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## How's Everybody Doing?

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Mon, Jun 1, 2020 at 9:59 AM



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Photo by Ruben Chase

## Stand Up - Don't Fall! Wednesday, June 24 at 2pm

Join us online for an educational event to help us all avoid falls. The program will be presented by Cheryl Bakhtiari, Paramedic, Austin-Travis County EMS Wednesday, June 24 at 2pm. She will touch on fall prevention, vital life information (the how and why), and how to set up emergency contacts on a phone. Then there will be a time for questions and concerns. [RSVP to receive your invitation](#). RSVP deadline is 10am the morning of the event.

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## Village Events



**Last Thursday's Coffee Group**  
**Rick, Tommi, Karen, Marie**  
**Kathy, Sue and Mart, Johanna, LK**  
**Vivian, Stan, Priscilla**

- Thursday, June 4, 9:30-10:30am Virtual [Coffee Hour](#)
- Thursday, June 4, 4:30-6:30pm Virtual [Happy Hour](#) (See article below)
- Tuesday, June 9, 10:00am-12pm [Managing Mindfulness](#) (Online)
- Thursday, June 11, 9:30-10:30am Virtual [Coffee Hour](#)
- Tuesday, June 16, 10am-12pm [Volunteer Orientation](#) (Online)
- Wednesday, June 17, 12-1:30pm [Men's and Women's Lunch](#) with John Berry (Online)
- Thursday, June 18, 9:30-10:30am Virtual [Coffee Hour](#)
- Friday, June 19, 11am-12:30pm [Book Club](#) (Online) (See article below)
- Wednesday, June 24, 2-3pm [Fall Prevention](#) (Online) by Travis County EMS (See feature article)
- Thursday, June 25, 9:30-10:30am Virtual [Coffee Hour](#)

[Click here](#) for a quick tutorial on getting into Zoom.

You must RSVP to get a meeting invitation, which will usually arrive a few hours before the program. We have learned that Zoom works best on Chrome or Firefox.

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

## Join us for Happy Hour!

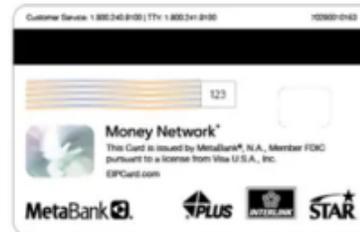
You are invited to bring your favorite beverage to the CCV Happy Hour at 4:30 on Thursday, June 4. We will talk about our faves, with recipes encouraged, unless it is a family secret! Next, you may bring your appetizer of choice to show off and, of course, include that recipe, since munching is part of the fun.

Mart and Sue will be leading the parade with a short wine talk. They hope to see you there!

**Screenshot from our first virtual Happy Hour**  
**Tommi, Bonnie, Arnie and Margit**  
**Phyllis, Marie, Carl and Liby**  
**Scott, LK, Tom and Kay**  
**Elizabeth, Johanna, Rick**



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



### Stimulus Payments

#### That debit card is not a scam!

Some of you may have recently received a debit card with a letter from the U.S. Treasury saying it's your stimulus payment. Many have thought it was a scam as checks were the expected mode of payment for those who didn't receive the stimulus by direct deposit. However, according to "USA Today" and others, this really is a stimulus payment so don't cut it up or throw it away!

And for those who were wondering - your stimulus payment is NOT taxable.

### Exercise

The City of Austin has introduced a new "[healthy streets initiative](#)", blocking off portions of some streets to provide more room for exercise.

First batch of Healthy Streets implemented:

- Bouldin Ave. / S 3rd St. / Garden Villa Ln. from Banister Ln. to Barton Springs Rd.
- Comal St. from Manor Rd. to Lady Bird Lake
- Country Club Creek Trail extension (Trail, Wickersham Ln., Oltorf St., Pleasant Valley Rd., Ventura Dr., Madera Dr.) from Mabel Davis Park to Lakeshore Dr.

## Groceries

### [H-E-B and Favor Senior Support Program](#)

H-E-B and Favor are teaming up to offer grocery delivery for people 60+. The service is free with the purchase of your groceries and a \$10 tip for the delivery driver.

### [Whole Foods](#)

Whole Foods is reserving its first hour of grocery pickup at select locations for customers 60+.

### [Trader Joe's](#)

Trader Joe's is reserving its first hour of grocery shopping for customers 60+.

### [Instacart](#)

Instacart delivers food from H-E-B, Sprouts, Natural Grocers, Sam's Club, Costco, and other grocery, liquor, and pet food stores. There is a delivery fee each time or the option to pay \$99 a year for free delivery.

## Meds



### [Walgreens](#)

Walgreens is offering free prescription delivery from your local store in 1-2 business days.

### [CVS Delivery](#)

CVS is offering free prescription delivery in 1-2 business days or same-day delivery through Shipt.

### [38th Street Pharmacy](#)

Offers free delivery for prescriptions to patients in the Austin area.

## COVID-19 Testing

In the Austin metro area, COVID-19 testing is available at the following CVS locations:

- [5526 S. Congress Ave.](#)

- [2610 Lake Austin Blvd.](#)
- [11300 N. Lamar Blvd.](#)
- [11725 North FM 620](#)
- [3500 W. Slaughter Lane](#)
- [1855 Gattis School Rd.](#) in Round Rock

## What to Expect if You Are Hospitalized With COVID-19

Most people who contract COVID-19, the illness caused by the new coronavirus, are able to heal at home without medical care. But for individuals with more severe cases of the disease, a trip to the hospital may be in order.

What happens when you're there? And what does recovery look like once you leave? Medical experts outline what you can expect if you are hospitalized with a coronavirus infection. [Read the full article from AARP here.](#)

## Security and Safety - Living Well at Home



## From Camping to Dining Out: Here's How Experts Rate The Risks Of 14 Summer Activities

"It has been around two months of quarantine for many of us. The urge to get out and enjoy the summer is real. But what's safe? We asked a panel of infectious disease and public health experts to rate the risk of summer activities, from backyard gatherings to a day at the pool to sharing a vacation house with another household." [Read the entire article from npr.org here.](#)



## Always "Crack the Windows" when in the Car

In their guidelines for protecting yourself when driving or riding in a car, the Centers for Disease Control and Prevention (CDC) advises you to always do this one thing: crack the windows. [Read the full article from BestLife here.](#)

## Austin Metro Area Flunks New Social Distancing Report Card

Unacast, a company that is tracking mobility data, has recently given Travis County an "F" on their [social distancing scoreboard](#). What does that mean for those of us who are over a certain age? It means we have to continue to stay home, keep our distance, and wear masks if we must go out.

## Latest Travis County Guidelines:

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



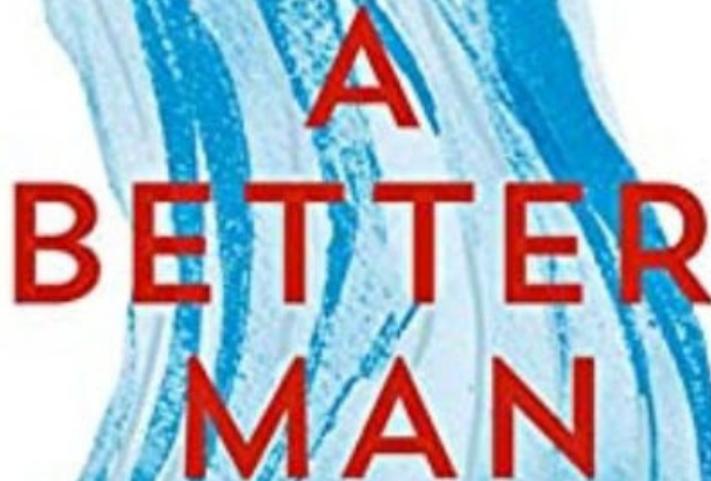
## From Our Members

We're sure many of you can relate with our member Marie R, who says "I am hanging in there, but I am surprised at the fact that I feel stressed at times. I have always enjoyed being alone at times. I think it's getting the feeling I have no choice about it. I miss lunches with my friends. What a baby I am to complain, I know we will all be the last ones to feel safe to go out in public. I have to say Zoom has been a great thing for us. CCV has been such a great thing for us too.. So anyway, I miss all of you!!"

And from Tom K, "During our coffee chat yesterday, several members suggested that we share titles of books we've enjoyed. Tommi recommended sending the title and author to you for the newsletter. My offering for now is "The Sun is a Compass, My 4,000 Mile Journey into the Alaskan Wilds," by Caroline Van Hemert. Van Hemert took off by boat, canoe, and foot for Alaska with her husband after she completed her doctoral dissertation in biology. She is a trained wildlife biologist, so she is an acute observer and explainer of much of what she sees. It's a great adventure, splendid armchair travel, and a diversion in the time of boredom."



**May 21 Coffee Group**  
**Karen, Tom and Caroline, Rick, Stan**  
**Arnie, Scott, Susan, Sally**  
**LK, Tom, Tommi, Peggy**  
**Carol**



# A BETTER MAN

## **Book Club Resumes Online Friday June 19 at 11am**

Join the CCV book club online Friday, June 19 at 11am to share your thoughts about this month's book, "A Better Man" by Louise Penny. Bring your own potluck and join friends on screen for good conversation. [RSVP is necessary](#) to receive your zoom invitation - deadline is June 18 at 5:30pm.

Louise Penny is the author of the #1 New York Times best selling series of Chief Inspector Armand Gamache novels.

## **When Can Visitors Return to Nursing Homes?**

The Centers for Medicare and Medicaid Services issued new guidance May 18. [Read the article from AARP here.](#)



**AGE of Central Texas Partners with Hospice Austin for**

## Free “Advance Care Planning” Caregiving Seminar on June 13 and 20

AGE of Central Texas will host the free caregiver support seminars exploring “[Advanced Care Planning: The GIFT Project](#)” on two consecutive Saturdays in June. Part of the ongoing workshop series to help family members effectively care for an older adult, the two-part free seminars will be held online on June 13 and 20, beginning at 10:00 a.m.

The GIFT Project is an initiative of Hospice Austin to encourage advance care planning prior to a health care crisis. This interactive seminar empowers participants to identify what matters most to them and take steps to ensure their wishes are honored. The discussion will include how to:

- Identify your wishes
- Decide who you would like to speak for you
- Discuss your wishes with loved ones
- Complete your advance directives

Part 1: Saturday, June 13, 2020, 10:00-11:00 am, will focus on how to have the conversation, what are advance directives, and why it is more important than ever to have your documents up to date and filled out. Time will be allotted for questions.

Part 2: Saturday, June 20, 2020, 10:00-11:00 am, will focus on the documents. Each document will be explained with time for questions.

Registration for the conference is free, but space is limited. Participants can register by calling (512) 600-9275, or [online here](#).



## Join South Asian International Volunteers Association for Yoga, Cooking and Chai!

Yoga & Cooking with Nani every Wednesday 10:30-12:30

Chai and Chat every Friday 4:30-5:30

Contact us to join at [saivacommunications@gmail.com](mailto:saivacommunications@gmail.com).

[See the full schedule here.](#)



Are you registered to vote? You may fill out a [voter registration application](#) here. After filling it out, you'll print it and mail it to the voter registrar. You are not registered until you have filled out the online application, printed it, and mailed it to your local County Voter Registrar.

Once registered, you can apply for a vote-by-mail application.



[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.

**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 and Volunteer Services) - call us if you need us!



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**Our mailing address is:**

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