



Bonnie Gilson <bonniegilson@capitalcityvillage.org>

Keep the Goodness Going!

1 message

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

Mon, Mar 1, 2021 at 9:14 AM

[View this email in your browser](#)



March 1, 2021

Featured Events



**A Conversation with Max Sherman – "Releasing the Butterfly, A Love Affair in Four Acts"
Sunday, March 21 at 2:30 pm**

CCV is excited to welcome Max Sherman to speak to us via zoom on Sunday, March 21 from 2:30 – 4:00 pm. Max is Professor Emeritus and former Dean of the LBJ School of Public Affairs at the University of Texas at Austin. Prior to this he served in the Texas State Senate, served as special counsel to the Governor of Texas and was President of West Texas State University.

Max has written a book entitled "Releasing the Butterfly, A Love Affair in Four Acts". Esther Mackintosh, President Emeritus of the Federation of State Humanities Councils says this:

"In Max Sherman's beautiful book, we are given not only a vivid and indelible portrait of a talented, resolute, and fiercely independent woman, but also a memorable journey, by turns joyous, devastating, instructive, and inspiring. The description of the powerful partnership that sustained Max and Gene Alice through this journey will claim a permanent place in the reader's mind and heart."

[RSVP to receive your invitation](#), which will be included in your

confirmation email and again in your reminder email the day before the event.

Keep the Goodness Going!

In 2020, and now in 2021, Capital City Village has stepped up to help our members through some very hard times. Our volunteers have exhibited a special brand of goodness and gone beyond our highest expectations to help seniors age well in their homes in Austin, Texas.

You can help to keep all this goodness going, support the mission of Capital City Village and the resilience of our members. Please consider participating in [Amplify Austin](#) March 4–5 by making a donation to CCV.

A graphic for 'Amplify Austin Day LIVE' featuring a teal speech bubble with the text 'I Live Here I Give Here' and the main title 'Amplify the good in our community.' in large, bold letters. Below the title, it says 'Amplify Austin Day LIVE 24 hours of giving March 4–5 AmplifyATX.org'. A curved banner at the bottom right says 'Advocate for your cause using #ILiveHereIGiveHere.' The background has abstract orange and teal shapes.

**I Live Here
I Give Here**

Amplify the good in our community.

Amplify Austin Day LIVE
24 hours of giving March 4–5
AmplifyATX.org

Advocate for your cause using **#ILiveHereIGiveHere.**



The good ol' days when we breathed on each other at happy hour

Photo by Michael Perry (LK's son)

Join us Online for Happy Hour to Kick Off Amplify Austin Day! Thursday, March 4 at 4:30 pm

This month our [happy hour](#) will be extra special as we kick off the 2021 Annual Day of Giving (Amplify Austin). Settle in with your favorite Quarantini and snack and get ready for some good conversation.

[RSVP here](#) and watch for your confirmation email and a reminder email the day before the event. They will each include your zoom link.

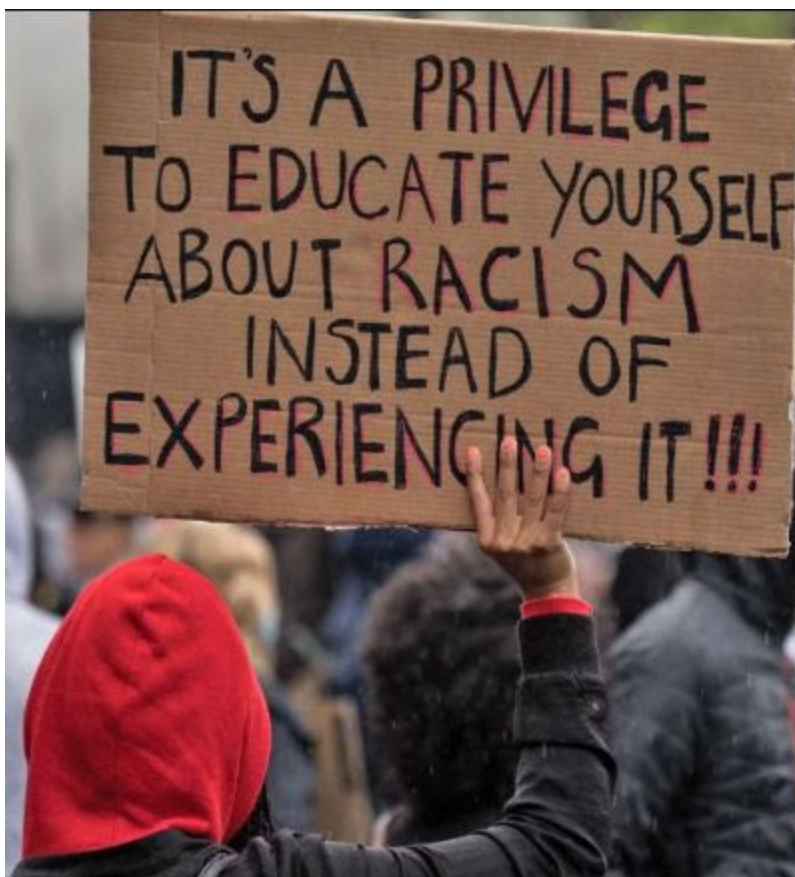


Preventing Falls – From a Pharmacist's Perspective Monday, March 29 at 2 pm

The PGY-1 Year Community Pharmacy Residents of H-E-B and the University of Texas at Austin invite you to view a presentation on how to manage your medications to prevent falls. The presentation will go into detail on how to prevent falls. Our presentation will also address specifically which medications may predispose you to falls and what to

ask your doctor and pharmacist about these medications. We will also briefly speak about how good sleep hygiene can help you get a full night's rest. We look forward to speaking to you!

[RSVP to receive your invitation](#), which is included in your confirmation email and again in your reminder email the day before the event.



Examining White Privilege Series Begins Thursday, March 11 at 2:30 pm

(Co-facilitators: Ginny Fredricks and Pam Farley)

Last year, Ginny and Pam hosted the first CCV interest group on *white privilege*. They are offering another group beginning in March 2021.

If you are ready to explore your own thinking on *white privilege* with other CCV members and friends, this is your opportunity! Please consider making a commitment and registering for this 6–7 week study group using the guidance of the book, *Me and White Supremacy*:

Combat Racism, Change the World, and Become a Good Ancestor, written by Layla Saad. We will also discuss some of Emmanuel Acho's YouTube videos: "Difficult Conversations with a Black Man," designed to educate and inform White America on racism, systemic racism, social injustice, rioting and the hurt that Black Americans are feeling today.

We will meet once a week for six-to-seven weeks, via Zoom from 2:30-4 pm. You will need your own copy (e-book or hard copy -- not the audio version) of the book, as personal journaling will occur outside of the meetings. To facilitate discussion, the group will be limited to 10 people. A commitment to the six-to-seven week format is expected.

[Please check the event page to RSVP and learn how to order the materials.](#)

Today's Newsletter Articles

These links will take you directly to each article:

[Challenge from the Community Outreach Committee](#)

[Conversation with Max Sherman - "Releasing the Butterfly"](#)

[Examining White Privilege](#)

[Extra Special Happy Hour](#)

[FEMA Assistance](#)

[From our Members and Volunteers](#)

[IRS Extension](#)

[Pictures from "The Big Freeze"](#)

[Preventing Falls - From a Pharmacist's Perspective](#)

[Vaccine Guide](#)

Village Event Calendar



February Poetry Group

Pam, Joe, Kate

Joanne, Martha, Pam

LK, Veda

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

- Monday, Mar 1 at 1 pm – [Yoga for Healthy Aging](#)
- Thursday, Mar 4 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Mar 4 at 4:30 pm – [Virtual Happy Hour](#)
- Thursday, Mar 4 at 6 pm to Friday, Mar 5 at 6 pm – [Amplify Austin Day of Giving](#)
- Monday, Mar 8 at 1 pm – [Yoga for Healthy Aging](#)
- Thursday, Mar 11 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Mar 11 at 2:30 pm – [Examining White Privilege series begins](#)
- Monday, Mar 15 at 1 pm - [Yoga for Healthy Aging](#)
- Tuesday, Mar 16 at 10 am - [Virtual Volunteer Orientation](#)
- Wednesday, Mar 17 at 12 pm - [Men's and Women's Lunch](#)
- Thursday, Mar 18 at 9:30 am - [Virtual Coffee Hour](#)
- Friday, Mar 19 at 11 am - [Book Club](#)
- Friday, Mar 19 at 4 pm - [Cooking for Aging Well](#)
- Sunday, Mar 21 at 2:30 pm - [A Conversation with Max Sherman](#) -

"Releasing the Butterfly"

- Monday, Mar 22 at 1 pm - [Yoga for Healthy Aging](#)
- Wednesday, Mar 24 at 2 pm - [Poetry Group](#)
- Thursday, Mar 25 at 9:30 am - [Virtual Coffee Hour](#)
- Monday, Mar 29 at 1 pm - [Yoga for Healthy Aging](#)
- Monday, Mar 29 at 2 pm - [Preventing Falls from a Pharmacist's Point of View](#)

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

A Challenge from the Community Outreach Committee



Ellen, Mart, Vivian, Priscilla, Marie, Sue

This year we will be celebrating Capital City Village's Tenth Anniversary. CCV has become well known as a vital organization that advocates for seniors and supports their ability to thrive and stay in their homes as they age. This year a key goal is to increase membership by 10% (essentially two members per month). We know that most of our members have been recruited by one-to-one contact and word of mouth.

The Community Outreach Committee is challenging all CCV Members to recruit at least one new member for this year. In order to make this a

fun as well as challenging task, Sue, Mart, and Scott will be hosting monthly luncheons to thank the recruiters and new members for joining. As you may know, Sue and friends are great chefs, Scott will be the wine and sparkling water steward, and Mart cooks an enticing pecan pie!

So, we hope that all members and volunteers will accept our challenge, and we truly look forward to seeing you for lunch in the not too distant future!

Your Friends, Sue Hoffman, Mart Hoffman, and Scott Blech

PS, lunches will be individualized as needed, and with COVID yet active, lunches will be safely and individually delivered to homes.

Basic Needs

Travis County & Texans:

APPLY FOR FEMA ASSISTANCE

Recovery Process:

1. Take photos of your damaged home & belongings.
2. Make a list of damaged or lost items.
3. If you have insurance, file a claim with them first.
4. Ways to apply:
 - a. Online or on FEMA app
 - b. Call 1-800-621-3362
 - c. TTY: 1-800-242-7585

You can file a claim for:

- Home damage
- Business Damage/Assistance
- Vehicle Damage
- Funeral Assistance
- Child Care

Apply at [DISASTERASSISTANCE.GOV](https://disasterassistance.gov)

TRAVIS COUNTY JUDGE ANDY BROWN 

FEMA Assistance

Did you sustain damages during Winter Storm Uri? Check with your insurance agent first, and then if you still have needs for assistance [apply to FEMA](https://disasterassistance.gov).

Finance

Texans get Emergency Extension from IRS on 2020 taxes

Texans are getting an extension to file their 2020 taxes because of the winter storm, the [Internal Revenue Service](#) announced on February 22.

Texas residents now have until June 15, 2021, to file most individual and business tax returns and make tax payments. [You can see the full details of this extension here.](#)



Health

Several New Resources for Finding COVID-19 Vaccination

in Austin

We've just heard that UT will have an additional 6,000 shots available this week for those in the 1A and 1B category. [Click here to register.](#)

Also, GoodRx has developed a website to help you locate the nearest vaccine availability. [If you still haven't been able to schedule your COVID-19 vaccination, check this guide for help.](#)

And here's an [Austin American Statesman article](#) about the mass vaccination site at COTA.

From Our Members and Volunteers



The Big Freeze

Members and volunteers Joe and Pam sent this lovely picture from Austin's "arctic tundra".



Member and volunteer LK sent this one and calls it "Snow Days at Summerwood".



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!



Copyright © 2021 Capital City Village, All rights reserved.

You are receiving this email because you signed up for this mailing list on our the village website

Our mailing address is:

Capital City Village
3710 Cedar St
Ste 283
Austin, TX 78705

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

