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We're Still Masking Up for Your Safety and Health

1 message

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March 16, 2021



Really Good News from the CDC! And Yet....

Here at the Village we are heartened by the recent announcement from the CDC that vaccinated people will be able to gather with others who are vaccinated, and to a limited degree with unvaccinated family members who are not considered high risk. Our Board is having conversations about what that means for Capital City Village. In the meantime, we are still requiring the wearing of masks by (1) any volunteer serving a member and (2) any member receiving services. Additionally staff and Board are still committed to mask wearing and social distancing for any in-person meetings. We will keep you apprised as we start to consider changes to our existing protocols.



More Good News!

Thanks to the 50+ donors who help us reach our Amplify Austin goal this year! The funds will help support services to modest income seniors as well as additional volunteer recruitment and training. On behalf of the leadership, members & volunteers of CCV, thank you for helping make this year's citywide day-of-giving a success for all of us! It truly does take a village!

Featured Events



A Conversation with Max Sherman – "Releasing the Butterfly, A Love Affair in Four Acts" Sunday, March 21 at 2:30 pm

CCV is excited to welcome Max Sherman to speak to us via zoom on Sunday, March 21 from 2:30 – 4:00 pm. Max is Professor Emeritus and former Dean of the LBJ School of Public Affairs at the University of Texas at Austin. Prior to this he served in the Texas State Senate, served as special counsel to the Governor of Texas and was President of West Texas State University.

Max has written a book entitled "Releasing the Butterfly, A Love Affair in Four Acts". Esther Mackintosh, President Emeritus of the Federation of State Humanities Councils says this:

"In Max Sherman's beautiful book, we are given not only a vivid and indelible portrait of a talented, resolute, and fiercely independent woman, but also a memorable journey, by turns joyous, devastating,

instructive, and inspiring. The description of the powerful partnership that sustained Max and Gene Alice through this journey will claim a permanent place in the reader's mind and heart."

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



Hear from Community Impact at the Men's and Women's Lunch

Wednesday, March 17 at 12 pm

Join the [Men's and Women's Lunch](#) for an informative program and good conversation. Pick your own potluck and enjoy it in the comfort of your home.

In March our presenters will be Deeda Lovett and Jack Flagler, who are, respectively, the General Manager and Editor of the Community Impact Newspaper in Central Texas. They're going to tell us about how their newspaper works and the challenges they face each month in developing stories of interest to us here in Austin. Some of the topics that could be covered are the City Council and Mayor's Office, the pandemic, Austin's crazy weather, incoming investment opportunities,

and AISD developments, among others.

Community Impact Newspaper is a vital player in our news scene. To get the inside scoop on how it works to keep us all informed, all you have to do is [RSVP to receive your zoom invitation](#).



Medication Management and Fall Prevention – From a Pharmacist's Perspective

Monday, March 29 at 2 pm

The PGY-1 Year Community Pharmacy Residents of H-E-B and the University of Texas at Austin invite you to view a presentation on how to manage your medications to prevent falls. Our presentation will also address specifically which medications may predispose you to falls and what to ask your doctor and pharmacist about these medications. We will also briefly speak about how good sleep hygiene can help you get a full night's rest. We look forward to speaking to you!

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

Today's Newsletter Articles

These links will take you directly to each article:

[Annual Meeting Highlights](#)

[Community Impact Speakers at Men's and Women's Lunch](#)

[Conversation with Max Sherman - "Releasing the Butterfly"](#)

[From our Members](#)

[March Birthdays](#)

[Medication Mgmt & Fall Prevention From a Pharmacist's Perspective](#)

[Stimulus Check Info](#)

[Vaccine info](#)

Village Event Calendar



February Poetry Group

Pam, Joe, Kate

Joanne, Martha, Pam

LK, Veda

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

- Tuesday, Mar 16 at 10 am - [Virtual Volunteer Orientation](#)
- Wednesday, Mar 17 at 12 pm - [Men's and Women's Lunch](#)
- Thursday, Mar 18 at 9:30 am - [Virtual Coffee Hour](#)
- Friday, Mar 19 at 11 am - [Book Club](#)
- Friday, Mar 19 at 4 pm - [Cooking for Aging Well](#)
- Sunday, Mar 21 at 2:30 pm - [A Conversation with Max Sherman - "Releasing the Butterfly"](#)
- Monday, Mar 22 at 1 pm - [Yoga for Healthy Aging](#)
- Wednesday, Mar 24 at 2 pm - [Poetry Group](#)
- Thursday, Mar 25 at 9:30 am - [Virtual Coffee Hour](#)
- Monday, Mar 29 at 2 pm - [Medication Management and Fall Prevention from a Pharmacist's Point of View](#)

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

Highlights from the Annual Member Meeting and Annual Impact Report

2020: A Year of Resilience

- **Word of the Year: ZOOM**
 - All programs go virtual
 - Unprecedented technology help
 - Communications & support
 - Additional volunteers
 - New interest groups

Staying Alive

Factor	Relative Impact (Bar Length)
Social Integration	High
Close Relationships	High
Quit Smoking	Medium
Quit Boozing	Medium
Flu Vaccine	Low
Exercise	Low
Lean vs. Overweight	Low

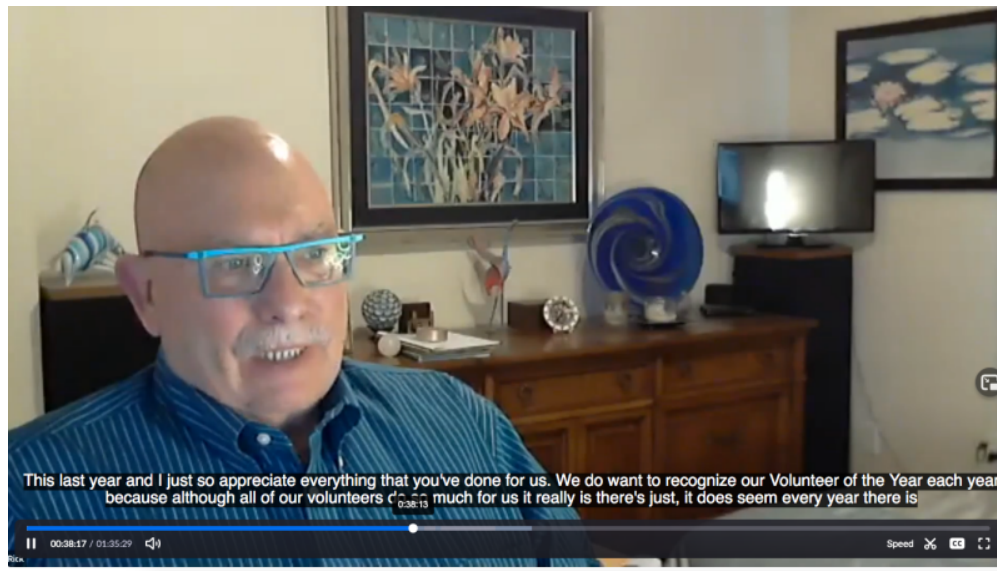
Our village found a way to make lemonade. We put together some really fantastic programs, we stay connected to each other. We went virtual in any way that we possibly could.

Tommi explaining how we made lemonade out of lemons in 2020**On the slide - Texas State Liar Donna Ingham, Member Stan B**

Here's a new thing – a CCV newsletter series. Continuing from this newsletter through the next five, you'll see a six-part series of highlights from the Capital City Village Annual Member Meeting, including highlights from our Annual Impact Report.

As you can see from the zoom slide above, in 2020 we celebrated the skill of the transition to online programming (*121 programs averaging 13 people per event*), the step-up in tech help (*which went from about once per month in 2019 to once per week in 2020*), the increase in volunteers (*we now have 81*), and the addition of new interest groups who could meet over zoom.

Speaking of tech help, our #1 tech volunteer Rick Cloud was named the Sue Hoffman Volunteer of the Year for 2020. Many congratulations to Rick for this well-deserved honor!



Rick Cloud, 2020 Volunteer of the Year

Basic Needs

Finance

Who is Eligible for the Third Round of Stimulus Checks?

Under the version of the bill that now only awaits the president's signature, single adults who reported \$75,000 or less in adjusted gross income on their 2019 or 2020 tax return would receive the full \$1,400 payments, as would heads of household who reported \$112,500 or less.

[Read further explanations, including info for social security recipients in this AARP article.](#)



Health

Link for Standby Doses of COVID-19 Vaccine

Leftovers happen. People miss their appointments. Vials come with extra doses. Any thawed vials must be used within 6 hours, or they get thrown out.

Looking to get vaccinated but can't get an appointment? [Join the standby list](#) to get connected with local providers with extra doses.

Austin Waiting Lists

And once again, here's the [list of Austin providers](#) where you can sign up for waiting lists, provided by CultureMap.

Free Lyft Rides for Vaccines

[Check this link](#) to see if you qualify for a free Lyft ride to get your COVID-19 vaccine. You can also use this link to fund someone else's ride.

How Long Between Shots?

While the second dose should be administered as close to the recommended 28-day interval as possible, CDC recommends you should not get the second dose earlier than the recommended 3- or 4-week interval, and [can get it up to 42 days or 6 weeks later](#).

March Birthdays



Member John A celebrating his birthday with friend Mary

March Birthdays

There are some BIG birthdays in March. Three of our members turn 75. One will be 99 and another 102. You get to guess who they are. Here are the March birthdays by date:

March:

- 2 – Jason M (Volunteer)
- 5 – Liby B, Donna Bryant G, Austin B (Volunteer)
- 7 – John A
- 10 – Marie G
- 14 – Margit O
- 17 – Jane L
- 23 – Suzann M
- 26 – Maxine B, John P (Volunteer)
- 30 – Stan B

From Our Members

Member and Volunteer of the Year Rick has suggested we include [this article](#) from the "Austin American Statesman" to alert you to IRS scams.



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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