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January 1, 2021



Happy 2021 from Capital City Village!

It's been a heck of a year – started out ok, but the world as we knew it changed in March. Thanks to every one of you who hung in there with us, whether it was by maintaining your membership, volunteering to help fight the isolation, working on committees, participating in our fundraisers, or joining us in all those zooms!

As we look back, we see that it wasn't all bad. As we switched our

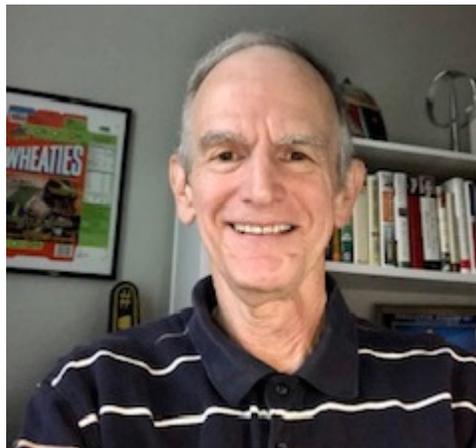
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could actually increase our programming options. Even though we will eventually go back to in-person programs, we will keep some of the online options to enable more of our members to participate.

A small cadre of our dedicated volunteers put on their PPE and continued to drive members to essential appointments. Others wore their masks and fixed doors and windows and bathroom faucets, while another group helped with the all-important technology challenges. And this Village could not be run without the Board and Committee volunteers who faithfully met by zoom and planned the future of our community.

We are truly thankful for our members and volunteers! May 2021 bring good health and many blessings to all.

Many Thanks to our Outgoing Board President -- And Welcome to our New President



New President Scott Blech

As we welcome our new Board President, Scott Blech, we'd like to give a very large thanks to our outgoing President, Dr. Tom McHorse, who has served us well these last two years. Tom has been a driving force in the Village's success and survival during these difficult times. We welcome his continued leadership in the capacity of "Past President" on our Board.

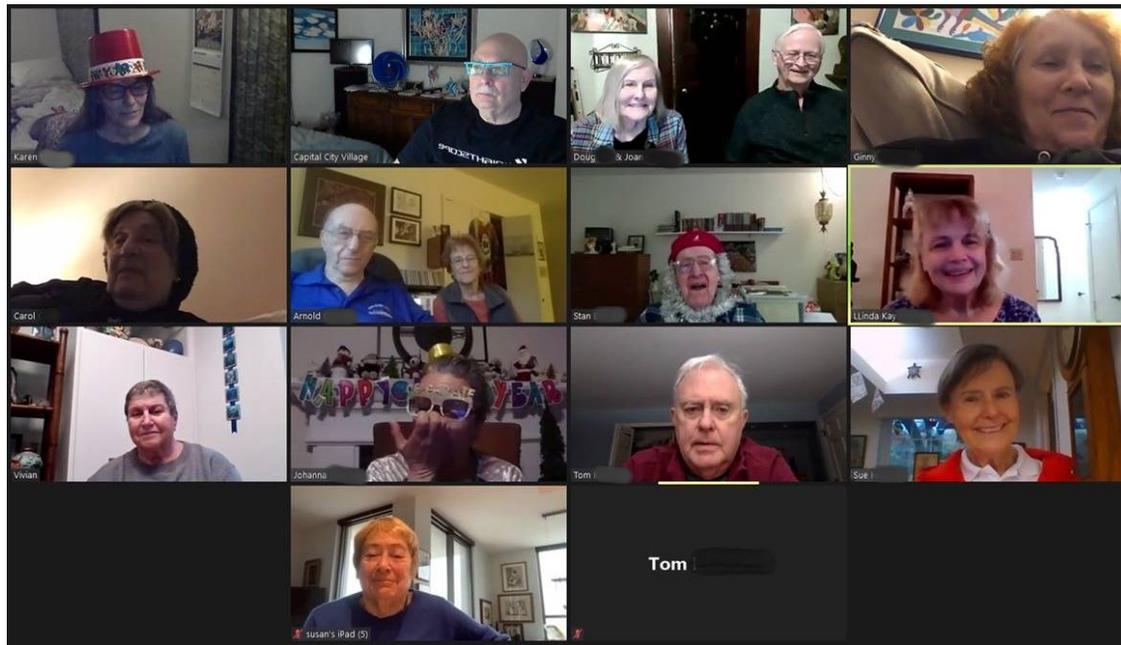
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Our incoming President, Scott Green, has been a CV member since the founding of the Village in 2011. He has led local, state and international associations during his 35-year career in association management. He retired in 2012 after leading EMDR International Association (EMDRIA) as Executive Director for eight years. During his tenure EMDRIA started its professional journal and the EMDR Research Foundation. Scott previously held volunteer leadership positions with several professional, civic and charitable organizations. And he was President of the Jewish Federation of Austin and a Vice President and board member of Temple Beth Shalom, Austin. Scott has a BA in political science from the University of Michigan and an MA with honors from the University of Missouri. He received his Certified Association Executive designation from the American Society of Association Executives.

Village Event Calendar



New Year's Eve Coffee Group
Festive Karen, Host Rick, Newlyweds Joan and Doug, Ginny
Carol, Arnie and Margit, Very Festive Stan, LK
Vivian, Festive Johanna, Tom, Sue
Susan, Tom (not shown)

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- Friday, Jan 1 – Office Closed for New Year's Day
- Monday, Jan 4 at 1 pm – [Yoga for Healthy Aging](#)
- Thursday, Jan 7 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Jan 7 at 4:30 pm – [Virtual Happy Hour](#)
- Monday, Jan 11 at 1 pm – [Yoga for Healthy Aging](#)
- Thursday, Jan 14 at 9:30 am – [Virtual Coffee Hour](#)
- Friday, Jan 15 at 4 pm – [Cooking for Aging Well](#)
- Monday, Jan 18 at 1 pm – [Yoga for Healthy Aging](#)
- Tuesday, Jan 19 at 10 am – [Virtual Volunteer Orientation](#)
- Wednesday, Jan 20 at 12 pm – [Men's and Women's Lunch with Ed McHorse](#)
- Thursday, Jan 21 at 9:30 am – [Virtual Coffee Hour](#)
- Monday, Jan 25 at 1 pm – [Yoga for Healthy Aging](#)
- Wednesday, Jan 27 at 2 pm – [Poetry Group](#)
- Thursday, Jan 28 at 9:30 am – [Virtual Coffee Hour](#)

Save the Date:

- Sunday, Feb 7 at 2 pm – [Casa Marianella – Dedicated to Serving Immigrants](#)
- Wednesday, Feb 24 at 11:30 am – [Men's and Women's Lunch with Saleem Assaf](#)

[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

- [Brain Health and Aging Seminar](#)
- [Casa Marianella – Dedicated to Serving Immigrants](#)
- [Cooking for Aging Well](#)
- [Ear Health with Saleem Assaf \(February Men's and Women's Lunch\)](#)
- [Have You Tried Meetup?](#)
- [Know the Difference – COVID vs Flu vs Allergies](#)

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[Men's and Women's Lunch](#))

- [New Board President Scott Blech](#)
- [Research Volunteers Needed – Sleep and Memory](#)
- [Second Stimulus Check Timeline](#)
- [Scam example](#)
- [Should Seniors Take the COVID-19 Vaccine?](#)
- [Yoga for Healthy Aging](#)

Featured Event



Men's and Women's Lunch – The State of Homelessness in Austin, Featuring Ed McHorse

Wednesday, January 20 at Noon

Join the Village People for lunch (from your own kitchen) and a compelling update of "The State of Homelessness in Austin", featuring friend of the Village Ed McHorse.

Basic Needs



Your Money

What Is the IRS Timeline to Send the Second Stimulus Checks?

The IRS and Treasury announced that stimulus payments started going out via direct deposit on December 29. Paper checks were scheduled to begin being mailed on December 30.

Payments will be issued automatically to eligible individuals who:

- filed 2019 federal tax returns
- registered for the first round of stimulus payments through the non-filer portal on IRS.gov by November 21
- receive Social Security (both retirement and disability), Supplemental Security Income (SSI), Railroad Retirement Board, or Veterans Affairs (VA) benefits

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Food

Cooking for Aging Well **Friday, January 15 at 4pm**

Join Capital City Village and SAIVA for our next "[Cooking for Aging Well](#)" class. Kamram says, "I've decided to focus on a dinner (main entree and at least one side) and a simple dessert, because I feel like many assume that low-carb diets for diabetics means excluding sweets (which is so far from the truth)!"

Be sure to [RSVP to receive your invitation](#) in your confirmation email, and again the day before the event in your reminder email.



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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 January, 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!



Health

February Men's and Women's Lunch Presents "Ear and Hearing Health" with Saleem Assaf of The Better Hearing Center of Austin

Wednesday, February 24 at 11:30am

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Austin will present "[Ear and Hearing Health](#)". He'll cover these points:

- Ear maintenance and cleaning – myths and truths.
- The ear-to-brain connection
- Hearing's impact on our physical, social and mental well being
- The A-B-C's of hearing aids
- Q&A

Be sure and [RSVP to receive your zoom invitation](#), which will arrive in your confirmation email and again the day before the event in your reminder email.



Should Seniors Take the COVID-19 Vaccine?

Tom McHorse M.D., 2020 CCV President

The vaccine is very effective with 95% protection rate to prevent Covid-19. The vaccine is new, so it is appropriate to have questions. It has been produced over the past one year, but the concept has been researched since 2007. Because of the type of vaccine, there is no risk of getting Covid from the shot. It is not yet known how long the vaccine protection will last.

The majority of seniors will have no side effect from taking the shot.

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significant allergic reaction within an hour of receiving the shot.

Because I am still a healthcare provider, I received my first dose without any problem on December 20. My wife Kay will receive the vaccine when her turn comes.

So the answer to the question in the title is YES, and please take the vaccine as soon as your turn comes. We must continue effective use of face coverings, social distancing, and frequent hand cleansing until 70 - 80% of the population is immune. Remember there is a 10% - 20% mortality from Covid for folks over age 65 in Travis County.

Please feel comfortable contacting me about other general questions about receiving the vaccine; specific questions about your own health and the vaccine should be directed to your physician.

tmchorse@gmail.com or 512-970-7540.

KNOW THE DIFFERENCE

CORONAVIRUS, THE FLU, OR ALLERGIES?

CORONAVIRUS	INFLUENZA	ALLERGIES
<ul style="list-style-type: none"> • FEVER • COUGH • SHORTNESS OF BREATH OR DIFFICULTY BREATHING • SYMPTOMS APPEAR 2-14 DAYS AFTER EXPOSURE 	<ul style="list-style-type: none"> • FEVER • COUGH • SORE THROAT • CONGESTION • MUSCLE ACHES • HEADACHES • FATIGUE • POSSIBLE VOMITTING OR DIARRHEA 	<ul style="list-style-type: none"> • SNEEZING • ITCHY NOSE, EYES OR ROOF OF MOUTH • RUNNY, STUFFY NOSE • WATERY, RED OR SWOLLEN EYES

Thanks to CareFor for this handy reference.

Research Volunteers Needed: Sleep and Memory



Having trouble with your sleep? The School of Nursing at The University of Texas at Austin is conducting a study on sleep and memory in older adults aged 55 and older. Those who qualify will complete sleep and memory questionnaires. The study does not involve any medications or travel. All study activities are done by phone and computer. People in the study may receive a free sleep test, equipment to help with their

sleep and up to \$240. If you or someone you know is not sleeping well or has trouble with their memory, please contact Angelica Rangel at (512) 471-7928 or email memories2@utexas.edu.

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Casa Marianella – Dedicated to Serving Immigrants A Presentation by Jennifer Long Sunday, February 7 at 2 pm

Did you know that Casa Marianella is the only homeless shelter in Austin dedicated solely to serving immigrants, and that 65% of its residents, including children, are asylum seekers from immigration detention. It's been serving displaced immigrants in Austin for 29 years.

Shelter is provided in renovated houses in east Austin. Services include housing, legal assistance, ESL classes and help with medical and social needs, all to promote self-sufficiency.

[Sign up for a Zoom presentation](#) to learn more about Casa Marianella. Jennifer Long, the organization's Executive Director will join us and answer our questions.

And there is a wealth of information on [their website](#).

[RSVP here and your zoom link will be included in your confirmation email](#), then once again in your reminder email the day before the event.

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Jennifer Long, Executive Director, Casa Marianella

From (And About) Our Members



Happy Birthday to CCV Members:

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- [January 2 - Nirmal Kohli](#)
 - [January 5 - Tina Warren](#)
 - [January 9 - Pam Farley](#)
 - [January 12 - Belle Hutton](#)
 - [January 13 - Emy Lou Sawyer](#)
 - [January 19 - Sally Ficken](#)
 - [January 25 - Vivian Mandelstein](#)
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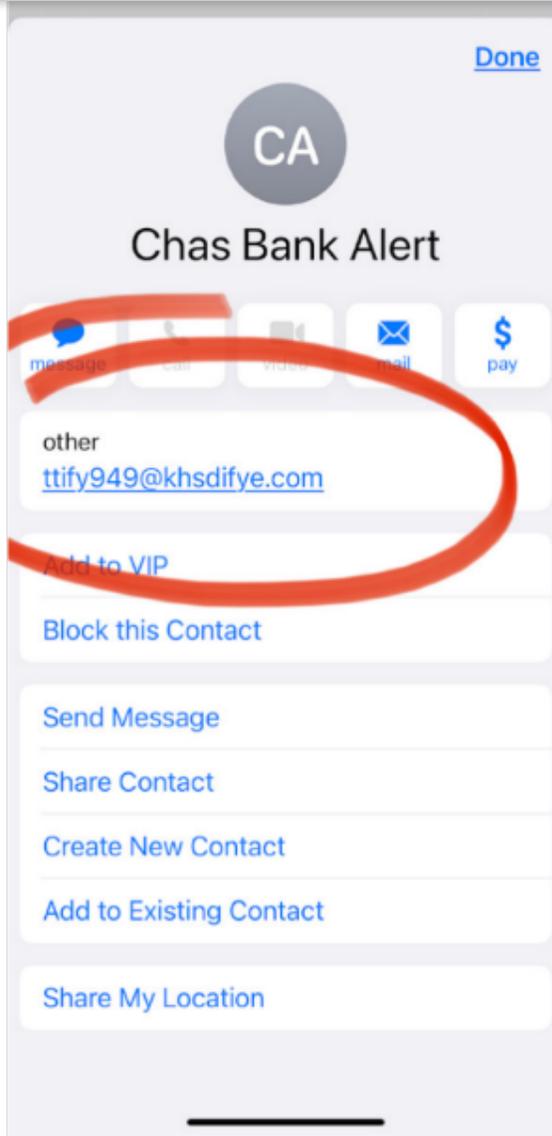
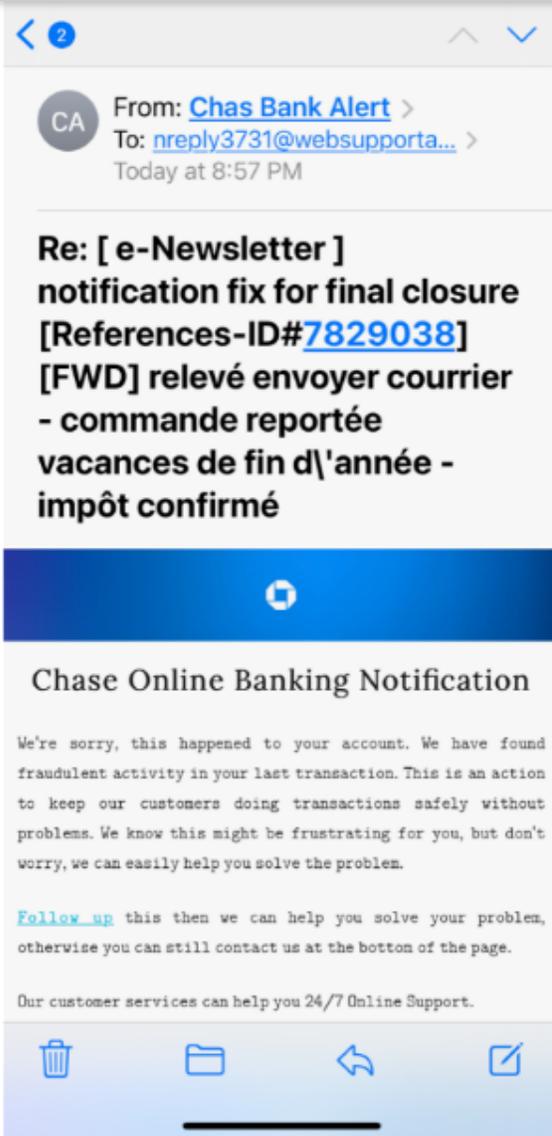
Scam Example

Our member and tech volunteer Rick has shared this example of a scam coming in on an email. When clicking the "from" email, he found that it is indeed not from Chase Bank at all.

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Have You Tried Meetup?

Member, volunteer and Board member Pam says: "It looks like we have a few more months of isolation ahead of us. There are so many opportunities online. Have you tried some of the great offerings via Meetup? Many of its activities are now virtual, using Zoom. Last week, I was at the McNay in San Antonio (thanks to Austin Art Lovers) watching three art educators talk about art pieces in the collection. On another day, I was at the San Diego Museum of Art for a presentation on their current Rembrandt exhibition. Interests are all over the place. I have traveled with the Sierra Club for walks in the UK and attended book-group discussions.

All you need to do is set up your free [Meetup](#) account and look around for programs of interest. These below happen to speak to me, but there are many many offers both for fun and education:

- Austin Sierra Club
- Austin Classic Book Club
- Austin Art Lovers."

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medicare.gov

Watch out for COVID-19 vaccine scams

As the country begins to distribute COVID-19 vaccines, there's no doubt scammers are already scheming.

Medicare covers the COVID-19 vaccine, so there will be no cost to you. If anyone asks you to share your Medicare Number or pay for access to the vaccine, you can bet it's a scam.

Here's what to know:

- You can't pay to put your name on a list to get the vaccine.
- You can't pay to get early access to a vaccine.
- Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee.

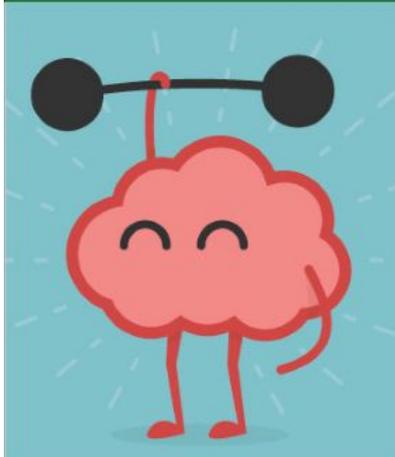
More Info

If you come across a COVID-19 vaccine scam, **report it to the Federal Trade Commission** or call us at **1-800-MEDICARE**. And check out **CDC.gov** for trustworthy information on the COVID-19 vaccine.

Medicare Scams

Member Jimmie wanted to be sure everyone saw this notice that came through email. If you don't receive emails from Medicare, you can sign up for them at <https://www.medicare.gov>.

In the Community

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Free Caregiver Seminar**

Brain Health And Aging

AGE of Central Texas expert K.C. Lawrence, LMSW, discusses cognitive changes as we age, and issues related to early memory loss.

**Saturday, January 23rd
10:00-11:30 a.m.**

AGE of Central Texas will host the free virtual caregiver support seminar exploring “Brain Health and Aging” on Saturday, January 23rd. Part of the on-going workshop series to help family members effectively care for an older adult, the free seminar will be held from 10:00 to 11:30 am online.

AGE of Central Texas expert K.C. Lawrence, LMSW, will discuss cognitive changes as we age, and issues related to early memory loss.

Registration for the conference is free, but space is limited. Register by calling (512) 600-9275, or [online here](#).

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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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