



Bonnie Gilson <bonniegilson@capitalcityvillage.org>

[Test] There's No Place Like Home for the Holidays! 📺

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Wed, Dec 16, 2020 at 4:59 PM

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December 16, 2020



Image by Elise Okrend, [Mixed Blessing](#) Interfaith and Multicultural Holiday Cards

Happy Holidays from Capital City Village!

We know the holidays will be "different" this year, but please stay safe a while longer. There's light at the end of the tunnel with encouraging words of effective vaccines. And you don't have to be alone – join us online for programs like "Railroad Stuff, A Lifetime Interest in Trains", Coffee Hour, Cooking, Book Club, Poetry and Yoga! Click through any of these programs in our Events listing below to RSVP (which is necessary to receive your zoom invitation).

Village Event Calendar



**From the CCV Holiday Party with Tall Tales
Tommi, Rick, Phyllis, Henry and Ellen
Donna Ingham, Champion Liar and Storyteller**

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

- 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](#)
- Monday, Dec 21 at 1pm – [Yoga for Healthy Aging](#)
- 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
- Monday, Dec 28 at 1pm – [Yoga for Healthy Aging](#)
- 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.

Today's Newsletter Articles

- [Amazon Smile - help CCV](#)
- [Austin May Soon Move to Stage 5 Restrictions with Curfew](#)
- [Austin Public Health Gives Quarantine and Flu Shot Recommendations](#)
- [Austin's First Doses of COVID-19 Vaccine](#)
- [CapMetro Fare-Capping Pilot Program](#)
- [Cooking for Aging Well](#)
- [Don't be Fooled by these Calls from Scammers](#)
- [Holiday Drop-in Support Group](#)
- [How to Stay Active with Winter Walking](#)
- [In memory of Jean Wortham](#)
- [Marriage congratulations](#)
- [New Members and Volunteers](#)
- [New Year's Recipes from Austin Subaru](#)
- [Singalong with Conspirare](#)
- [Travis County at Risk of Going to Stage 5](#)
- [We'll Meet Again](#)
- [Yoga for Healthy Aging](#)



In Memory of Jean Wortham

CCV member Jean Wortham passed December 9, 2020. She joined the Village in February of this year, and we're sorry she didn't have more time with us. She did

have a very interesting life, [as you'll see in this obituary](#). Our sincere condolences are extended to her family and friends.

welcome

Welcome to "New" Members and Volunteers!

In March we went to a new format with the newsletter, and we have not been recognizing our new members and volunteers here, although we hope we have properly welcomed them in other ways. Let's catch up with welcoming our new and not-so-new members and volunteers!

Members:

78704: Linda R
78722: John A
78723: Forrest and Helen M W
78737: Debbie M
78745: Tina W
78751: Martha W; Doug B
78753: Karen A
78756: JoAnna R
78759: Carol W; Marie G



Volunteers:

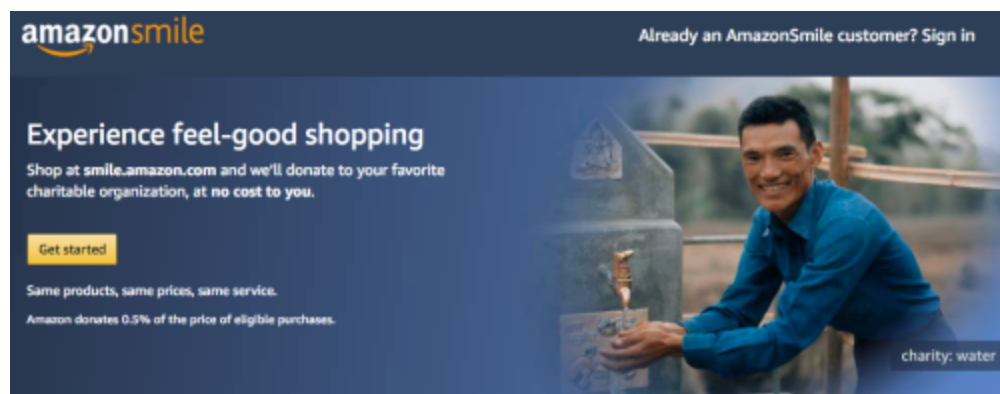
78703: Susan G
78704: Ellen W
78723: Helen M W
78731: Jimmie J
78737: Kate M; Debbie M
78739: Carol B
78741: Helen H
78749: Gail G
78751: Doug B
78752: Natalie L

It's very encouraging that the majority of these new volunteers are also members! If you're a member who's been thinking about volunteering with the Village, contact Johanna at 512-468-5549 or johanna@capitalcityvillage.org.



Congratulations!

Congratulations to members Joan and Doug on their recent marriage!



Are You on Amazon Smile?

If you designate Capital City Village as your chosen charity, we receive a percentage of what you spend. Please consider adding us at <https://smile.amazon.com>.

And if you're looking for ideas, check out the Daily Caring article for [15 Best Practical Gifts for Seniors](#).

Basic Needs



Photo by Tom Knutsen

Exercise

How to Stay Active with Winter Walking

With winter fast approaching, it might seem tempting to ditch your daily walk. But when it comes to getting fit, chilly temperatures might actually be a good thing.

That's because your overall metabolic rate increases in cold weather thanks to something called thermogenesis, the calorie-burning process by which the body generates heat. Add physical activity into the mix, and the benefits might be boosted even further: One 2017 study published in the American Journal of Human Biology found that a group of 53 hikers burned more calories in cold weather than warm, leading to weight loss for both men and women. [Read the full article from AARP here.](#)

New National Village Events: Yoga for Healthy Aging

Our website provider, Helpful Village, has decided to try out adding some national Village events to our calendar. During December, there are several "Yoga for Healthy Aging" classes being offered. See our Events listing to click through to them. These are paid events, but affordable at \$6.99. Check them out!



Food

New Year's Recipes from Austin Subaru

This past year sure has been an unprecedented one. As we welcome 2021 with hope for a better year, why not try making a few dishes believed by cultures around the world to bring good luck? Our sponsor Austin Subaru has compiled a list of a few tasty recipes for you to enjoy as we ring in the new year. [Check them out here.](#)

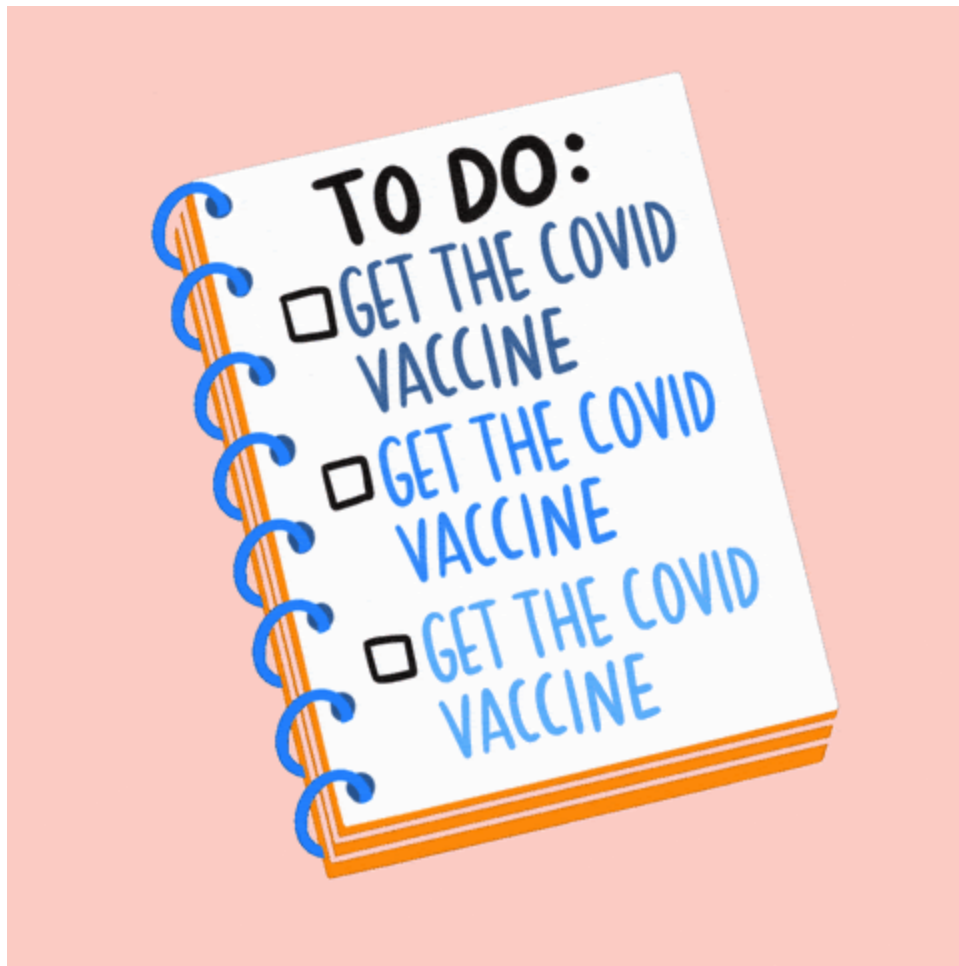


Cooking for Aging Well

Learn some new recipes! Valeria will be presenting and demonstrating for our CCV and SAIVA members. [Tune in at 4pm this Friday, December 18.](#)

The theme is baking/cooking for mental health and promoting happiness. Valeria will be preparing DIY edible arrangements and sharing her family's recipes for oatmeal chocolate chip cookies.

[Be sure and RSVP](#) to receive your zoom invitation.



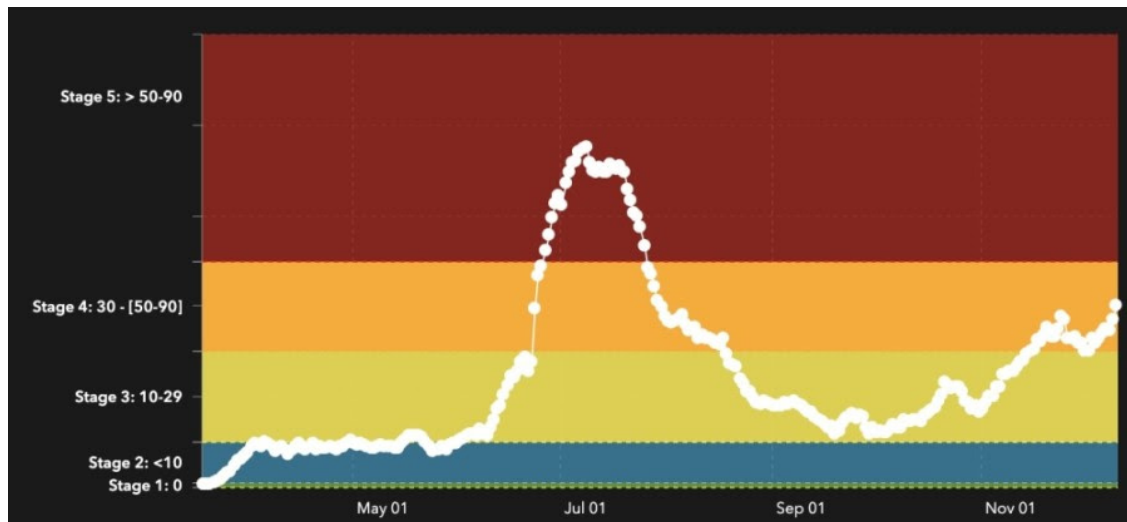
Health

Austin's first doses of COVID-19 vaccine given at Dell Medical School

Four sites in Texas received the COVID-19 vaccine on December 14, part of a rollout of doses being shipped out across the U.S. Texas received 19,500 doses, with another 250,000 doses being distributed to 109 facilities in Texas this week. The first four sites to get it are:

- Dell Medical School's UT Health Austin
- MD Anderson Cancer Center in Houston
- Methodist Dallas Medical Center
- Wellness 360 at UT Health San Antonio

[See the full article from CultureMap here.](#)



Travis County at Risk of Entering Stage 5 under COVID-19 Guidelines – Could Include Curfew

Travis County could reach Stage 5 coronavirus risk in a matter of days if upward transmission trends continue, Austin-Travis County interim Health Authority Mark Escott said at a Dec. 10 meeting of the Travis County Commissioners Court. [See the article from Community Impact here.](#)

Austin Public Health Gives Quarantine Recommendations (And Recommends Flu Shot!)

Austin Public Health (APH) has released updated guidance on COVID-19 quarantining to reflect changes recommended by the Centers for Disease Control and Prevention (CDC) last week.

While the CDC has reinforced that the 14 day quarantine is the most protective, local and national data suggest that in some circumstances, a shorter quarantine may provide appropriate protection against the spread of COVID-19. The quarantine length will be determined based on the exposure risk and risk of transmitting the virus to those who could develop severe symptoms from the virus. [Check this article for a flowchart that provides detailed information regarding quarantine.](#)

Austin Public Health also wants us to know - The best way to prevent the flu is

by getting a flu shot each year, and it's not too late to make sure you're protected.

APH offers flu shots to individuals who are uninsured or Medicaid recipients. No one is denied services if unable to pay. An appointment is required for all Austin Public Health flu shot services. To schedule an appointment, please call 512-972-5520.

Have insurance and need to find a nearby location to get a flu shot? [Find one here.](#)

From Our Members



We'll Meet Again

A Virtual Performance
by members of the
Central Texas Medical &
Balcones Community
Orchestras

Under the direction of
Dr. Robert Radmer

Guest Artists

 Francesco Mastromatteo Cello	 Sara Hickman	 Jessica Mathaes Violin
 Kiki Ebsen	 Leslie Hyland-Rodgers	

*Our Gift to you this Holiday Season
Until we can all safely gather together again in person*

We'll Meet Again!

[Listen to this performance](#) by the Central Texas Medical and Balcones Community Orchestras (including CCV Friend Sara Hickman), sent to us by Member, Volunteer, and Board Member Pam F.



Join a Virtual Singalong with Conspirare

Our member Jimmie has recommended [this singalong](#), happening Tuesday, December 22 at 5:30pm.



Don't Be Fooled by These Calls!

Member/Volunteer Rick wants to remind everyone that scammers are still trying to get our hard-earned cash! According to the Federal Trade Commission:

"Scammers are calling people and using the names of two companies everyone knows, Apple and Amazon, to rip people off. Here's what you need to know about these calls.

In one version of the scam, you get a call and a recorded message that says it's Amazon. The message says there's something wrong with your account. It could be a suspicious purchase, a lost package, or an order they can't fulfill."

[See the FTC article here.](#)

In the Community



Holiday Drop-in Support Group

Austin Grief is offering a "drop-in" virtual peer support groups for teens, children, and adults on Monday, December 21st. These groups will be open to current members and the public. The support groups will be a focused discussion on coping with and through the holidays.

Monday, December 21, 2020

7:00 – 8:15 p.m.

Meeting online – [Link provided with registration](#)

Questions? Email info@austingrief.org or call (512) 472-7878.



CapMetro Fare-Capping Pilot Program Introduced

Our friend Lonny Stern at CapMetro wrote us to say: "I'm dropping a line because CapMetro is hosting a [Fare-Capping Pilot](#), and you may know someone who will qualify (and benefit)!"

In short, this program levels the playing field for those who can't afford to buy a monthly pass (\$45 – \$96/mo) in one payment. Instead, those who participate in the pilot can buy Single Ride Passes in the CapMetro App and *earn* a Monthly Pass as they go! PLUS, those who participate in the 3-month pilot will also earn a FREE 31-Day Monthly Pass for their participation."



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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