

# March 30 2020 Newsletter

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Office: 512-524-2709

Member Services: 512-468-5594

Until further notice, we'll be sending updated resource information every Monday to help you respond and stay healthy in your home during the COVID-19 emergency. We'll be keeping this weekly newsletter personal and succinct. However, we are also constantly updating our website [COVID-19 information page](#). Please check there for more complete information.

## We Love Your Check-ins!



Last Monday we sent out our first "How's Everybody Doing" newsletter of the current crisis.

~~Last Monday, we sent out our first "How's Everybody Doing?" being a reminder of the common effort.~~  
We were so thrilled to hear from a bunch of you who, seeing the subject line was "How's Everybody Doing?", wrote us back to let us know.

Don and Peggy are ok, Jane's been walking in her neighborhood and hopes you're all doing fine, Jimmie started the day with a conference call with a treasured group of friends, Ellen and her remote family are doing well, and Marie wants to tell the people she's met at CCV that she misses you all! Jimmie sent along the bluebonnet picture (at the top) that she snapped just a block or two from her home. She highly recommends walking in the neighborhood as a good way to get out.

We mentioned in last Monday's note that we would be expanding the buddy system that has started in South Austin. See the article below for more about that.

In this newsletter, and more so on our website, we're including a lot of resources for continuing to live well at home. In fact there's so much information out there it can be overwhelming. So read on down for a few of the high points.

## Village Events



Did you do a double-take? Village Events, you say! Well, yes, we're having our Happy Hour, but it won't look like the picture above - it'll look more like the one below. However, when life gives us lemons, we'll make [Quarantinis](#) out of them. The [Happy Hour](#) will be at the regular time, 4:30pm this Thursday, April 2, but not at the regular place. You'll join your CCV friends from the comfort of home, and they'll be in their homes. You will be on screen, so be sure and wear clothes. [RSVP here](#) if you'd like an invitation to the fun online event. We'll send you an email with a link. All you'll have to do is click on the link (and maybe click one more time to download Zoom if you don't already have it), and then you're in!\* Grab your Quarantini and your snack and you're all set.

\* We have learned that Zoom works best on Chrome or Firefox.

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## Food and Meds - Living Well at Home



### Groceries:

*Please be aware that you may need to order your groceries well before you need them.*

Some of our members have been reporting good response time with the [HEB/Favor partnership](#). If you need help doing an online order, contact Johanna at 512-468-5594 or [johanna@capitalcityvillage.org](mailto:johanna@capitalcityvillage.org). In some cases, if there is an emergency need, staff or a volunteer may be able to pick up limited groceries for you. Call the office at 512-524-2709.

### Pharmacies:

As there can be some delays at this time, be sure and order needed prescriptions and refills with time to spare. Look here on our website for [pharmacy hours, curbside, drive-through and delivery services](#).

[Walgreen's](#) is now offering seniors-only shopping 8-9am Tuesday, plus drive-through shopping for essentials in addition to prescriptions.

When your groceries arrive, please use the protocol demonstrated in the video below.



## Security and Safety - Living Well at Home

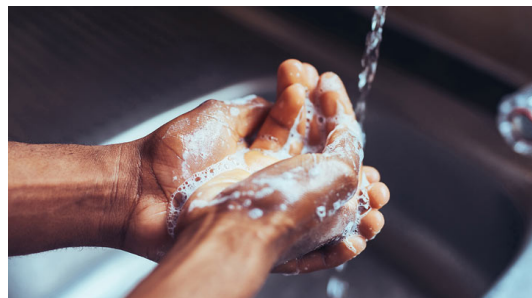


### Vial of Life:

The Vial of Life is a packet you place in your freezer at home. It contains your medical information, and paramedics know where to look for it should you have a medical emergency in your home. Our Member Services Director, Johanna, has a supply of them and can get one to you if you don't have one. We highly recommend this! Call Johanna at 512-468-5594.

### City of Austin:

The City of Austin is continuously updating



### Center for Disease Control:

Stay up to date with this [extremely informative website](#). Learn the symptoms of COVID-19 as well as how to prevent exposure.

Given the level of contagion and rapid acceleration of numbers with COVID-19, we are taking this very seriously. Wash hands often, stay at home as much as possible, keep a safe distance from others.

### Medicare:

Scammers may tell you they'll send you a Coronavirus test, masks, or other items in exchange for your Medicare number or personal information. Be wary of unsolicited requests for your Medicare



its [guidelines, control orders and emergency rules here](#). Stay up to date with closings and protocols mandated by the City.

### State of Texas Governor's Executive Order

Prohibits gatherings of more than 10 people and orders the closing of restaurants, bars, gyms, etc. through April 3. [See the full order here](#). This will likely be extended to April 30 to comply with the new national guidance.

unsolicited requests for your Medicare number or other personal information. Only give your Medicare number to participating Medicare pharmacists, primary and specialty care doctors or people you trust to work with Medicare on your behalf. Remember, Medicare will never call you to ask for or check your Medicare number.

### National Institutes of Health

According to a recent study released from the National Institutes of Health, scientists found that the COVID-19 virus was detectable in aerosols for up to three hours, up to four hours on copper, up to 24 hours on cardboard and up to two to three days on plastic and stainless steel. Look above, under "Food and Med" for an excellent video on sanitizing your groceries when you bring them into your home.

## Psychological and Social Needs - Living Well at Home





## From Our Members

From our Member John B:

"Like you, Ingrid and I are chilling: with no meetings to go to there is SO much more time for working in the yard, sculpting, repairing stuff, ordering things from Amazon that I meant to order years ago (mostly tools) and looking forward to doing more fun things when all of that is done.

Ingrid is keeping up with her archaeological friends all over the world by Skype, and with the world-wide Coronavirus situation on her cell phone. Both of us would like a chance to read more, but the backlog of other stuff to do hasn't allowed us to do that yet. I need (want) to learn Russian and more Swedish, and Welsh would be nice too.

Neither of us were ever great TV watchers, but Ingrid is thinking about renting the British Comedies from somewhere, in which case I will go into hiding, as I find many of them to be so close to the bone as to be excruciating to watch. On the other hand, maybe instead of going into hiding, I'll just move my screen next to hers and watch endless YouTubes of Flash Mobs performing Ravel's 'Bolero', Beethoven's 9th, Mozart's Requiem, and the Ebbw Vale Male Voice Choir singing 'Calon Lan' in a church with dreadful acoustics!"






Other Village members are also available electronically, through [Village Talk](#). Give it a try. If you need help with a password or just some assistance getting in, contact us at [info@capitalcityvillage.org](mailto:info@capitalcityvillage.org).

## Buddy-Up!





The "Village Buddies" program started in South Austin is now being expanded to the entire Village. Expect to get a call sometime this week from a volunteer checking in to see how you're doing.


Or....you can check in yourself and let us know how you are. Just log in to our [website](#), click on your profile (a small box at the top right). Then click "New Check-in" (see the screenshot below left). That will bring you to the check-in form (below right) that you can fill in and save. *Even if you're fine and don't need anything, we'd love to hear from you.*




VILLAGE INFO

 MEMBERS

 EVENTS

 VOLU



**GEORGE JULIAN**

**NEW CHECK-IN**

Selected Person  
George Julian  
3710 Cedar St  
Austin  
(512) 999-9999

DATE  
March 28 2020

HOW DO YOU FEEL?  
Please choose... ▼

Contact	Member	Volunteer	Agenda
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HOW ARE YOU?

**NEW CHECK-IN**

VILLAGE BUDDY

👤 Bonnie Gilson

☐ DO YOU NEED GROCERIES?  
☐ DO YOU NEED MEDICATION?  
☐ DO YOU WANT A CALL BACK?  
 ANYTHING ELSE?

## Some Resources for Online Viewing



From Volunteer Henry M:

We have a [website](#) which we believe could be of serious interest to CCVrs during this time when they are largely confined to their homes. From this site, they can travel the world! For example, like to check out the San Diego Zoo, complete with Pandas and cuddly Koalas? Or the Monterey Aquarium, to see what our finny friends are up to? Or perhaps you'd like to head out on several safaris in the giant Kroeger National Park in South Africa?



Some other resources sent to us by members are:

[Visits to 10 museums on the Smithsonian site](#)

[Austin Chamber Music](#)

[Blanton Museum of Art](#)

[Austin City Limits](#)



[Our friends at AGE have put together a page full of ideas here.](#)

Elephants, lions, antelope? Got this covered! If you're not into the African bush, then perhaps the fascinating collections of the National Museum of Natural History in Washington would be of interest. Or Volcanoes National Park in Hawaii, where you can see how islands are built? Perhaps a second-hand stroll through the wonders of unique Bryce Canyon would raise some spirits.

Then there's always the incomparable Louvre, the British Museum, the Museum of Modern Art, or the Taj Mahal. And don't forget the Metropolitan and Vienna State Operas and the Sistine Chapel. Like to chill out to the world's greatest orchestra? Then sit down and tune in to the incomparable Berliner Philharmoniker for an out-of-body experience! These are some of the absolute wonders all CCVrs can now experience for the very excellent price of.....absolutely nothing at all! Just head to the website [Travel Zoo](#) to get started.



## Need More Info?



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 Services) - call us if you need us!



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**Our mailing address is:**

3710 Cedar St, Suite 283, Austin, TX 78705

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