

# COVID-19 Update

[Campaign Preview](#)[HTML Source](#)[Plain-Text Email](#)[Details](#)

---



Office: 512-524-2709

Member Services: 512-468-5594



## The Health and Safety of our Members and Volunteers is our Main Concern

Please review this entire message carefully. It is not our "normal" newsletter. In view of the COVID-19 Pandemic, we are changing a number of our standard operations. All of our programs through the end of March are cancelled to protect the health and safety of our members, volunteers and guests. The AGE Building has been closed to visitors other than CCV staff, so please make all your contacts by phone, [email](#) or [website contact](#).


In regard to services to members, it's important that our volunteers observe certain protocols to keep themselves and members healthy. We have advised volunteers of recommended protocols to follow when working with members.

As of today, we are limiting member services to only those that are essential. We ask you to schedule nonessential services for later this spring. We will also be closely monitoring our Village Connections members to make sure you have necessary services. We

Our Village Connections members to make sure you have necessary services. We encourage you to use delivery services for groceries, prescriptions and pet supplies. Please let us know if we can help with recommendations.

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. The Village can make a difference and we will. Our phone numbers are posted above this article - call us if you need us!

## Information from the Center for Disease Control



# Share Facts About COVID-19

**Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.**

**FACT 1** Diseases can make anyone sick regardless of their race or ethnicity.

People of Asian descent, including Chinese Americans, are not more likely to get COVID-19 than any other American. Help stop fear by letting people know that being of Asian descent does not increase the chance of getting or spreading COVID-19.

**FACT 2** Some people are at increased risk of getting COVID-19.

People who have been in close contact with a person known to have COVID-19 or people who live in or have recently been in an area with ongoing spread are at an increased risk of exposure.

**FACT 3** Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

**FACT 4** You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you


- Develop symptoms

AND

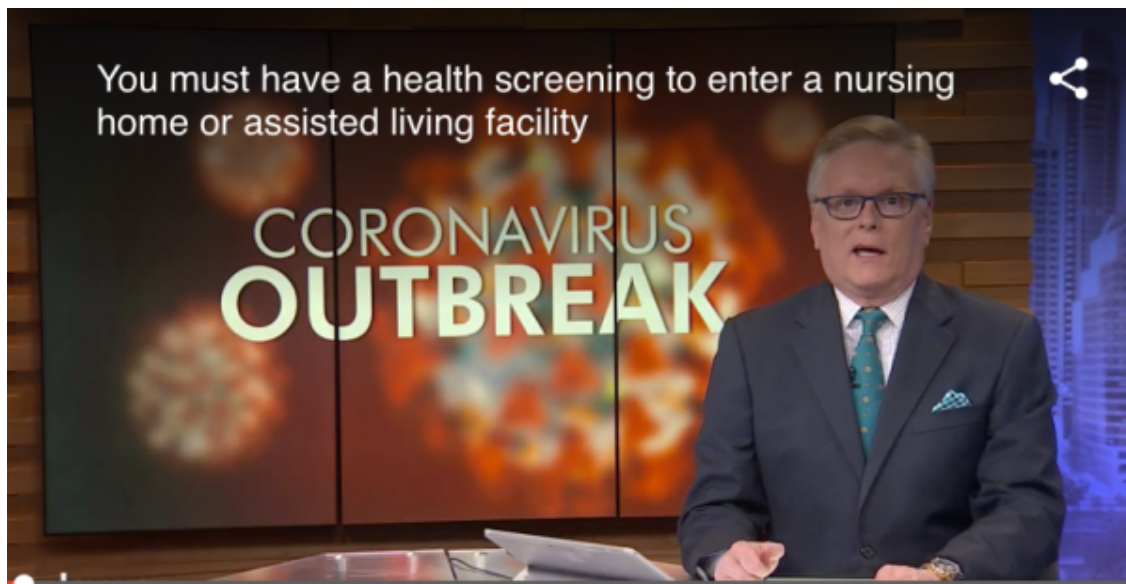
- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

**FACT 5** There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



## Health Screening Required to Enter Long-Term Care Facilities

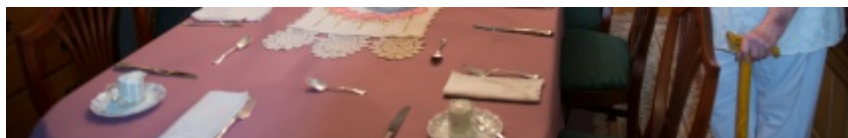


[See this story from KXAN.](#)

[And here is a more detailed Control Order from the City of Austin.](#)

## And...When Life Returns to Normal....Community Dinners





Save the date - Sunday, May 3rd - for the opportunity to enjoy a meal and get to know some of your fellow Village members in a fun, small group setting. We are asking that several of you sign up to host a "pot luck" lunch or dinner as well as provide the main course for 4 to 8 (including the hosts) Village members. Other Village members will sign up to attend and will bring either a side dish or dessert.

To make this a success, we have to have hosts - please send an email to [Phylliswaddle@sbcglobal.net](mailto:Phylliswaddle@sbcglobal.net). Details on signing up to attend will be forthcoming soon!

## Free Medication Screening

### Medication Screening Info Sheet

**Medication Screening** is a free service provided by AAACAP and partially underwritten by a generous grant from St. David's Foundation.

This program **enables** consumers 60 years of age and older to **reduce** the risk of potential negative medication interactions and issues that might put them at higher risk for **falls** or a **health crisis**.

#### WHY Get Screened?

- Medications help you manage your health but may cause **serious** issues if not taken correctly
- Medication negative interactions might put you at higher risk for **falls** and **hospital admission**
- **Peace of mind** knowing a **Pharmacist**, who is **knowledgeable** about the chemical makeup of medications and their interaction, has reviewed your list of medications
- Possible **savings** on medication cost!

#### WHO can participate?

- ☒ Any individual who is **60 years or older** and available to participate in a **very short survey** before and after medication screening report

#### WHICH Medications?

Prescribed medications  
Over-the-counter  
Vitamins  
Supplements  
Herbs  
Patches  
Creams  
Sprays

#### Questions?

#### WHAT does the Report include?



 **on Aging**  
of the Capital Area

**St David's**  
**FOUNDATION**



Please contact:

**Jacqueline Capistrán**  
Area Agency on Aging  
of the Capital Area

**512-916-6059**  
jcapistran@capcog.org

- ☒ Review of the medications taken and **their purpose**
- ☒ Informative tips
- ☒ Alerts of potential negative interactions

## Paid UT Austin Study

### Seeking Participants and Caregivers to Participate in a Paid UT Austin Study

#### NightRest Project

The NightRest project is funded by the National Institute on Aging and is closely monitored by The University of Texas and a safety monitoring board.

We are seeking older adults aged 55+, who are able to swallow medications whole, have memory problems, have afternoon/evening agitation behaviors, and live with a caregiver.

Agitation or "Sundowning" can include a wide range of behaviors, including more confusion, repeating the same questions, not able to calm down, being aggressive physically and verbally, yelling, and moving around with no purpose.

Participants and their caregiver will need to allow the study staff into their home to collect data in the evening hours (day 1: 4pm-10pm and day 2: 10pm-7am).

Free nursing visits, a single fasting blood draw, and medication/inactive pill will be provided to participant as well as compensation. The caregiver will receive up to four payments totaling \$300 if he/she completes all study phases: \$50 after baseline, \$75 after 2-week, \$125 after 8-week, and \$50 after 16-week assessments have been completed.

**Hablamos Espanol: llame para obtener información**

Queremos ayudar a los adultos mayores con problemas de memoria que presentan problemas para dormir y agitación durante la tarde-noche.

**Contact**  
Angelica Rangel  
Phone: 512-475-7505  
E-mail: narls@utexas.edu



**Our mailing address is:**

3710 Cedar St, Suite 283, Austin, TX 78705

Want to change how you receive these emails?

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

---

This email was sent to << Test Email Address >>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

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

