



Bonnie Gilson <bonniegilson@capitalcityvillage.org>

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## [Test] Learn About Homelessness in Austin; Hear From a Race Car Driver!

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**Capital City Village** <info@capitalcityvillage.org>  
Reply-To: Capital City Village <info@capitalcityvillage.org>  
To: Bonnie <bonniegilson@capitalcityvillage.org>

Sat, Jan 16, 2021 at 2:28 PM

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January 16, 2021

## Featured Events



## **Men's and Women's Lunch – The State of Homelessness in Austin, Featuring Ed McHorse**

**Wednesday, January 27 at Noon**

Our member Sue said, "I heard him talk this morning and think you will be pleased. His depth of knowledge is enviable!"

Join the Village People for lunch (from your own kitchen) and a compelling update of "The State of Homelessness in Austin", featuring friend of the Village Ed McHorse. This program was originally scheduled for January 20 and has been rescheduled. If you RSVP'd for the previous date, you're still on board for the 27th.

Ed practices corporate transactional law with McGinnis Lochridge, LLP, an Austin-based law firm. He has been involved with the Ending Community Homelessness Coalition (known as ECHO) since 2008, and on the board since it was formed as a nonprofit in 2012. ECHO is the lead agency that plans and implements community-wide strategies to end homelessness in Austin and Travis County. They also coordinate the annual Point-in-Time Count, the Homeless Management Information System and the Coordinated Entry System for Austin/Travis County. Prior to his involvement with ECHO, Ed was on the board of Caritas of Austin. He is the son of Tom and Kay McHorse and is married

to Cathy (28 years) and they have three children, Grant (25), Allison (22) and Ben (20).

[RSVP to receive your zoom invitation](#) in your confirmation email.

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## **Judy Ray - Racing Grandmother**

### **Monday, February 1 at 2pm**

Judy Ray, a client advisor at BMW of Austin, describes herself as a "crazy grandmother who loves high-performance driving and racing." And, no, she doesn't believe in driving fast on the street! Originally from Kentucky, Judy lived in California before settling in Texas.

She has driven (raced!) circuits across Europe - Nurburgring, Spa-Francorchamps, the Al-Ring, and the Salzburgring - and 48 different tracks in the U.S., including Austin's Circuit of the Americas. She first experienced the Circuit of the Americas when it was under construction and has been back many times, requested by management to give "hot laps" to their customers, giving her the opportunity to share her passion with people from all over the world.

[RSVP here to receive your invitation](#) to hear more about her self-described life of cars, kids, and cats!

## Village Event Calendar



### First January Coffee Group

**Natalie, Rick, Vivian**

**Arnie, Karen, Stan**

**Susan, Scott, LK**

**Tom, Caroline, Carol**

**Reminder: It is necessary to RSVP for events to receive the zoom invitation.**

- Monday, Jan 18 – Office Closed for Martin Luther King, Jr Holiday
- Monday, Jan 18 at 1 pm – [Yoga for Healthy Aging](#)
- Tuesday, Jan 19 at 10 am – [Virtual Volunteer Orientation](#)
- Thursday, Jan 21 at 9:30 am – [Virtual Coffee Hour](#)
- Monday, Jan 25 at 1pm – [Yoga for Healthy Aging](#)
- Wednesday, Jan 27 at 12 pm (Rescheduled from Jan 20) – [Men's and Women's Lunch with Ed McHorse](#)
- Wednesday, Jan 27 at 2 pm – [Poetry Group](#)

- Thursday, Jan 28 at 9:30 am – [Virtual Coffee Hour](#)
- Monday, Feb 1 at 2 pm – [Judy Ray - Racing Grandmother!](#)

Save the Date:

- Sunday, Feb 7 at 2 pm – [Casa Marianella - Dedicated to Serving Immigrants](#)
- Sunday, Feb 21 at 2pm – Annual Member Meeting (Watch your emails for a survey)
- Wednesday, Feb 24 at 11:30 am – [Men's and Women's Lunch with Saleem Assaf](#)

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

## Today's Newsletter Articles

- [Brain Health and Aging Seminar](#)
  - [Casa Marianella – Dedicated to Serving Immigrants](#)
  - [Ear Health with Saleem Assaf \(February Men's and Women's Lunch\)](#)
  - [From the Member and Volunteer Service Director – free stuff](#)
  - [Invitation to Participate in Study](#)
  - [Judy Ray – Racing Grandmother](#)
  - [Looking for Committee Members](#)
  - [The State of Homelessness in Austin with Ed McHorse \(January Men's and Women's Lunch\)](#)
  - [Second Stimulus Check Timeline](#)
  - [Sign up for the Vaccine](#)
  - [Stay with CCV for Longevity](#)
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### **Development and Marketing Committee**

**Tommi, Tom K, Tom M**

**Sally, LK, Carol**

**Scott, Sue, Megan**

## **The Village is Looking for Committee Members!**

Are you looking for a way to be more involved in your Village in 2021? Here's your opportunity! We're looking for committee members for the following working groups:

Development and Marketing Committee responsible for:

- establishing and maintaining donor relationships
- proposing a fundraising goal that will be part of the annual operating budget during the year
- proposing and overseeing fundraising activities to carry out during the year.

Finance Committee, chaired by the Treasurer, is responsible for:

- preparing the annual operating and capital budgets for submission and approval by the Executive Committee and Board of Directors
- providing and presenting year-to-date financial statements at Board meetings
- providing cash flow forecasts
- managing cash transactions
- developing and implementing appropriate internal control procedures

- alerting the Board President and the Executive Committee of any anticipated cash flow shortfalls
- providing financial information to the Executive Director and Development Committee for use in support of fundraising activities.

Membership Services Committee is responsible for helping ensure membership satisfaction and member renewal. The committee is involved in the initial evaluation process, including responsibility for the new member home visit. At the monthly meeting, the committee will be given a report on the status of current membership by the Executive Director. Special attention is given to membership renewals for the upcoming month as well as special needs of individual members. The committee will continually measure what causes members to renew and support and report these results to the appropriate committees for their use.

Please contact the office at [info@capitalcityvillage.org](mailto:info@capitalcityvillage.org) or (512) 524-2709 if you are interested in one of these opportunities (or if you have questions). We would love to welcome you to greater involvement.

Watch your email for a Member Survey - We want your input as we plan our year.

## Basic Needs





## Your Money

### Have You Received Your Second Stimulus Check?

According to AARP:

"Per the relief legislation, the IRS has a deadline of January 15 to issue the \$600 stimulus payments. Those who have not been issued their money during this next round will need to file a 2020 federal income tax return and wait for the IRS to send their relief money in 2021. Technically, both rounds of stimulus checks are advances on 2020 tax credits and therefore are not taxable.

If you didn't receive money from the first or second round of stimulus payments — or you didn't get the full amount you should have — don't give up. You'll need to file the standard [1040 federal tax return form](#), or the [1040-SR tax return](#) for people 65 or older, to get your missing stimulus money in the form of a tax credit that will either lower the amount of tax you owe or increase the size of your refund."





## Health

### **February Men's and Women's Lunch Presents "Ear and Hearing Health" with Saleem Assaf of The Better Hearing Center of Austin**

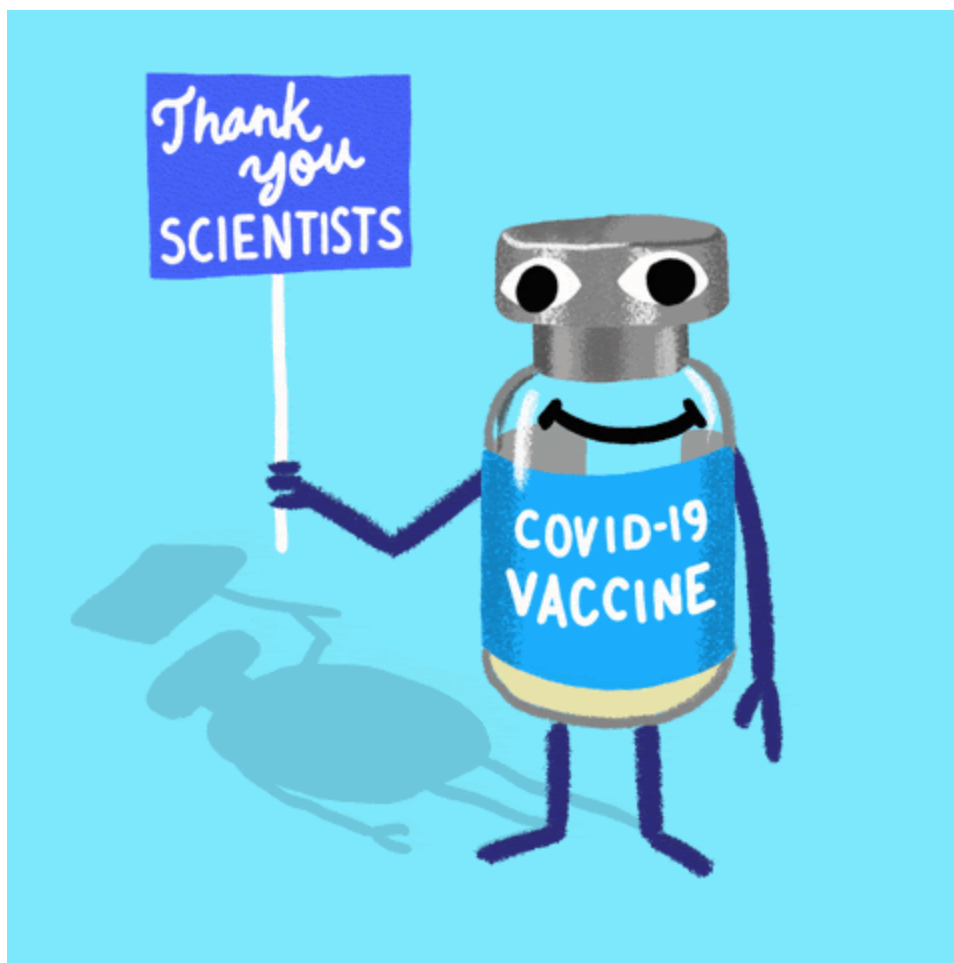
**Wednesday, February 24 at 11:30am**

Join the Men's and Women's Lunch in February for a special program in partnership with SAIVA. Saleem Assaf from The Better Hearing Center of Austin will present "[Ear and Hearing Health](#)". He'll cover these points:

- Ear maintenance and cleaning – myths and truths.
- The ear-to-brain connection
- Hearing's impact on our physical, social and mental well being
- The A-B-C's of hearing aids
- Q&A

Be sure and [RSVP to receive your zoom invitation](#), which will arrive in your confirmation email and again the day before the event in your reminder email.

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## Sign Up for the Vaccine!

Getting the vaccine in our arms has been somewhat challenging. We're now seeing several options for signing up. The first is from Austin Public Health. [Sign up here.](#)

Secondly, our member Joe has sent this suggestion for signing up with Seton: "Various of us have been able to sign up at this site—keep trying, choose the farthest date possible, I failed at one point and was told 'no more vaccine available,' then tried an earlier time the same day and succeeded....no logic...just keep trying over and over—hit the button that says 'see full schedule' to see more choices for scheduling...good luck...trying over and over different appointment times, one right after the other, seems to be the key. [Online Healthcare Scheduling at Texas - Seton COVID Vaccine Dose 1 \(inquicker.com\)](#)

Another option is to watch the HEB site, as they are also waiting for a shipment from the State of Texas. [Here's a link to their scheduler.](#)

And we've just received [this handy link](#) that will take you to many currently known sites who may have vaccines.

**Vaccine Access from Capital Metro:** Your Ride to Receive the Vaccine

CapMetro is offering complimentary curb-to-curb service for eligible community members to receive the COVID-19 vaccination. MetroAccess vehicles are now accepting requests from community members and healthcare providers for transportation assistance to obtain COVID-19 vaccinations through phases I and II. Complimentary trips are currently available to individual customers only at this time. [Here's a link to make your reservation.](#)

Please note: Capital Metro is only providing transportation, not the vaccine itself. Customers must secure and schedule their vaccine dose with their healthcare provider.



# Medicare.gov

## What you should know about the COVID-19 vaccines

As vaccines become more widely available, **it's important to keep taking steps to slow the spread of COVID-19.**

- Limit gatherings with others.
- Practice social distancing.
- Wash your hands frequently.
- Wear a mask in public.

Once the COVID-19 vaccine becomes available to you, **here's what you should know:**

- **You will need 2 doses of the COVID-19 vaccine for it to be effective.** When you receive your first dose, make sure to schedule your second dose.
- **Medicare covers the COVID-19 vaccine**, so there will be no cost to you.
- State governments are handling the distribution of COVID-19 vaccines. **Look for updates from your state and local officials** as more doses of the vaccine become available for additional priority groups.

Visit **CDC.gov** for additional trustworthy information on the COVID-19 vaccines.

## FREE IN-HOME COVID-19 TESTING AVAILABLE

Austin Public Health is providing testing for those who are unable to leave their home to visit a test site. To schedule a home test, call 512-972-5560. Testing is free. You will not be asked about your immigration status.

### How do I make an appointment?

- Call the Austin Public Health nurse hotline at 512-972-5560. Press 1 for English, 2 for Spanish, 3 for Vietnamese and other languages.
- Hotline hours: Monday- Friday 8 a.m. - 6 p.m. and Saturday 9 a.m. -1 p.m.
- Patient information is confidential. You will not be asked immigration status.

### Who should get in- home testing?

- Anyone with mobility issues, underlying health issues, or those without transportation in the Austin-Travis County area

### Why should I get tested at home?

- If you are feeling too sick or weak to leave the house
- If you need to limit your exposure to others who may be sick
- If you are unable to get to a test site

### Who will come to provide the test?

- An Austin Public Health clinical staff person will come to your home at an agreed date and window of time to perform the test

### What should I do until I get my test results?

- We advise that you stay home, except to seek medical care. This helps stop the potential spread of COVID-19 and protects your health.
- Keep yourself away from other household members as much as possible. Keep all shared clean and disinfected.
- Wear a face covering if you must go anywhere outside your home.

*Appointments are currently limited. More appointments will become available as the program grows.*

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## Invitation to Participate: Information, Preventative Behavior, and Disparities in Pandemic Circumstances

From the UT School of Information and the University of Washington School of Medicine– seeking older adult participants.

My name is Yan Zhang, and I am writing to announce a study being conducted by the University of Texas at Austin School of Information and the University of Washington School of Medicine, on information, preventive behavior, and disparities during COVID-19.

The COVID-19 pandemic has raised concerns about life, health, and wellbeing, profoundly affecting us in a myriad of ways. We are conducting a study to examine information access disparities and the

relationship between people's information access and preventative health behaviors in public health emergency situations. Study findings will inform public health practice to promote more effective information dissemination.

Anyone over 18 years of age and residing in the United States is eligible to participate. The questionnaire will take approximately 20 minutes to complete. Those who complete the survey also have the option for entering a lottery draw for a \$30 Amazon gift card. [Please access the study here.](#)

We hope to include diverse opinions and perspectives, and we value your opinion. Thank you for considering to participate!



## Psychological and Social Wellbeing



**Casa Marianella – Dedicated to Serving Immigrants**  
**A Presentation by Jennifer Long**  
**Sunday, February 7 at 2 pm**

Did you know that Casa Marianella is the only homeless shelter in Austin dedicated solely to serving immigrants, and that 65% of its



residents, including children, are asylum seekers from immigration detention. It's been serving displaced immigrants in Austin for 29 years.

Shelter is provided in renovated houses in east Austin. Services include housing, legal assistance, ESL classes and help with medical and social needs, all to promote self-sufficiency.

[Sign up for a Zoom presentation](#) to learn more about Casa Marianella. Jennifer Long, the organization's Executive Director will join us and answer our questions.

And there is a wealth of information on [their website](#).

[RSVP here and your zoom link will be included in your confirmation email](#), then once again in your reminder email the day before the event.



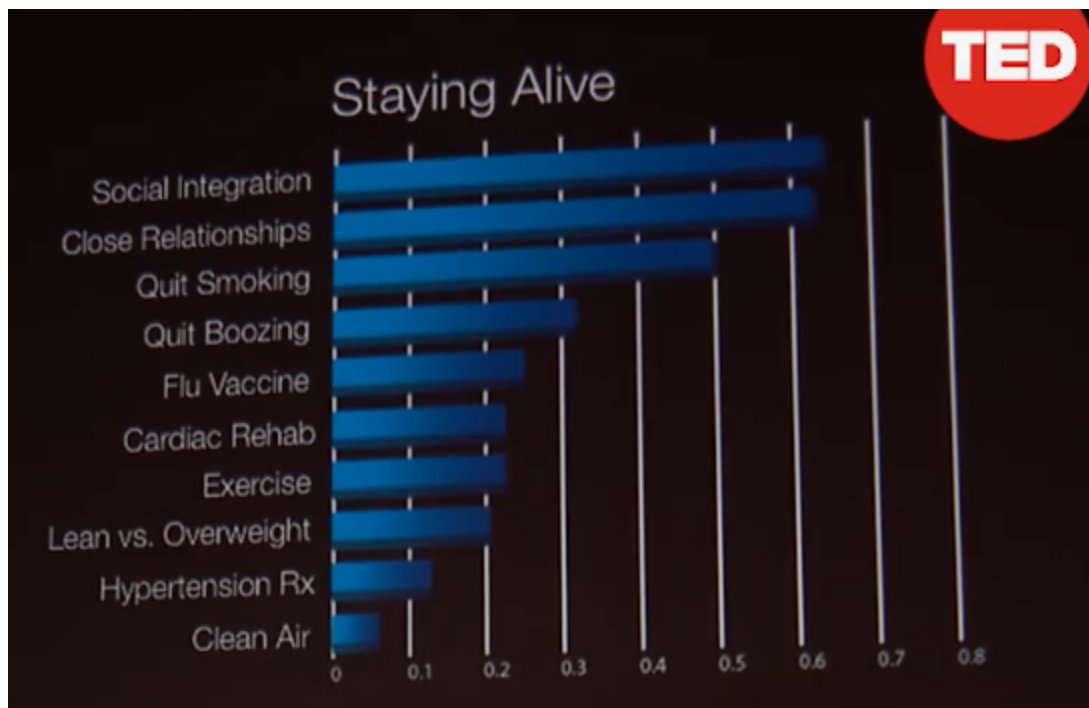
**Jennifer Long, Executive Director, Casa Marianella**

## From Our Members

### Stay with CCV for Longevity!

Member and Volunteer Rick sent this: "This chart (part of a video Scott sent me!) – from bottom UP shows what has the least to most effect on longevity – CCV IS AT THE TOP!!!"





## From the Member and Volunteer Services Director



### Yard Projects

Do you have a big yard project which which you could use some help? Let Johanna know so that if she gets any volunteer groups she can schedule you.

### Laptops

Want to start 2021 with a laptop that's new to you? Two refurbished Dell E7470 laptops donated to CCV by the City of Austin's Community PC program are available. First come, first served--contact Johanna

at [johanna@capitalcityvillage.org](mailto:johanna@capitalcityvillage.org) for more information or if you are interested in claiming a device.

### Hand Cleanser

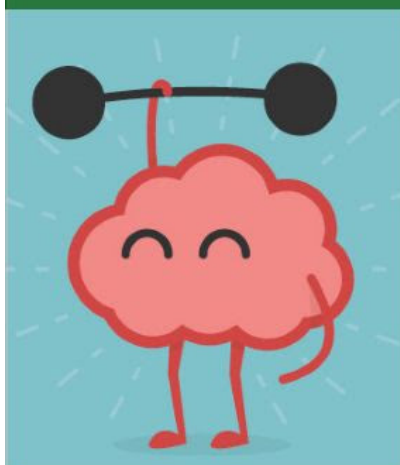
Don't forget! Capital City Village received a generous donation of hand cleanser (with really nifty spray nozzles) from Tito's Handmade Vodka and handmade masks from One Voice Central Texas. Please contact Johanna at 512-468-5594 if you would like to restock your supply.

### Providers

Last, but certainly not least. Do you have a favorite company or individual who has helped you in the past with plumbing, painting, pest control, general handyman work, etc. that you would recommend to friends and family? Our Membership Services committee is currently reviewing applications of prospective providers for inclusion on CCV's preferred list for members. [The potential providers can apply to be on our list here](#), or you can send the information to [johanna@capitalcityvillage.org](mailto:johanna@capitalcityvillage.org).

## In the Community

### Free Caregiver Seminar



## Brain Health And Aging

AGE of Central Texas expert K.C. Lawrence, LMSW, discusses cognitive changes as we age, and issues related to early memory loss.

**Saturday, January 23rd**  
**10:00-11:30 a.m.**

AGE of Central Texas will host the free virtual caregiver support seminar exploring “Brain Health and Aging” on Saturday, January 23rd. Part of the on-going workshop series to help family members effectively care for an older adult, the free seminar will be held from 10:00 to 11:30 am online.

AGE of Central Texas expert K.C. Lawrence, LMSW, will discuss cognitive changes as we age, and issues related to early memory loss.

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



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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