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February 19, 2021



**February 18 Coffee during the "Big Freeze"**

**Rick and Annette, Tommi, Jane**

**Stan, Karen, Tom**

**Susan, Natalie, Vivian**

## **It's Been a Tough Week – Here's a Message from our Executive Director**

On behalf of Capital City Village I would like to recognize and thank the

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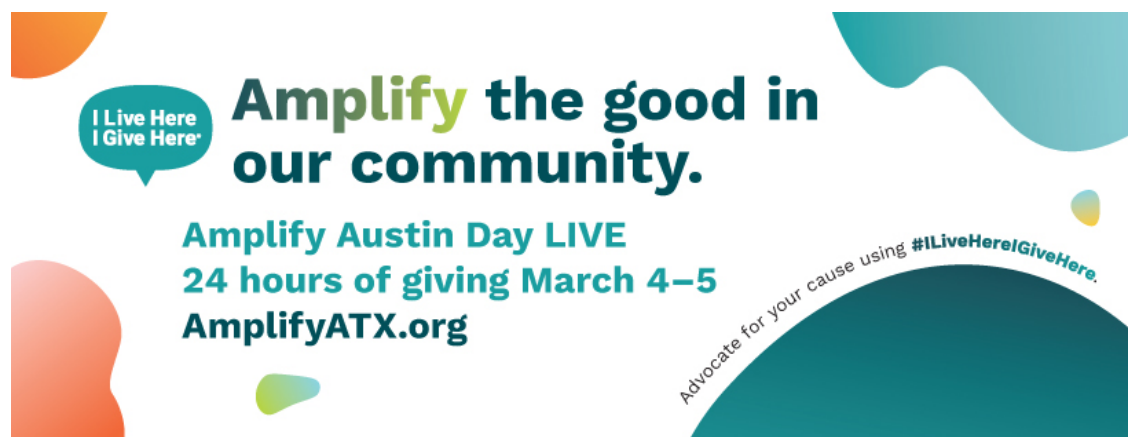
and water outages, extreme cold, and even a couple of falls/hospitalizations. As much as possible, we have reached out with friendly phone calls as well as transport and grocery runs by volunteers with 4-wheel drive vehicles. Still others among us have opened their homes to those without heat or water.

The Village's spirit of cooperation has been key to our collective resilience! Of the help provided, one member said, "I felt very safe and well cared for." Another member, who had to go to the hospital this week, reported, "The flashlight you provided me saved my life since my electricity was out... You all are the best!!!"

Comforting and supporting each other this week perfectly illustrates just how much ***it takes a village*** to age well in our community. Please stay safe, warm and connected.

Tommi Ferguson  
Executive Director

You can help to keep all this goodness going, support the mission of Capital City Village and the resilience of our members. Please consider volunteering, telling a friend about CCV, or even making a donation during [Amplify Austin](#) (coming up March 4–5!).



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## CCV's Annual Member Meeting is Sunday, February 28 at 2pm

Capital City Village Member and Volunteers, it's YOUR Village – Let's celebrate it! Please join us for our [Annual Member Meeting](#) on Sunday, February 28 at 2pm via Zoom. The meeting – originally set for Feb. 21 – has been rescheduled due to extreme weather and power issues across Austin/Central Texas.

We'll share our State of the Village report including some findings from our [Member Survey](#) (please fill it out if you haven't yet). We'll also highlight the goals set forth by our Board of Directors and get YOUR INPUT about the future of CCV. And, we'll feature some music from Austin Classical Guitar (pre-recorded). Join us for this fun and informational event!

[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.

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## **Personal Stories of Pepe Romero – Matt Hinsley of Austin Classical Guitar Monday, February 22 at 2pm**

Matt Hinsley, Executive Director of Austin Classical Guitar, will share personal stories of his history with Pepe Romero, noted Spanish guitarist on Monday, February 22 from 2–3:30 (rescheduled from February 15). Enjoy a taped interview and musical selections by Romero and follow up Q&A with Matt. This will be the first of ACG presentations tailored for CCV members.

Here's a personal recommendation from our member Ellen: "I was first introduced to Austin's Classical Guitar Society years ago at one of their free concerts at a neighborhood church featuring an international guitarist. Those opportunities for personal connections to the artist led me to an appreciation for the broad community outreach of ACG. I hope you will enjoy the music as much as I have."

Be sure to [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.

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## 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

Join the Men's and Women's Lunch in February for a special program in partnership with SAIVA. Saleem Assaf from The Better Hearing Center of 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.

## Village Event Calendar

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**Homelessness Presentation by Ed McHorse**

**Pam, Drew and Emy Lou, Tom and Caroline, Stan, Mah**

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

- Monday, Feb 22 at 1 pm – [Yoga for Healthy Aging](#)
- Monday, Feb 22 at 2pm – [Personal Stories of Pepe Romero – Matt Hinsley of ACG](#)
- Wednesday, Feb 24 at 11:30 am – [Men's and Women's Lunch with Saleem Assaf](#)
- Wednesday, Feb 24 at 2 pm – [Poetry Group](#)
- Thursday, Feb 25 at 9:30 am – [Virtual Coffee Hour](#)
- Sunday, Feb 28 at 2 pm – [Annual Member Meeting](#)

**Save the Date!**

- Thursday, Mar 4 at 6 pm to Friday, Mar 5 at 6 pm – [Amplify Austin Day of Giving](#)
- Thursday, Mar 11 at 2:30 pm – [Examining White Privilege Series](#) begins

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

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## Today's Newsletter Articles

These links will take you directly to each article:

- [Annual Member Meeting](#)
- [Can You Hug Your Grandkids?](#)
- [Caregiver Course](#)
- [Ear Health with Saleem Assaf \(February Men's and Women's Lunch\)](#)
- [From Our Members and Volunteers](#)
- [Message from Executive Director](#)
- [Penpals](#)
- [Personal Stories of Pepe Romero – Matt Hinsley of ACG](#)
- [Trail Improvement Projects](#)
- [Vaccine info](#)

## Thanks to Our Pen Pals



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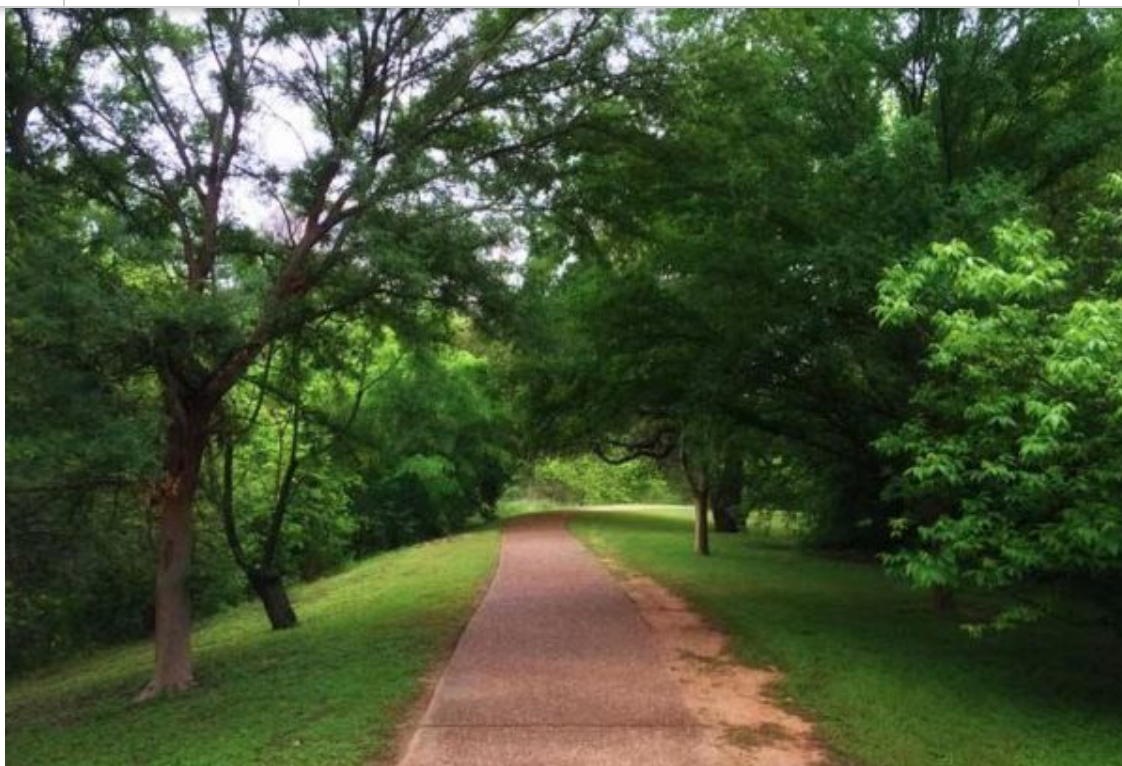
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## Did You Get Your Valentine? Meet our CCV Penpals!

Thanks to our CCV Volunteer Emily for coordinating volunteers from seven Austin congregations. Our Valentine volunteers included thoughtful kids, youth, and adults sharing a message of caring for others in our local community.

Suhaani, Victor and Meera have been writing to some Capital City Village members since September. Would you like to be a penpal? If you are interested, please contact Johanna at [johanna@capitalcityvillage.org](mailto:johanna@capitalcityvillage.org) to be matched. Suhaani, Victor and Meera are eager to develop friendships with more CCV members.

## Basic Needs

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## Exercise

### New Trail Improvement Projects

Austinites always have been big fans of our parks, trails, greenbelts, and preserves, and during the pandemic, these places proved even more important to our quality of life than ever. So, it seems fitting that 2021 starts off with news of improvements to the great outdoors around town.

From new bridges to new trail connections, here are three projects currently underway.

1. Hike-and-bike trail improvements at Longhorn Dam
2. Improvements to Shoal Creek Trail at 3rd St
3. Hornsby Bend construction

[Check here for all the details from CultureMap.](#)

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## Health

### Can You Hug Your Grandkids After Getting Both Shots?

It depends on which expert you choose to follow. However, [here's a balanced article from AARP](#) to help you make that decision.

## From Our Members and Volunteers



### Vaccine Info

Member, Volunteer, Board Member Pam has shared this additional vaccine sign-up information.

The following pharmacies are set to begin receiving Covid vaccines.

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[Walgreens](#)

[Tom Thumb](#)



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Member Jimmie asked us to share this: "GREAT for us homebound but people with day jobs can't attend! Wish each day could be separately recorded so my daughter who is my caregiver in training could listen on weekends. When I was a paid caregiver I attended these annually and they were excellent."

Riverbend Church is partnering with regional non-profit AGE of Central

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February 22nd through 24th, presented by [Sybil Cummings, Transitions & Cummings Home Team](#). The free virtual conference will feature daily seminars from 10:00 to 11:30 am, covering topics of importance to area family caregivers. [Click here for more information and to register.](#)

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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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