



Office: 512-524-2709

Member and Volunteer Services: 512-468-5594

## Texas is "Opening Up" - What Does That Mean for Us?

It means we who are older have to be even more careful. With more people out and about, our risk increases. According to the Governor's Order, "every person in Texas shall, except where necessary to provide or obtain essential services or reopened services, minimize social gatherings and minimize in-person contact with people who are not in the same household. *People over the age of 65, however, are strongly encouraged to stay at home as much as possible*; to maintain appropriate distance from any member of the household who has been out of the residence in the previous 14 days; and, if leaving the home, to implement social distancing and to practice good hygiene, environmental cleanliness, and sanitation."

Please continue to take good care of yourselves and those around you. Capital City Village's current policy of providing only essential volunteer services and presenting all our programs online will continue at least until we are able to sufficiently review the effects of the current Orders. You may read the three newest Orders here:

- [GA-18](#): Relating to the expanded reopening of services as part of the safe, strategic plan to Open Texas in response to the COVID-19 disaster.
- [GA-19](#): Relating to hospital capacity during the COVID-19 disaster.
- [GA-20](#): Relating to expanding travel without restrictions as part of the safe, strategic plan to Open Texas in response to the COVID-19 disaster.



Happy Mother's Day this Sunday to all you Super-Moms out there from  
Capital City Village!

---

## Join Debbie Pearson for Part II of "Blueprint to Age Your Way" Wednesday, May 6 at 2pm

Join Debbie Pearson for Part II of [Blueprint to Age Your Way](#) Wednesday, May 6 at 2pm. Come prepared with your questions from Part I. Even if you didn't attend Part I, you'll be able to jump in and learn a lot. [RSVP to receive your zoom invitation](#). RSVP deadline is Tuesday, May 5 at 2:30pm.

**For Part 2, let's look at some of the details moving forward.  
Arrive with questions and concerns to discuss.**





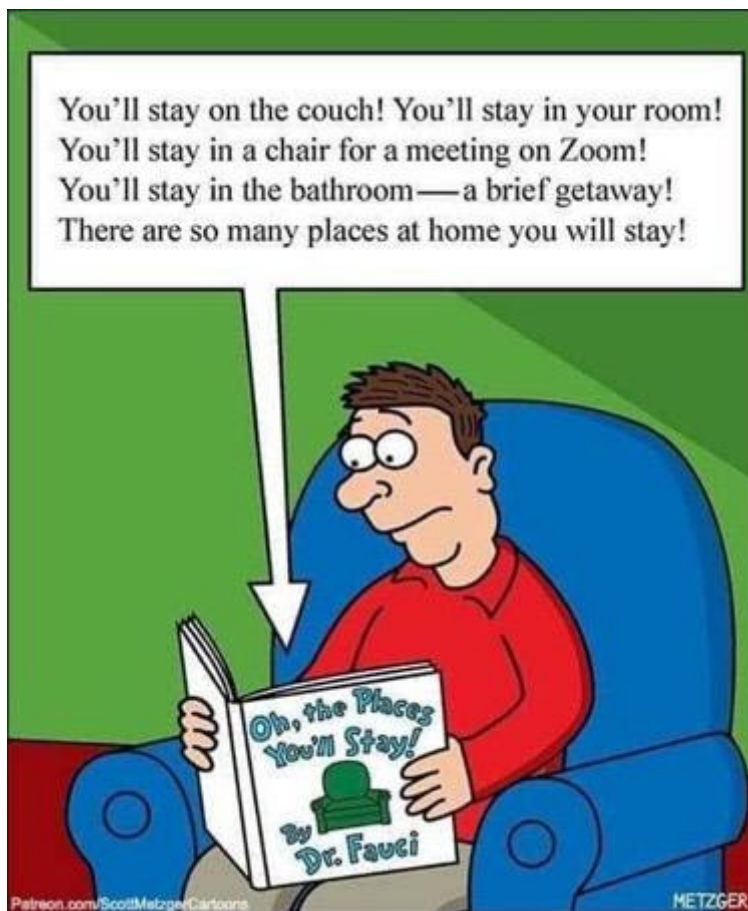
## Calling all Elders: Why America needs the time, talent, and experience of older people more than ever today

The Village to Village Network has announced a special guest webinar featuring Marc Freedman, the President, CEO and Founder of [Encore.org](https://encore.org). Marc is a renowned social entrepreneur, thought leader and writer. Under Marc's leadership, [Encore.org](https://encore.org) has pioneered innovative programs and sparked a growing movement in the United States and beyond to tap the talent and experience of people past midlife as a human resource for solving our most vexing social problems. Marc is one of the nation's leading experts on the longevity revolution.

Marc will join [Village to Village Network](https://village-to-village-network.org) in a conversation on Friday, May 8, 2020 at 1PM Central Daylight Time. In order to register, please see the information below. This Zoom conference is limited to 500 participants. Due to the size of the group that is expected, VtV will field questions prior to the event. If you would like to ask a question, please submit it to: [vtv@vtvnetwork.org](mailto:vtv@vtvnetwork.org).

[Click Here to Register](#). After registering, you will receive a confirmation email containing information about joining the meeting.

## Village Events



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

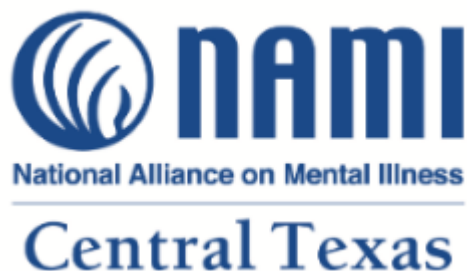
- Wednesday, May 6, 2-3:30pm [Blueprint to Age Your Way Part II](#) (See feature article)
- Thursday, May 7, 9:30-10:30am [Coffee Hour](#)
- Friday, May 8, 1-2pm VtV Program with [Marc Freedman, Encore.com](#) (See article above)
- Tuesday, May 12, 10am-12pm [Managing Mindfulness](#)
- Saturday, May 16, 2-4pm [Eye Health with Dr. Happy Settle](#) (See article below)

We are currently working on several new programs, including another music concert. Stay tuned!

And save the dates for these big non-virtual in-person programs in the fall:

- [5th Annual CCV Golf Tournament](#), Saturday, October 3
- [Keep Aging Weird Annual Luncheon](#), Thursday, November 12

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



## **Organizations Partner to Help Older Adults Tackle Mental Health Issues Related to Social Distancing**

**Thursday, May 7 at 11am**

Although Governor Abbott has allowed the Texas “stay at home” order to expire May 1, for most older adults, social distancing must continue as a precaution against COVID-19. AGE of Central Texas and the National Alliance on Mental Illness (NAMI) Central Texas are combining their resources to tackle the negative isolation issues that Central Texas older adults are confronting. Experts from both organizations will present the free virtual seminar “[Connecting Safely: How to Overcome Loneliness While Distancing](#)” on Thursday, May 7, at 11:00 a.m. CST providing resources, suggestions, and support to help older adults better cope with the continuing “Stay Home, Stay Safe” requirements. Participants can [RSVP here](#) to view the seminar live on May 7, and a recording of the seminar will be posted after the event. (To read the rest of this article, scroll all the way down.)

## **In Memory**

Our deepest condolences to our member Ann Cohen on the passing of her husband, Dr. Ira Cohen, on April 29. In lieu of flowers, the family requests that donations may be made in Ira's memory to [Congregation Agudas Achim](#).

## **Food, Health and Exercise - Living Well at Home**



## Eye Health with Dr. Happy Settle

Saturday May 16 at 2pm

Join us online to learn about keeping your eyes healthy. Dr. Settle is a popular speaker with the Village and he's agreed to cover this topic online with us Saturday, May 16 at 2pm. Be sure and [RSVP to get your zoom invitation](#). RSVP deadline is May 15 at 2:30pm.



## Exercise

Try this 10-minute easy [Zumba workout](#) from [AARP](#) featuring Lorraine Ladish.

## Medical

## Prescriptions



From Medicare:

As we all take steps to slow the spread of COVID-19 by staying home and [social distancing](#), you may be facing new challenges about how to meet basic household needs, such as getting your medicines.

The CDC recommends limiting in-person visits to the pharmacy to help you [protect yourself from COVID-19 when getting your prescriptions](#). Here are some tips:

- Call in prescription orders ahead of time.
- Use drive-thru windows, curbside services, mail-order, or other delivery services.
- Try to make one trip, picking up all medicine at the same time.

During this time, you may also want to contact your Medicare prescription drug plan to see if they've temporarily waived certain requirements to help prevent the spread of COVID-19 — like waiving prescription refill limits or relaxing restrictions on home or mail delivery of prescription drugs.

## Testing

Walgreens and Walmart are now doing COVID-19 testing in Texas. As the closest Walmart testing location currently shown is in San Antonio, we are only including the Walgreens information.

Type(s) of test currently offered: All current locations are using Abbott's self-administered ID NOW COVID-19 swab test, overseen by a Walgreens pharmacist. Future sites may use this test or LabCorp's COVID-19 self-swab test.

In addition, approximately 100 LabCorp at Walgreens labs within stores will offer antibody blood tests for those who are asymptomatic but believe they had the virus at least three weeks prior. There are plans to expand to up to 170 locations.

How to get tested: Patients must meet eligibility criteria established by the CDC by [completing on online health assessment](#). If you're eligible, a lab order request will be sent to PWNHealth, a provider network, and an e-mail will be sent with next steps.

Wait time for results: Patients should receive swab results electronically within about 24 hours. Timing for future tests and locations is still being determined.

## Housing Assistance

City of Austin Neighborhood Housing and Community Development has entered into an agreement with the Housing Authority (HACA) to provide \$1.4 million in Relief of Emergency Needs for Tenants (RENT). The purpose is to provide emergency financial rental assistance to households impacted by COVID-19 by providing them with financial rental assistance related to inability to pay their rent. There is a potential for either additional CDBG-CV or local funds to be used, as they become available — potentially in June/July. HACA will be providing intake and determination and direct payment to landlords. Applications will be entered into a lottery — random selection in keeping with the lottery process for their Housing Choice Voucher process. This will take place from May 4–May 6 at midnight with a goal of issuing checks direct to landlords by May 15. Call 512-972-5133 for more information. Neighborhood Centers are also providing rent and utility assistance to eligible individuals; call 512-972-5780 for more information.

You can visit their web page for more information on this resources: <https://austintexas.gov/department/neighborhood-centers>.

## Security and Safety - Living Well at Home

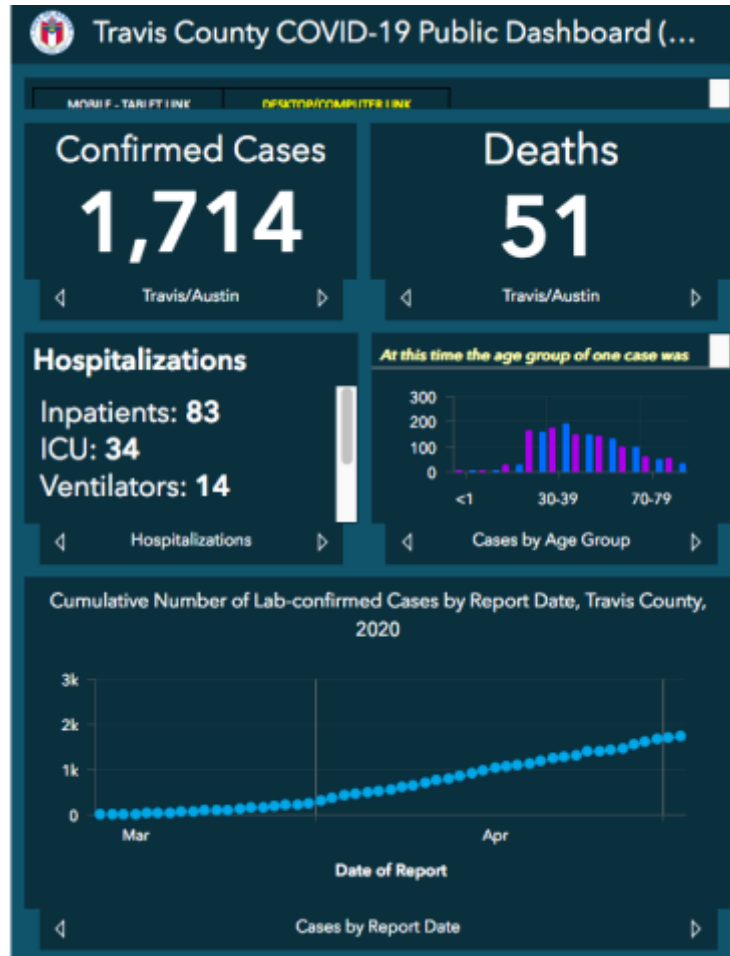


### How to Clean Your Smartphone or Tablet

Thanks to AARP for this handy [video](#) on how to clean your phone or tablet.

### 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.

## Psychological and Social Needs - Living Well at Home





[Click here to download a Travis County vote-by-mail application.](#) Be sure to check "Annual Application" in Box 6a to assure you also automatically receive a ballot in October to vote by mail for the critical Presidential election.

Voting by mail is an easy process. The ballot usually arrives just prior to the physical start of Early Voting. You get to thoroughly review your ballot selections in the privacy of your own home.

Please print out your application and mail it in today. Or, if you are unable to print at home, [click here to request that an application be sent to you.](#)

Our democracy works best when more of us participate.

## From Our Members

Pam and Joe are both doing well and are very grateful for their good health. Joe has been brushing up on Morse code, and Pam has been enjoying the beautiful poppies in bloom in their yard.



Pam also recommends this [virtual tour of the Neill-Cochran House](#). Rick has watched it and says, "Be sure and click/drag to view up/down and 360 degree view!! Really good with narration and click-on items for more info!!"



Marty and Mason say they are "fine and hunkered down".

Joan has asked us to share this resource:

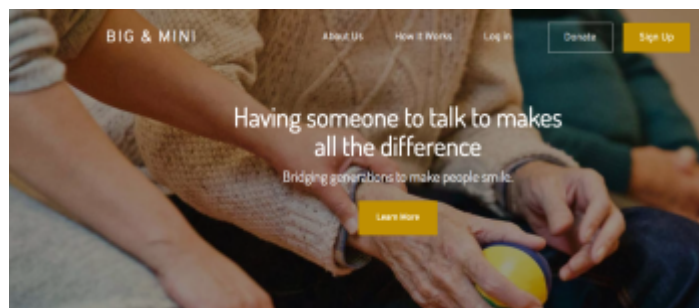
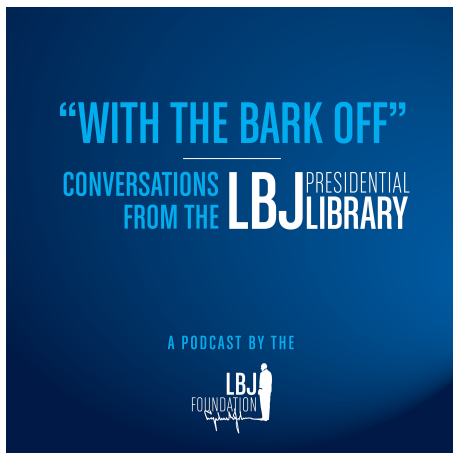


Join us for the AARP webinar: Prepare to Care: Understanding the Cost of Caregiving. Thursday, May 14, 2020, 7pm ET, 7pm PT

[Register Now](#)

Can't attend? It's okay, simply register and watch later on demand.

Scott has a few recommendations, one for a podcast and one for a video:



## Ready for a good conversation?

There's an organization called "[Big and Mini](#)" where older people can have phone conversations with younger people. It's a good cure for loneliness for all concerned.

Also, from high school students in Calgary: By dialing 1-877-JOY-4ALL (1-877-569-4255), callers can hear pre-recorded, continuously updated jokes, poems and messages of positivity especially created with the elderly and isolated in mind.





CCV Group on a Tour of the Central Library

## Austin Libraries to Remain Closed

Even though they are among the businesses that are allowed to reopen at this time, Austin libraries will remain closed. [See the article from Culture Map here.](#)

## Some Resources for Online Viewing and Doing!



From [Culture Map](#), here are [eight virtual outdoor experiences from Texas.](#)



Check out some of these great videos from Ballet Austin's [Be Well Network!](#)

[BE ACTIVE VIDEOS](#)

[BE CREATIVE VIDEOS](#)

[BE CURIOUS VIDEOS](#)

[BE GENEROUS VIDEOS](#)

[BE HAPPY VIDEOS](#)

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-



## **AGE/NAMI article (continued from above):**

“The most recent statistics about social isolation say that 43% of persons over the age of 60 report feeling socially isolated, even before the coronavirus outbreak,” said Annette Juba, Deputy Director for AGE of Central Texas. “Humans are hardwired for connection,” said Karen Ranus, Executive Director for NAMI Central Texas. “At any age, we need social connection to stay healthy.”

Loneliness is physically stressful, and chronic stress often leads to anxiety, depression, high blood pressure, and lowered immune function. In addition, changes in a person’s social network can also mean that an older adult’s practical health arrangements are altered. For example, the older adult might not have access to the support system that provided transportation to medical appointments or reminders to take medications.

The most immediate way to alleviate loneliness is through relationships, and people all need to have a variety of relationships including:

- deep connections to people we know well (closest family, oldest friends, etc.),
- more casual connections to friends and acquaintances, and
- connections to the community.

Ranus added that in light of the current situations, older adults need to be creative about how they maintain their social connections. “Using Facetime, Zoom, or other video conferencing technology is great,” she said. “If video isn’t an option, then just a phone call can be so meaningful. If possible, being physically near others without being too close can help. Sitting in a car nearby and talking on the phone or visiting through a screen door can work.”

Maintaining good self-care is also important. Keeping positive habits such as eating well, getting a good night’s sleep, staying hydrated, daily exercising, and efforts to maintain a regular schedule are important for ensuring both physical and mental health.

“Another effect of social distancing in response to coronavirus – an ‘invisible’ threat – is the feeling of not having control over our situations,” Juba said. “Normally, one way to regain control is to tap into such coping strategies as attending religious practices, getting together with personal connections, and following our regular habits.” Meditation, controlled breathing, journaling, and drawing or other artistic endeavors, plus limiting news consumption, are all proven methods of combating stress.

This 24-hour mental health hotlines are a great resource for anyone needing additional help, including crisis intervention: Travis County: 512-472-4357 (Integral Care).

NAMI Central Texas also has a list of mental health options listed online at <http://namicentraltx.org/coronavirus>. In addition, AGE of Central Texas has an extensive online portal of at-home activities for older adults to help prevent feelings of isolation, along with resources for family caregivers, at <http://www.AGEofCentralTX.org>.



**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

