



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.

It Doesn't Matter Which Zip Code You're In!



Mindfulness Meeting formerly at Joe and Pam's

Getting to our programs is easy - there's no commute (well, maybe from the kitchen to the living room) and the price is right! Have you never attended "[Managing Mindfulness](#)" because it was too far south? Or the [Men's and Women's Lunch](#) because it was too far north? Now it doesn't matter which zip code you're in - everyone's travel to the program is the same!

And we're pleased to present [Blueprint to Age Your Way](#). This free presentation by Debbie

Pearson will inspire you to be in control of your aging process. These programs are all this week (plus Sunday) and all you have to do to attend is RSVP. Click on the program name and that will take you to a screen where you can sign up. You'll be sent an invitation the day before the event.

Village Events



Virtual 2nd Cup

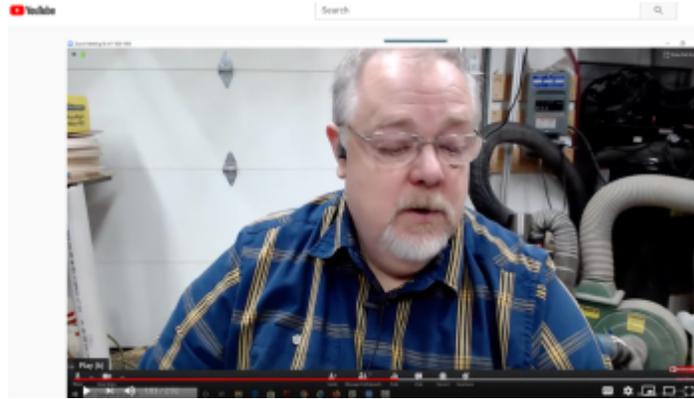
We are quickly adding virtual programs, so check our [Events Page](#) for the latest updates.

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

- Tuesday, Apr 14, 10am-12pm [Managing Mindfulness](#) (see article below)
- 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)

Save the date for a special virtual Village Earth Day house concert with Sara Hickman Wednesday, April 22!

* 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:

Not sure what your experience has been, but some of us have had to get creative lately in our hunting and gathering, so thought we'd include this opportunity found in [CultureMap](#):

"COVID-19 may have shuttered its theaters across the country, but Alamo Drafthouse is still finding innovative ways to get cinephiles their movie fix. Last week, the Austin-based chain announced it was among the local theaters rolling out Virtual Cinema. This week, it's launching [meal delivery](#) and [curbside](#)



Coronavirus Testing: How It Works and When to Get Tested

From [AARP](#),

It got off to a rocky start — and with ongoing supply shortages, it's still far from perfect. But testing for the new coronavirus is ramping up throughout the U.S., and it's expected to keep expanding.

[Read the entire article here.](#)

Stimulus Payments:

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

[pickup](#) from its Slaughter location — including some staple grocery items. Want to make a real night of it? Order up curbside to-go meal kits, cocktail kits, and grocery staples from the Slaughter theater. The items are available from 11am-9 pm every day.

Meal kits range from a gluten-free pizza party for four to a hot dog grilling extravaganza for eight. Cocktail kits are available in margarita or Moscow mule, along with a variety of beer and wine for purchase. Though both meal and cocktail kits are selling out fast, a rep confirms that they will be made available again. As a bonus, each of the meal and cocktail kits includes letterpress coasters by The Press Room and a mystery DVD from Draffhouse Films.

Under the "hard-to-get items" section, the Draffhouse is selling eggs, milk, and paper towels. Grocery items ranging from fresh fruit and vegetables to non-dairy Daiya cheese and hot dog buns can also be purchased.

Delivery orders can be placed directly through [Favor](#), [Grubhub](#), and [DoorDash](#). To purchase curbside items, order online [here](#)."

Ordering 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. 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,

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

I'm on Social Security and don't have to file taxes. Do I need to file a tax return or extra paperwork to get my coronavirus stimulus payment from the government?

From the [Daily Caring Website](#):

If you're a senior and rely on Social Security as your main source of income, you aren't required to file tax returns because your income is below a certain threshold.

For this group, the IRS originally wanted extra paperwork to be completed before they could receive their COVID-19 stimulus payment. This would have been difficult because many of the tax preparers who help these seniors file taxes are closed down right now due to the pandemic.

Plus, seniors are a high-risk group who need to stay at home to reduce potential coronavirus exposure. Going out to get taxes done goes against this goal.

Fortunately, [AARP advocated](#) for American seniors and was able to get the rules changed. The [IRS has announced](#) that seniors who get Social Security benefits will automatically get their payments direct deposited into the same account where their Social Security check is usually deposited.

Medicare Expands Telehealth:

Medicare has temporarily expanded its coverage of [telehealth services](#) to respond to the current Public Health Emergency. These services expand the current telehealth covered services, to help you have access from more places (including your home), with a wider range of communication tools (including smartphones), to interact with a range of providers (such as doctors, nurse practitioners, clinical psychologists, and licensed clinical social worker).

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.](#)

During this time, you will be able to receive a specific set of services through telehealth including evaluation and management visits (common office visits), mental health counseling and preventive health screenings without a copayment if you have Original Medicare. This will help ensure you are able to visit with your doctor from your home, without having to go to a doctor's office or hospital, which puts you and others at risk of exposure to COVID-19.

[See the rest of the article from Medicare here.](#)

Security and Safety - Living Well at Home



Photo by Kathy Wohlert

Decluttering, Downsizing and Organizing:

Did you always plan to declutter "when you had time"? Well? Here's a [free on-demand seminar](#) from [AARP](#). Register and then you can "attend" on your own schedule.

City of Austin:

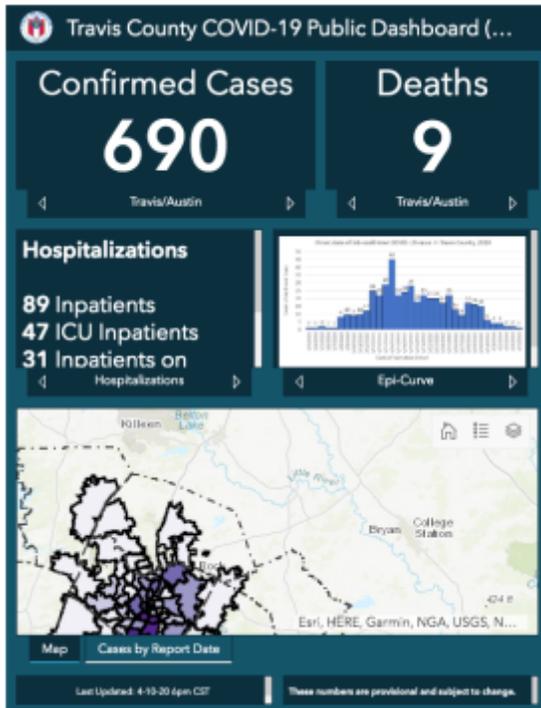


Protect Your Financial Data:

From our partners at Frost Bank:

Recently, fraudsters have begun using the COVID-19 pandemic as a ruse to coerce consumers into giving out account access credentials, sending money to fake organizations or infecting their mobile or desktop devices with a virus. Some of these scams include, but are not limited to:

Latest Austin statistics re COVID-19:



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



- Phone calls from a fraudster who has “spoofed” or falsified their phone number to display as a reputable company
- Fake texts, emails or calls about your stimulus or government assistance check
- Fake cures, vaccines, medical supplies or home testing kits for COVID-19

As a reminder, most providers you do business with will never call, email or text you to request banking account information, account access credentials, debit card numbers or your Social Security number. Only you should know your account access credentials.

If you have received a suspicious call, believe you have provided your account access credentials to a fraudster or if you have any questions, call your banking institution.

Should Older Adults Have Nonessential Visitors During This Time?

From the [Daily Caring](#) website:

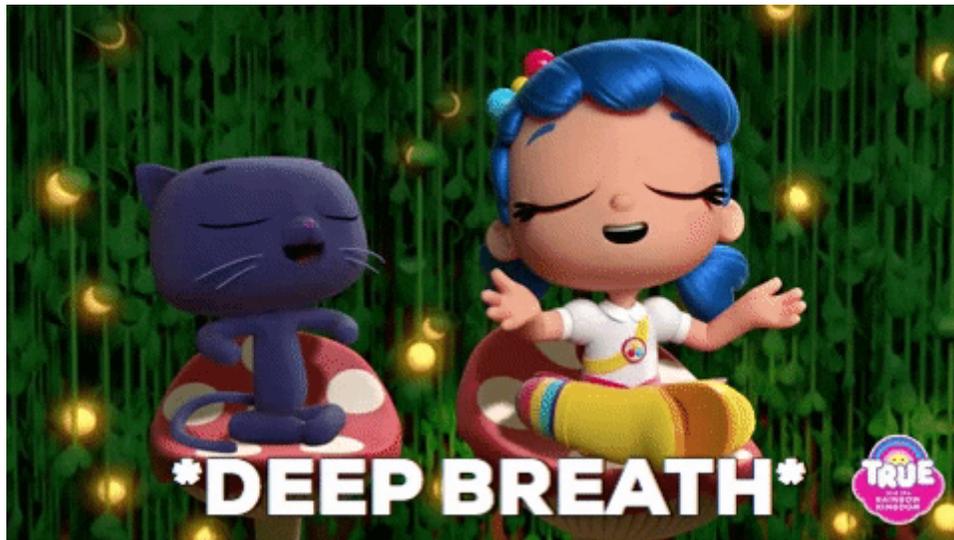
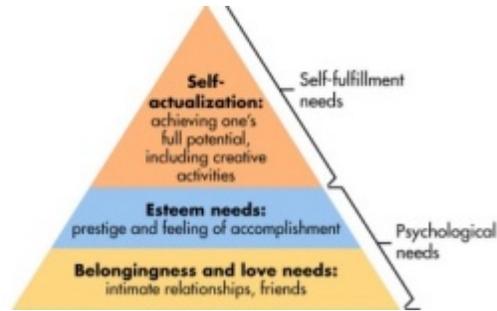
No. Everyone, and especially seniors, should try to interact with as few people as possible. Keep all interactions to the bare minimum.

Reducing the number of people an older adult comes into contact with reduces the amount of germs that they’re exposed to. That reduces the risk that they’ll become infected with COVID-19.

Now, it’s becoming very clear that everyone needs to take this seriously in order to [slow disease spread](#).

Hopefully, these changes to public life make it easier to politely, but firmly tell visitors that, out of caution, you’re following [CDC](#) or local government instructions and limiting your contact with people as much as possible.

Psychological and Social Needs - Living Well at Home



Has There Ever Been a Better Time for "Managing Mindfulness"?

Managing Mindfulness is held the second Tuesday of each month online at 10am. [RSVP](#) to get an invitation to the virtual meeting. We'll be focusing on a variety of mindfulness topics and have a wonderful sharing of our everyday challenges/successes/questions regarding being here, right now!

It's an opportunity for "real talk/discussion" about the difficulties most all of us share in modern life with being as mindful, as often, as we'd like. It's so, so easy to be "in our heads" regarding what did, or didn't, happen and what may, or may not, happen, rather than simply experiencing "where we are right now." Our meetings are all about "being here now," of course—and sharing our successes and challenges in that quest :)



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.



Photo by Jimmie Johnson

From Our Members

Jimmie's still walking her neighborhood, and has sent us a bluebonnet picture she calls "Don't Fence Me In". Love it!

And thanks to Tom M for sharing this from Rabbi Yosef Kanefsky:

Something for the Week

Every hand that we don't shake must be a phone call that we place.
Every embrace that we avoid must become a verbal expression of warmth and concern.
Every inch and every foot that we physically place between ourselves and another, must become a thought as to how we might be of help to that other, should the need arise.
So, as we keep a level of social distance, let us all remain spiritually near to each other, by responding to this health emergency with love and care for everyone's well-being.
May Adonai give us the wisdom to continue to react appropriately to this crisis and heal those who have been infected.

Some Resources for Online Viewing and Doing!



Austin City Limits Streaming John Prine and More - RIP Mr. Prine

[Austin City Limits](#) was greatly saddened to learn of the death of singer and songwriter John Prine, who died April 7 from complications due to the coronavirus. John Prine's last Austin City Limits performance is scheduled to broadcast again on PBS on April 18th. Check your local listings or stream it online in its entirety [here](#).

Some of you CCV members may recall our house concert with [Betty Soo](#). Her tribute to John Prine was especially endearing:

"Rest gentle, John. You were more human than humans and also a little bit not human — some kind of bridging creature both between man and angels and man and the devils. You seemed — or at least wrote — as if you were utterly unafraid of both the funniest and most tragic sides of humanity. Your writing showed no fear of what anyone might think of you — as if it never occurred to you that folks might judge you or be ashamed of you for writing what you wrote. You said things so simply, so deftly. In an infuriatingly straightforward way, and in utterly new ways, and you left us shocked to realize



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

Meditation



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

Virtual Day Trips

The Governor's Order has closed down all state parks until further notice, but here are some [virtual day trips](#) provided by Gerald E. McLeod, "Austin Chronicle".

no one had phrased those observations the way you managed to. Every great writer revels in and craves to achieve that; you were the king. The world is much less now."



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!



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

