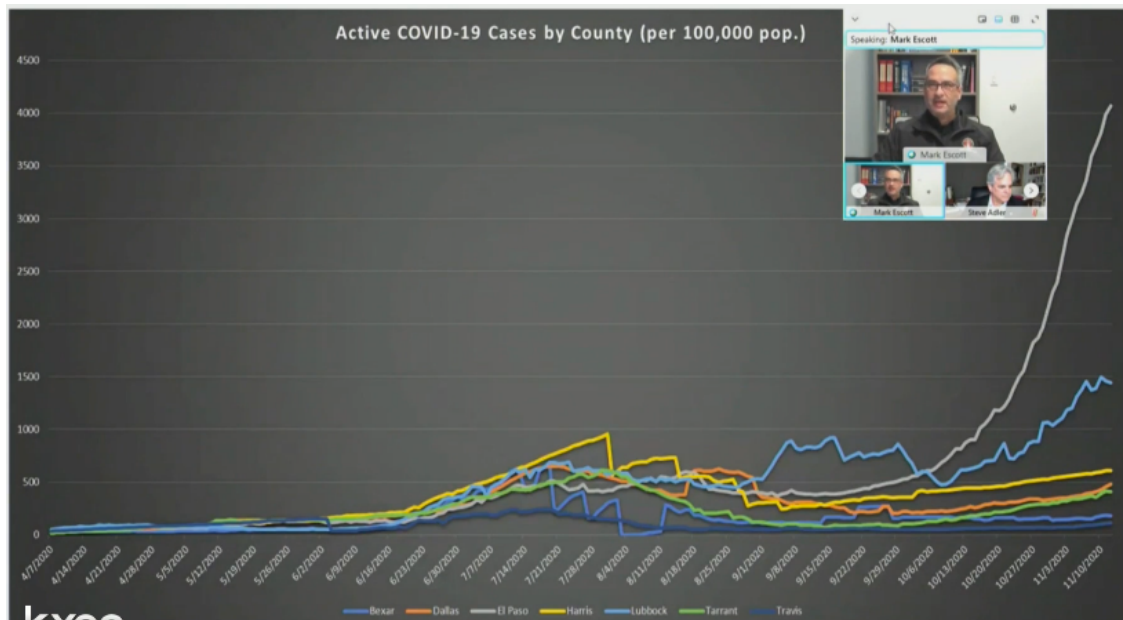
### Texas Medical Association Risk Chart

The Texas Medical Association has released its [COVID-19 holiday risk chart](#), a ranking of popular activities based on how likely one is to contract the novel coronavirus.

With infections spiking in Austin and across the country, the chart was updated from its original version with input from physicians on the TMA COVID-19 Task Force and the TMA Infectious Diseases Committee. Together, the group



identified popular seasonal activities and then calculated the risk of spreading the virus.



## Austin-Travis County now in Stage 4 of COVID-19 risk level due to lack of medical personnel

If you didn't see this [KXAN story](#) that ran before Thanksgiving, it's worth watching for an update on the severity of the current situation.

## Safety and Security

### Don't Let the Grinch Steal Your Package

Thanks to AARP for these tips. [You can read the full article here.](#)

Here are tips from law enforcement, the U.S. Postal Service and delivery firms:

1. Retrieve a package as soon as it arrives. Or avoid delivery by using ship-to-store or curbside pickup.
2. Use a tracking feature to check online when a package is scheduled to arrive. UPS, for examples, has [UPS My Choice](#) to help

- track and reroute package deliveries.
3. Request that your package is sent with the "signature required" feature so it can't be delivered without one.
  4. If you're not going to be home, set up a specific delivery time when you will be. Or have the package sent to a trusted person who will be home.
  5. Choose an alternative pickup location. FedEx has more than 14,000 sites in the U.S. including FedEx Offices, FedEx Ship Centers and retailers including Walgreens, Albertsons, Kroger and Dollar General. UPS [Access Point locations](#) for pickups include the UPS Store, Michael's, CVS, Advance Auto Parts and self-service lockers. Amazon uses [Amazon Lockers](#).
  6. If you are leaving town, ask for your shipments to be held. USPS' free, ["hold mail"](#) requests must be for at least three days and for a maximum of 30 days. Fed Ex accepts [vacation holds](#) for up to 14 days; it also will store your delivery for free for up to five days at many locations.
  7. Consider a security camera. Some signal your phone, tablet or personal computer if your doorbell is rung.
  8. Instruct delivery firms where to leave your package so it isn't visible from the street.
  9. Get an app. The FedEx mobile app lets package recipients electronically sign for a package, request a vacation hold or [choose a hold](#) at one of its locations. Some security cameras let you use an app to watch over your home from your smartphone. UPS lets you track your shipment on its app.
  10. Though not common, leading up to the holidays some law enforcement agencies let local residents have packages weighing less than 50 pounds shipped to their stations for pickup later.

## Psychological and Social



Photo by Balazs Busznyak

## **Men's and Women's Lunch**

### **Railroad Stuff, A Lifetime Interest in Trains**

Wednesday, December 16 at 12pm

Join CCV members, volunteers and friends for the virtual [Men's and Women's Lunch](#). Our next joint, virtual lunch meeting will take place on Wednesday, December 16 at noon.

Arnie Orange will present "Railroad Stuff, A Lifetime Interest in Trains (not your usual tourist train rides!)."

Don't forget, you must [RSVP to receive the invitation](#), which will come to you in a confirmation email, and then again in a reminder email the day before the event.

**From our Member and Volunteer Services  
Director**



Four Refurbished Dell E7470 laptops have been donated by the City of Austin's Community PC program to CCV. Please contact Johanna at [johanna@capitalcityvillage.org](mailto:johanna@capitalcityvillage.org) for more information or if you are interested in claiming a device.

Do you have a favorite company or individual who has helped you in the past with plumbing, painting, pest control, general handyman work, etc. that you would recommend to friends and family? Our Membership Services committee is currently reviewing applications of prospective providers for inclusion on CCV's preferred list for members. Please send info to [johanna@capitalcityvillage.org](mailto:johanna@capitalcityvillage.org)

## From Our Members

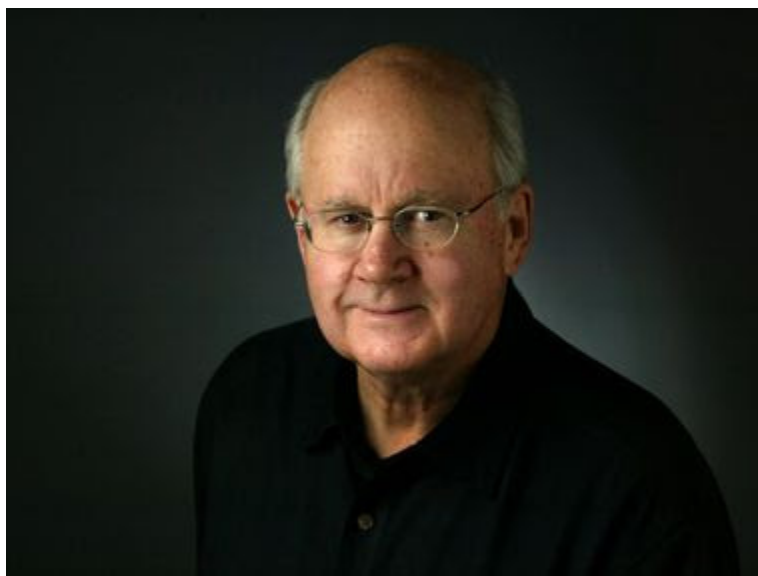




## 2020 Holiday Tree

Everything's different in 2020! Here's Ellen's version of a holiday tree - an agave decorated with masks. Maybe Rockefeller Center could use it.

---

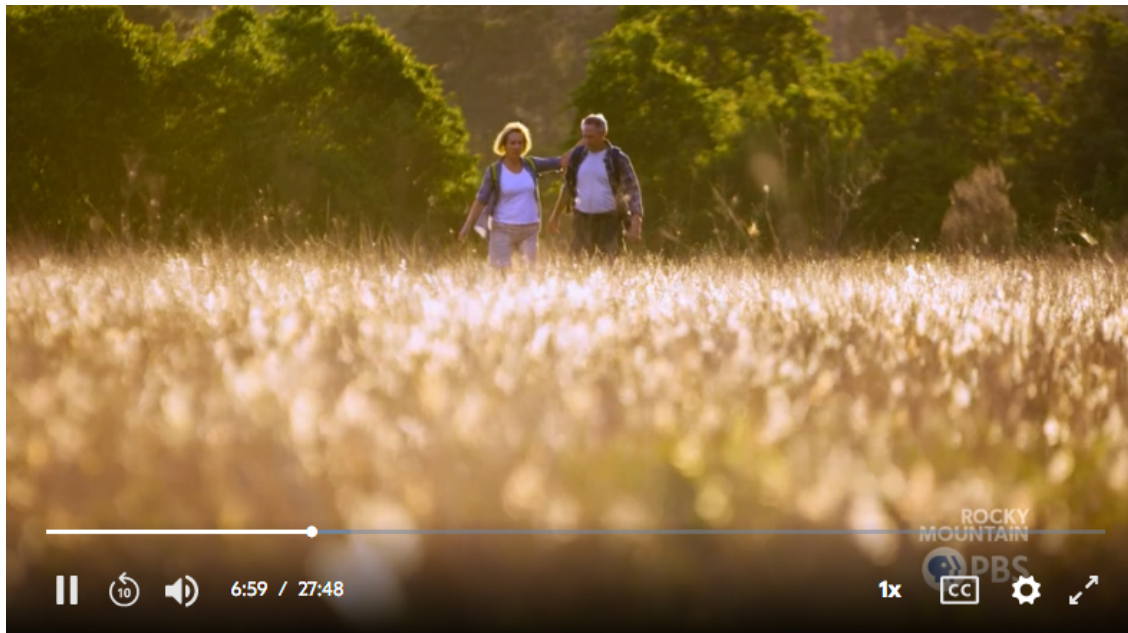


**Check Out This Article from Scott Burns**

---

Recommended by our member and awesome volunteer Rick and published in the Austin American–Statesman: ["Why Does Society Turn the Blessing of Aging into a Problem?"](#)

## From Our Volunteers



## Aging Well

From Volunteer Henry:

Here's an item which you could include in one of the email newsletters to CCVers.

Background:

James P. Owen, a former Austinite, has published an excellent book for oldsters: "Just Move! – A New Approach to Fitness After 50" (published 2017: National Geographic).

This stimulating and well-illustrated book (held by the Austin Public Library) is an exhortation to all of us "of a certain age" to incorporate motion and physical activity into our lives every day. For many years, Jim was a card-carrying couch potato on Wall Street who, turning 70, decided to "finally get fit". And he did, big time!

He is a believer in the need to become "functionally fit", that is, fit so you can look and feel younger; banish stiffness, aches and pains; stay mobile and independent; and lower your risks of serious illness. He firmly believes that anyone can do this.

Sounds as if that could well become the CCV Creed!

In addition, Jim has recently completed an inspirational, 28-minute video titled ["The Art of Aging Well"](#), which you can watch at your leisure by clicking [this link](#).

The themes running through the book and video are that moving about a lot as we go through the day will go a long way to improving the quality of our lives; and that it is never too late to start your own program!!

---





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!



---

*Copyright © 2020 Capital City Village, All rights reserved.*

You are receiving this email because you signed up for this mailing list on our the village website

**Our mailing address is:**

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

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

