



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.

## Virtually Yours!



This was CCV's Happy Hour, and a good time was had by all.

This is the new look of Capital City Village's programs and committee meetings. We are moving on with vital CCV business and fun, and our members have proven to be incredibly resilient and willing to learn new things. Just like everyone else out there, we've had to curtail certain services, and to protect our volunteers and members are only doing

essential volunteer services. However, our programs will go on, albeit in a slightly different manner.

We are putting many of our programs on Zoom, which members and volunteers are finding really easy to use. As you can see by these smiling faces, the experience is usually very pleasant and it's always good to see other members and volunteers, each of us from our own homes. Check the article below for a Zoom tutorial.

And here's a shot of the Program Committee meeting:



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

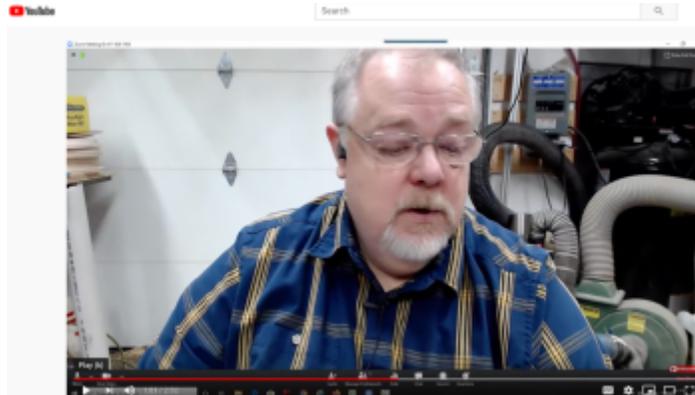


Guess what! We have an Events Listing again. We are quickly adding programs, so check our [Events Page](#) for the latest updates.

**(All programs are virtual and can be joined from the comfort of your own home. You must RSVP to get the meeting invitation.)**

- Thursday, Apr 9, 9:30-10:30am [2nd Cup](#)
- Tuesday, Apr 14, 10am-12pm [Managing Mindfulness](#)
- Wednesday, Apr 15, 12-1:30pm [Men's and Women's Lunch](#), with John Berry (see article below)
- Sunday, Apr 19, 2-3:30pm [Blueprint to Age Your Way](#), with Debbie Pearson (see article below)

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



## Food, Meds and Exercise - Living Well at Home



### Groceries:

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



**Good News: Seniors on Social Security to Get Stimulus Payments automatically.**

[See the article from AARP here.](#)

**Exercise!**

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.

Although we highly recommend grocery delivery or curbside pickup, should you find that you must go to the store, as Dr. June McCoy says, "Make your list and go in like a Marine goes in: Parachute in, do your business, parachute out." [Here's an article from AARP about staying safe at the grocery.](#)

The AARP article referenced above does not recommend all the measures shown in the following video. Members will make their own decisions about doing what they feel is best for their health. The video is very helpful for those who would like one less thing to worry about during this pandemic.



### **Pharmacies:**

As there can be some delays at this time, be sure and order needed prescriptions and refills with time to spare. Some major pharmacy chains have waived delivery fees. [See the article from AARP here.](#) Look here on our website for [additional pharmacy information.](#)

### **FlexTogether**

Through our membership in the [Village to Village Network](#), you may now access exercise site FlexTogether at no cost. It brings the social experience of a senior fitness class online and into an older adult's home. FlexTogether is the online fitness studio designed to reduce loneliness and social isolation for older adults. Combining online exercise instruction with live video chat with friends and family, FlexTogether enhances connectedness and general health. All classes are available on-demand and can be viewed from any browser. More information can be found by watching [this video](#) or going to [www.flextogether.com](http://www.flextogether.com).

### **Qi Gong**

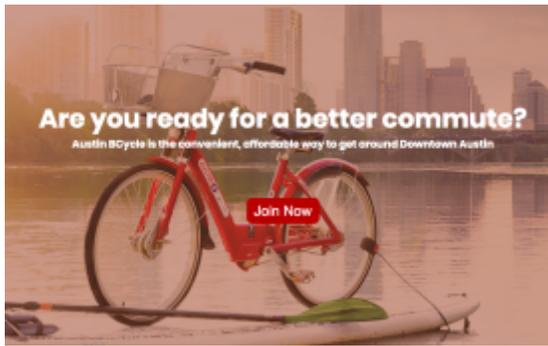
Member Peter B has recommended these local Qi Gong classes, which have now been made available online to anyone at no cost. Zoom links and details are below.

Click class times to launch the corresponding [Zoom](#) meetings. Class reminders will go out an hour before class.

- Standing Qi Gong - [Mondays at 11:00 AM](#)
- Seated Qi Gong - [Wednesdays at 11:00 AM](#)
- Standing Qi Gong - [Fridays at 11:00 AM](#)
- Seated Qi Gong - [Saturdays at 11:00 AM](#)

All classes are free and open to the public, so share this with anyone who wants to join!





## No Bike, No Problem!

The Austin Transportation Department, City of Austin is offering free 3-day Austin B-cycle passes to anyone making essential trips during #StayAtHomeATX. When biking to essential activities, be sure to maintain 6+ feet from others and wash your hands after each trip.

REDEEM A FREE PASS:

<https://www.smartmobilityatx.com/b-cycle>

## Security and Safety - Living Well at Home



### City of Austin:

The City of Austin brought in some star power this week to spread the message! Check out Austin's Minister of Culture, [Matthew McConaughey and his message here](#).

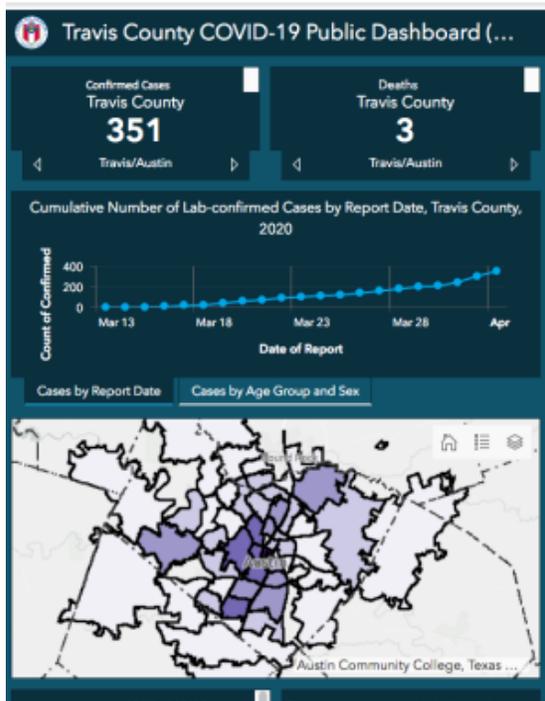
Latest Austin statistics re COVID-19:



### Reminder to Volunteer Drivers:

A friendly reminder to all active CCV volunteer drivers. Take the following precautions to safely transport members to essential medical appointments:

1. Volunteers must wipe down the interior of their vehicles with disinfectant wipes before and after each ride.
2. Riders are to be seated in the back seat at all times.



Austin is continuously updating 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 30. [See the full order here](#).

- Gloves are to be worn at all times (both driver and rider). If you need gloves, please contact the office.
- Masks are to be worn at all times when transporting members.

### Daily Check-in:

Through our membership in the Village to Village Network, [iamfine](#) is offering free daily phone check-ins.

- Free to use during the COVID-19 pandemic
- No credit card required
- Ideal for anyone that is self-isolating

### 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 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.

## Psychological and Social Needs - Living Well at Home





## Joint Men's and Women's Lunch to Feature John Berry

We may be locked up, but we're not down and out.....far from it!

Our April [Men's and Women's lunch](#) will be of the virtual variety. That is, we will have a presentation which each of you can watch in the comfort of your home as a Zoom videoconference. But you must [RSVP](#) to get an invitation, which will be sent to you by email the day before, April 14.

And the presentation should be outstanding, since John Berry will be back and bringing you the first of five presentations he has planned on the geology of Central Texas. We live on and around it, but I suspect few of us have ever taken the time or trouble to understand how our physical surroundings came to be. Well, John knows, and he will reveal all, starting with his first installment: "The Mountains beneath our Feet: the first Billion Years of Central Texas".

Join us online Wednesday, April 15, at noon. Lunch is provided by you in the comfort of your home. [RSVP](#) to be sent an invitation.



## **Blueprint to Age Your Way**

**View from the comfort of your home Sunday, April 19 at 2pm**

Join the Village online Sunday, April 19, 2:00-3:30pm for "[Blueprint to Age Your Way](#)", presented by Debbie Pearson, Nurse, Author and Speaker. You must [RSVP](#) to receive an invitation to this free online presentation.

Aging happens to all of us if we are fortunate, perhaps spanning a third of our lives. Which makes “getting it right” critical. For some, the aging years become an exercise in reacting every time another unexpected event emerges. With the advent of COVID-19, we are all faced with an unprecedented level of fear. The primary driver of this fear? Lack of control in a time of abundant questions and few answers.

So, as we hunker down and worry, let’s focus on what we can control: planning for our aging years. Look to the future and get the many details of our lives in order, an order that our loved ones can follow in the time of need. This level of planning takes time and focus to address items not currently on your radar, the great unknown that you can’t even fathom. Crafting a Blueprint to Age Your Way is a structured guide, developed from decades of lessons learned for others on their aging journey. Order is the end result. Designing an individualized plan is highly dependent on timing. Earlier planning results in greater control. This is your opportunity to begin the process to peace.



**TEXAS**  
Health and Human Services

# NEWS RELEASE: Texas Health and Human Services Commission

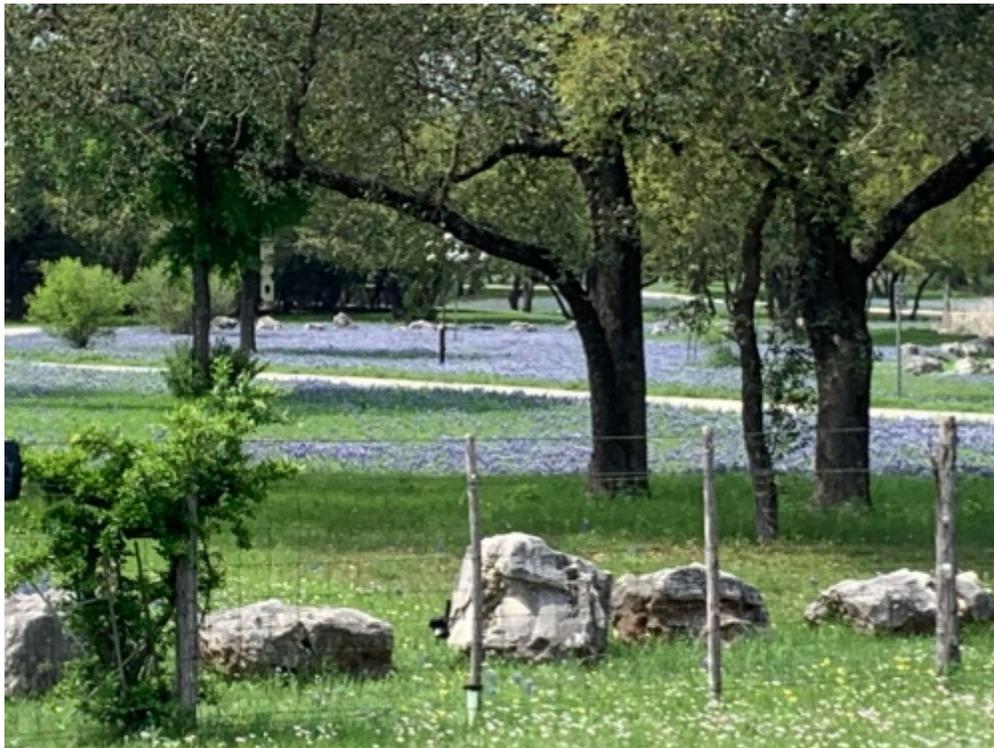
## HHSC Launches Statewide COVID-19 Mental Health Support Line

AUSTIN – Texas Health and Human Services has launched a 24/7 statewide mental health support line to help Texans experiencing anxiety, stress or emotional challenges due to the COVID-19 pandemic.

This new resource offers COVID-19-related mental health support for all Texans. People can call the Statewide COVID-19 Mental Health Support Line 24 hours a day, 7 days a week toll-free at 833-986-1919.

“Through this new effort, we are connecting Texans with mental health professionals who can help provide support to those who are feeling overwhelmed and stressed,” said Sonja Gaines, Deputy Executive Commissioner for Intellectual and Developmental Disability and Behavioral Health Services. “It can be helpful to talk to someone when you are facing anxiety, depression and stress, which are not uncommon to experience in the face of a rapidly changing situation like a pandemic.”

Counseling services are confidential and free of charge to people who call the hotline. For general health-related information and precautions on COVID-19, people can visit the [DSHS webpage](#) and the [CDC webpage](#). To stay up-to-date on the latest news impacting HHS services and regulated providers, people can visit the HHS [COVID-19 webpage](#). For more information on mental health resources, find your local mental health authority [here](#).



**From Our Members**

Our member Rick recommends taking a drive in the Hill Country. He says, "Out Highway 71 is great!! Lotsa Indian Paintbrushes too."

Check out the beautiful shot above, and breathe in, then breathe out.

Our member Jimmie suggests a [virtual tour of the Lady Bird Johnson Wildflower Center](#).



Our member Scott is sharing some tips from University of Michigan Medicine regarding geriatric mental health. Good news for keeping one's sanity:

**Tips to help prevent social distancing from becoming social isolation:**

- Establish a daily routine: this is your anchor
- Set a daily goal: something small and doable from that 'round to it list
- Stay connected: mail, email, phone, and try some tech
- Reach out to others: connect with a "buddy" or family member daily
- Ask for help when you need it
- Get outside! Spring is on its way so enjoy spending some time outdoors

**Ways to manage worry:**

- "Dose" your news: more isn't better
- Physical activity: move, stretch, walk, exercise (outside, if you can!)
- Brain exercises: hobbies, puzzles, writing
- Restorative: deep breathing, meditation, tai chi, yoga
- Distraction: Puzzles, games, reading, movies, TV

## Some Resources for Online Viewing and Doing!



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



## Virtual Cinema

From [CultureMap](#), "One of the scariest things about the current COVID-19 crisis is the unknown. Will the restaurants, shops, cafes, small businesses, venues, and movie theaters that make up Austin's landscape be there once the stay home restrictions are lifted? Will the cultural institutions we love be able to reopen?"

One way to ensure that they do return is by supporting them now. Two Austin-based cinemas — [Violet Crown Cinema](#) and [Alamo Drafthouse](#) — are making it easier than ever, offering films that can be screened right from home, no pants required.

Both theaters are now offering Virtual Cinema, an initiative that allows independent movie theaters to make money during the unprecedented global pandemic. For the price of a standard ticket (\$12, though specialty screenings can vary), users can stream curated or independent films for a set number of days. But unlike streaming a movie via something like AppleTV or through a cable provider, the money goes directly to the local theater.

## Meditation



From our friends at [Family Eldercare](#), a short [meditation](#). Ahhhh!

## Virtual Cinema (Continued)

### Paramount

The Paramount is also screening the "Quaranscreen Film Series". [See their article here](#).



## Buddy-Up!

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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.*

The screenshot shows the Capital City Village website interface. At the top, there is a navigation bar with the logo and links for VILLAGE INFO, MEMBERS, EVENTS, and VOLU. Below this is a user profile for George Julian, including a photo and a 'NEW CHECK-IN' button. To the right is a detailed 'NEW CHECK-IN' form with the following fields:

- Selected Person:** George Julian, 3710 Cedar St, Austin, (512) 999-9999
- DATE:** March 28 2020
- HOW DO YOU FEEL?:** A dropdown menu currently showing 'Please choose...'
- DO YOU NEED GROCERIES?
- DO YOU NEED MEDICATION?
- DO YOU WANT A CALL BACK?
- ANYTHING ELSE?:** An empty text input field.

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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