

# April 20 2020 Newsletter

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Office: 512-524-2709

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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.

## Live-Streamed Concert on Earth Day with Sara Hickman



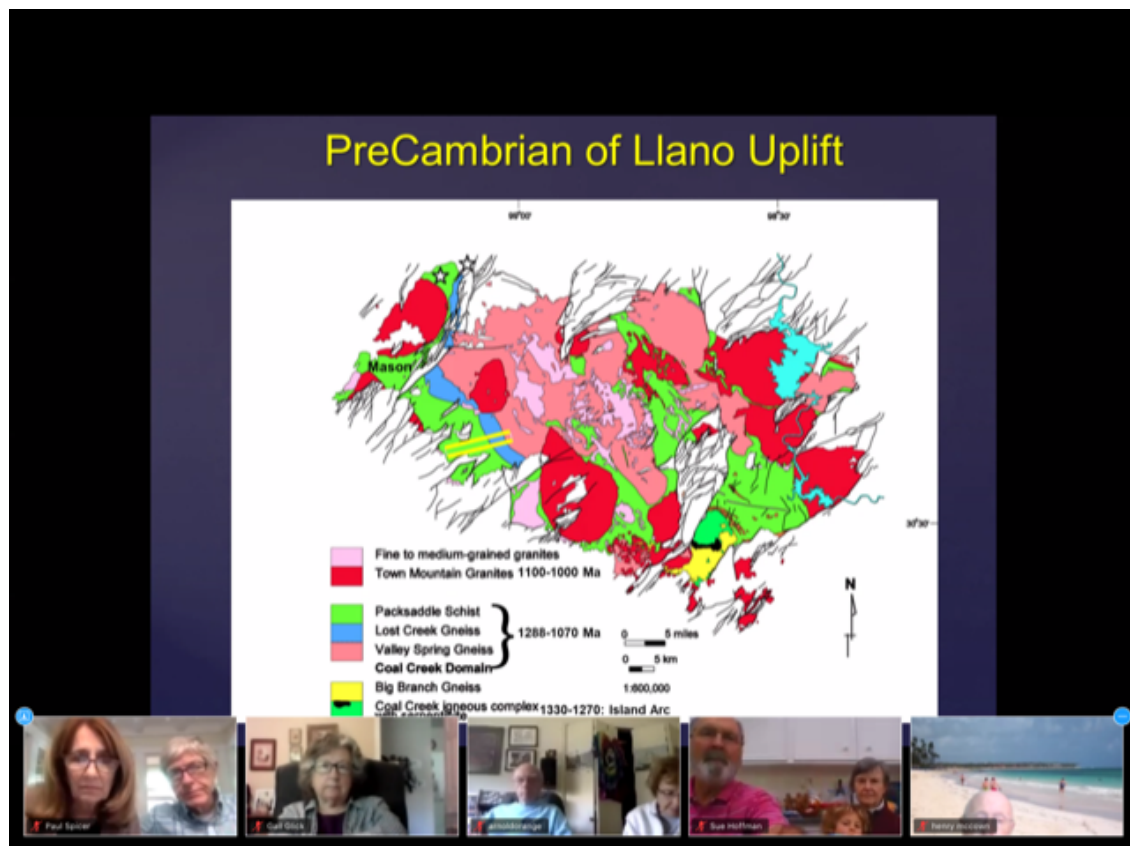


### Texas Treasure Sara Hickman

Join [Capital City Village](#) for this very special Earth Day streaming concert with Sara Hickman Wednesday, April 22 at 4pm. An [RSVP](#) is necessary to receive an invitation, and RSVP deadline is Tuesday, 4/21 at 2:30pm.

Since she started performing at the age of seven, Sara Hickman has been embraced by both followers and critics. The Associated Press proclaims, "Seek out her albums and club shows for her melodic sense, excellent guitar playing, rich voice and mix of sunny optimism with heartache." Hickman's home state of Texas loves her too, naming her the "[Official State Musician of Texas](#)," joining luminaries such as Willie Nelson and Lyle Lovett.

## Village Events



### Screenshot Titled "John Berry on the Rocks, No Twist" by Tom Knutsen

From Men's and Women's Lunch Presentation by John Berry

Partial Audience showing along the bottom: Kathy and Paul S, Gail G, Arnie and Margit O, Mart and Sue H (plus Cliff) and Henry M (at the virtual beach)

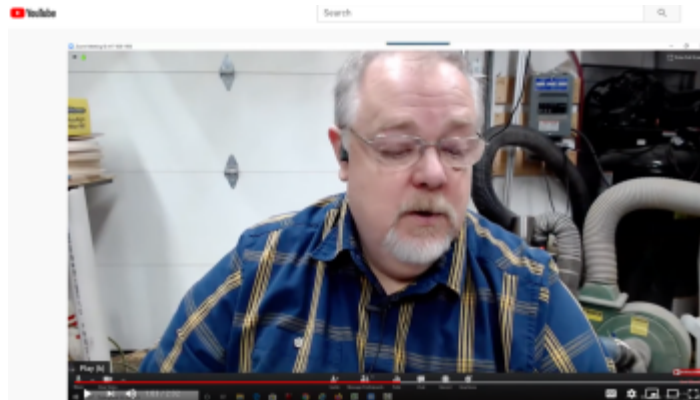
We are quickly adding virtual programs, so check our [Events Page](#) for the latest updates.

*(All programs are virtual and can be joined from the comfort of your own home. You*

***must RSVP to get the meeting invitation.)***

- Wednesday, Apr 22, 4-5:30pm Live-Streamed [Earth Day House Concert with Sara Hickman](#) (See feature article)
- Thursday, Apr 23, 9:30-10:30am Virtual [Coffee Hour](#) (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](#).



## Remembering Jo Ann Farrell

Thanks to CCV members and volunteers who have shared their remembrances of our long-time member and Board member Jo Ann Farrell. She left us on March 1, but like for many during this time, her memorial service is postponed. Jo Ann and Ed were original

many during this time, her memorial service is postponed. Jo Ann and Ed were original members, joining during Capital City Village's launch.

From Jim S: "I've known Jo Ann and Ed since 1979, and around 2014 it was the Farrells who first introduced me to CCV (though it was Mart Hoffman who later recruited me as a volunteer driver). Our friendship was often enhanced over dinner parties that Jo Ann organized at her home. When I recall our times together, it is these dinners that I remember best and most fondly. The quality of the food was exceeded only by the quality of the company. Over our long friendship Jo Ann was always happy. I don't mean pollyanna happiness; I mean her joy at being with people, with her family, and her friends -- old and new."

From Sue H: "Jo Ann was always ready to volunteer to help. We had a number of new member visits together. Her genuine interest in other individuals won many hearts, including mine. And let us not forget that she was an amazing cook and hostess and a trip to her and Ed's home usually involved something good to eat and a lot of laughter, along with a family history lesson. Jo Ann is unforgettable!"

From Kay: "I first got to know Jo Ann when she owned the Baskin Robbins ice cream parlor. She was always cheerful, and enjoyed visiting. Many years later we reconnected through CCV. She was willing to do any job, no matter how easy or hard. She was fun to be with, and always had a great story ready to tell."

From Arnie: "She was a cheerful and caring person until the end, and a pleasure to be around. I feel privileged to have known her."

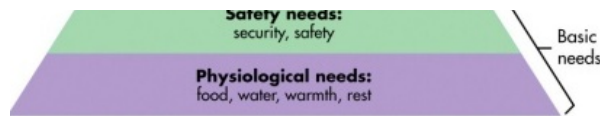
From Jo Ann's yet-to-be-published obituary:

- Dec. 22, 1937 - Mar. 1, 2020. Born in Mt. Pleasant, Iowa
- 1960 - BA in Modern European History from Stanford
- MA in Guidance and Counseling from The University of Texas
- Worked in the UT Dean of Students Office
- Almost 20 years with AISD in a variety of roles:
  - Visiting Teacher (which she described as "wandering social worker")
  - Director of the Mentor Program
  - Counselor at Barrington Elementary
- Various non-profits
  - Travis County Victim Services Advisory Board
  - Keep Austin Beautiful - in 1990 Jo Ann received KAB's Individual Award for Distinguished Community Leadership
  - Board of Capital City Village March 2012 through March 2016

We'll all miss Jo Ann!

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





**Trainer Bryant Johnson**

## Exercise:

Try this easy [lower-body workout](#) from Justice Ruth Bader Ginsburg's trainer, Bryant Johnson, to build strength and tone muscles in your own home.

Austin Parks and Recreation's 50 Plus Program has a new [YouTube channel](#) that includes fitness, yoga and more. All of the instructions are adapted for different ranges of mobility and home use.

## Groceries

### Ordering Fresh Produce



[Austin Farmers Market Delivery](#), a service offering fresh market produce to Dripping Springs and Southwest and Central Austin residents, launched April 15. [Read the full article from Community Impact here.](#)

### Grocery Shopping

Please be aware that you may need to order your groceries well before you need them. We still highly recommend that you get your groceries through delivery or curbside, but if you must go, here's a [good article on how to stay safe](#). It also includes another opinion on

disinfecting groceries.

### **HEB Limits Purchases, Adds Two More To-Go Meal Sources**

On April 13, HEB updated its product limit list for both food and non-food items and removed restrictions on a number of items including chicken, ground beef, frozen pizza, and pasta (interestingly, pasta sauce is still on the limited list). [See the COVID-19 page on our website for the full list.](#)

HEB has added two more local restaurants, Picnik and Tatsu-Ya to its menu of to-go meals sold at grocery stores during the coronavirus pandemic. Previously, Fresa's was the only Austin-based restaurant participating in the HEB program.

### **Austin Regional Clinic Expanded Services:**

#### **Extended hours for drive-up testing**

Drive-up testing continues to be offered 8am-5pm weekdays at ARC locations.

ARC Far West, ARC Round Rock, and ARC Southwest have extended weekday hours to 5:00-7:00pm, and now offer drive-up testing in After Hours Clinics as well, 8am-5pm Saturday and Sunday. Patients must have an ARC physician's lab order before coming to a drive-up site. If someone drives up without first having an initial physician evaluation, they will be offered a telemedicine appointment right then so a physician can determine whether or not a test is indicated.

#### **Expanded telemedicine visits for new and established patients**

- Telemedicine visits are available for all primary and specialty care doctors
- 60-70% of ARC visits are now via telemedicine.
- 24/7 scheduling at MyChartARC.com or call any ARC clinic and press "1."
- Cost of a telemedicine visit is covered by insurance at the same rate as an office visit.
- Complete information about telemedicine visits [here](#).

#### **High Acuity Triage phone line covered by physicians to help patients avoid unnecessarily going to the ER.**

- Patients call ARC clinics (press 4) or the COVID-19 24/7 Hotline (866-456-4525) and talk to a nurse to help them decide if they should come in to see the doctor.
- Depending on their symptoms, patients are set up with an immediate telemedicine visit with a physician, by phone or video visit.
- 75% of patients who called triage were able to be treated in the clinic rather than an ER.
- Thus helps keep patients out of the ER and saving beds and care for those who really need it.

ARC continues to stress preventive measures, including social distancing, self-isolation when sick, frequent hand-washing for at least 20 seconds, avoiding anyone who is sick. It is not just about protecting ourselves, it is about protecting the whole community.

# Security and Safety - Living Well at Home



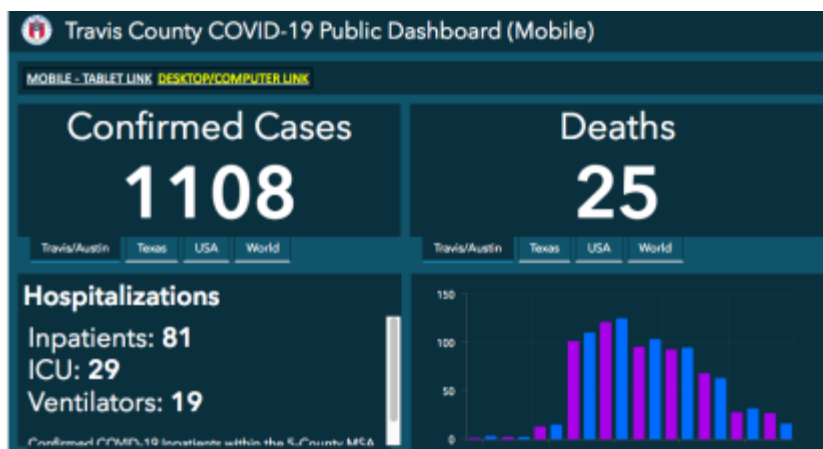
City of Austin Skyline During Pandemic, by Gabriel C. Perez, KUT

## City of Austin Extends Stay-at-Home Order Through May 8

### Face Coverings Required in Public Places

Officials urge the use of fabric face coverings, not medical-grade masks or N-95 respirators, which they say are in short supply and should be reserved for health care workers and first-responders. The [Centers for Disease Control and Prevention](#) and [Austin Public Health](#) provide guidance on how to make a face covering. [Read the full article from KUT.org here.](#)

Latest Travis County 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.

## Reports of Fake COVID-19 Testing Sites

From [AARP](#):

### What to look for

FBI Special Agent James Robert Brown says, "Use only approved testing sites affiliated with trusted hospitals and providers. Be wary of people wearing painter's clothing and uniforms resembling those worn by workers collecting hazardous material — instead of legitimate personal protective equipment. He also warned of exorbitant upfront cash fees for tests and cautioned Medicare recipients to stay away from testing advertised as 'free to Medicare beneficiaries.'

'Because it usually isn't,' he said." [Read the full article here](#).

## Is the COVID-19 virus airborne? Can I get infected using an elevator?

From the [Daily Caring](#) site:

When someone who is infected with COVID-19 coughs or sneezes, tiny droplets that contain the virus fly out of their noses and mouths and into the air. (That's why we're supposed to cough or sneeze into our elbow.) [USA Today](#) reports that a recent study published in [Journal of the American Medical Association](#) found that in some conditions, droplets from coughs, sneezes, or just breathing can travel more than 26 feet and linger in the air for minutes.

Outdoors, the breeze, open space, and air circulation will disperse the "gas cloud" of droplets. But a small, enclosed space like an elevator doesn't get as much air circulation. That increases the chance that you could walk into an invisible cloud of virus particles lingering in the air.

First, following [CDC recommendations](#) for physical distancing means avoiding riding in elevators with other people.

Second, if an infected person used the elevator, they would have touched common surfaces like the elevator buttons or handrails, leaving them contaminated. If you touch those surfaces and later touch your face, you could transfer the virus to yourself.

Adding to that, there could be virus particles in the air inside an elevator from previous passengers.

Taking all that into consideration, it's best to avoid riding in elevators as much as possible.



If taking the elevator is essential, follow [CDC recommendations](#) to wear a face covering or cloth mask. You may also want to wear gloves or use hand sanitizer to disinfect your hands after touching those publicly used surfaces.

## Psychological and Social Needs - Living Well at Home



Some, but not all, of the participants of our first virtual coffee  
(Mart, Tommi, Phyllis, Peggy, Pam, Scott, LK, Bonnie, Rick, Stan)

## Now We'll Have Coffee Every Thursday!

We are finding such a sense of connection and fun with the online events that we've decided to host a [Virtual Coffee Hour](#) every Thursday morning at 9:30am. Be sure and [RSVP](#) by mid-day Wednesday to get your invitation, which will be sent Wednesday afternoon. The first of the series is this Thursday, April 23 at 9:30am.



## Feeling Like a Chat? How to Get a Call from a UT Student

Heart and Soul Care, in partnership with The University of Texas at Austin, is developing a new volunteer program, called [Seniors Staying Connected](#), that helps creative and compassionate volunteers connect with seniors. Volunteers provide musical entertainment and conversations by reaching out to isolated seniors using video chat or telephone. To find out more, please visit their [website](#).



## Managing Stress During the Pandemic

### From Medicare and the CDC:

More than ever, it's important to stay home to slow the spread of COVID-19, and if you must go out, practice [social distancing](#). While we stay home, don't let fear and anxiety about the COVID-19 pandemic become overwhelming. Here are a few ways the [CDC](#)

[recommends managing stress](#) during these challenging times:

- Take breaks from watching, reading, or listening to news stories and social media.
- Connect with others. Talk with friends and loved ones over the phone or via video chat about your concerns and how you are feeling.
- Take care of yourself. Take deep breaths, stretch, or meditate. Try to eat healthy meals, exercise regularly, and get plenty of sleep.

Remember: If you need to see your doctor, please call them first. Medicare has expanded their ability to use [telehealth services](#) during the COVID-19 emergency for common office visits, mental health counseling, and preventive health screenings.

## From Our Members

We continue to receive, and are grateful for, responses from members to our "How' Everybody Doing?" missives. Faye, Mason and Marty are all doing well and enjoy the weekly newsletters. The Village Buddy calling tree is in full swing, so let us know how your buddy calls are going.

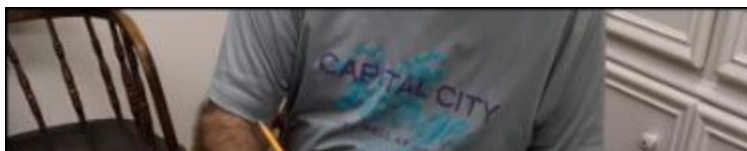
Thanks to Tom K for turning us on to [Daily Joy](#). Tom sent this from one of their recent newsletters:

With the passing of Bill Withers, we were touched to hear this amazing arrangement of "Lean On Me", by our host, [Peter Dugan](#), and Co-Host/Creative, [Charles Yang](#), in tribute to the late artist.

Now, more than ever, we could all use "somebody to lean on." [Click here to watch!](#)



Sue and Mart sent this picture. They call it "Mexican Train for Two".





## Some Resources for Online Viewing and Doing!



### Grammy Museum

The Grammy Museum is releasing its digital public library... new additions added daily.

[Check out their library of performances/interviews here.](#)

### Nighttime Sky Gazing During the Pandemic

[Meteor Shower Calendar](#)

[Stargaze with Family](#)







## 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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