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## We're Reaching Out and Bringing Lunch

1 message

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Thu, Apr 1, 2021 at 10:03 AM

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April 1, 2021

**Our Committees Keep us Going!**

**Featuring the Community Outreach Committee**



**Mart and Scott delivery on their promise**

## **New Member Lunch Delivery**

You may recall the Community Outreach challenge from the March 1 newsletter. Quoting: "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.

Here they are delivering on their promise – Mart and Scott taking lunches to two new households! They were being followed by Sue, who said she was wondering "where was little red riding hood"?

And after successful delivery, here's one of the groups who enjoyed it. They said the quality and presentation was exceptional!



**Member Recruiters Pam and Joe**

**Recruiters Martha and Mickey**

**New Member Aralyn**

## Today's Newsletter Articles

These links will take you directly to each article:

[Annual Meeting Highlights](#)

[From our Members and Board Members](#)

[April Birthdays](#)

[Featuring our Committees](#)

[Men's and Women's Lunch](#)

[Nutrition Programs](#)

[Shalom Austin Program](#)

[Stimulus Check Information](#)

[Vaccine Information](#)

## Village Event Calendar



### March Men's and Women's Lunch

**Tommi, Rick, Jack and Deeda (Speakers from Community Impact)**

**Elizabeth, Sue, Scott, Arnie**

**Henry and Ellen, Tom, Gail, Vivian**

**John, Carol, Elizabeth, Melanie**

- Thursday, Apr 1 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Apr 1 at 4:30 pm – [Virtual Happy Hour](#)
- Friday, Apr 2 – Office Closed for Good Friday
- Monday, Apr 5 at 1 pm [Yoga for Healthy Aging](#)
- Thursday, Apr 8 at 9:30 am – [Virtual Coffee Hour](#)
- Monday, Apr 12 at 1 pm – [Yoga for Healthy Aging](#)
- Monday, Apr 12 at 2 pm – [Nutrition Education](#)
- Wednesday, Apr 14 at 2 pm – [Nutrition Education](#)
- Thursday, Apr 15 at 9:30 am – [Virtual Coffee Hour](#)
- Friday, Apr 16 at 11 am – [Book Club](#)
- Sunday, Apr 18 at 4 pm – [CCV Information Session](#)
- Monday, Apr 19 at 12 pm – [Nutrition Education](#)
- Monday, Apr 19 at 1 pm – [Yoga for Healthy Aging](#)
- Tuesday, Apr 20 at 10 am – [Virtual Volunteer Orientation](#)
- Wednesday, Apr 21 at 12 pm – [Men's and Women's Lunch](#) (See



*article below)*

- Thursday, Apr 22 at 9:30 am – [Virtual Coffee Hour](#)
- Thursday, Apr 22 at 1 pm – [Nutrition Education](#)
- Friday, Apr 23 at 2 pm – [Nutrition Education](#)
- Monday, Apr 26 at 1 pm – [Yoga for Healthy Aging](#)
- Wednesday, Apr 28 at 2 pm – [Poetry Group](#)
- Thursday, Apr 29 at 9:30 am – [Virtual Coffee Hour](#)

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

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## **Men's and Women's Lunch to Feature Shiyang Zhang from UT's Aging & Longevity Center Wednesday, April 21 at 12 pm**

Join the [Men's and Women's Lunch](#) for an informative program and good conversation. Pick your own potluck and enjoy it in the comfort of your home.

In April we look forward to a most interesting presentation from Shiyang Zhang, who is a graduate student at the Texas Aging and Longevity Center (TALC) at UT/Austin.

Founded in 2018, Texas Aging & Longevity Center's (TALC) core mission is to enhance the longevity and well-being of the aging population. TALC is an exciting initiative of the Population Research Center of the College of Liberal Arts at UT. The basic research done at TALC will

positively affect the quality of life of seniors living in Texas and beyond in coming years.

[RSVP](#) to receive your confirmation emails which contain the zoom link.

## Highlights from the Annual Member Meeting and Annual Impact Report



Tommi explaining how we had to adjust our plans in 2020

Here's the second edition of our six-part series of highlights from the Capital City Village Annual Member Meeting, including highlights from our Annual Impact Report.

As you can see from the zoom slide above, in 2020 we started the year with some big expectations, and then found ways to modify those expectations to fit the reality. So how were those modifications and improvements made so smoothly and quickly?

Committee service became our most time-intensive form of volunteering. Online programs and fundraisers called for new

innovations and lots of creative thinking. Member recruitment and retention became very virtual. Our committees proved they could do it, and they spent at least 860 hours of collective volunteer time making sure the Village went on.

Interested in being on one of our committees? Contact us at (512) 524-2709 or [info@capitalcityvillage.org](mailto:info@capitalcityvillage.org).

## Basic Needs

### Finance

#### **When will Social Security Recipients get the Third Stimulus Check?**

Those who receive Social Security, Social Security Disability, Supplemental Security Income and Railroad Retirement Board benefits — and didn't file 2019 or 2020 returns or use the IRS online Non-Filers Tool — should get their payments by April 7. [Check this article from AARP for more details.](#)

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## Health

### Don't Have Your Vaccination Yet?

[Click here for the statewide vaccination scheduler.](#)

### 10 Things to Know After Being Fully Vaccinated

1. Wear a mask.
2. You can still catch COVID-19, but it shouldn't be as severe.
3. There's a small chance you could infect someone else.
4. You can visit friends and family if no one is at severe risk.
5. You don't have to quarantine after exposure.
6. Keep your vaccine record card handy.
7. Travel is still discouraged.
8. It's a good time to go to the doctor or dentist.
9. You may need a booster shot.
10. A return to normal hinges on herd immunity.



[Please read this article from AARP for all the nuances on this information.](#)

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## Food

### UT Nutrition Students to Present a Series for CCV

Students from the UT Department of Nutritional Sciences have once again agreed to do a series of presentations for Capital City Village members, volunteers and friends.

Click on the date to RSVP for a session that works for you. More information in regard to the subject of each program will be provided in our mid-April newsletter.

- [Monday, April 12 at 2 pm](#)
- [Wednesday, April 14 at 2 pm](#)
- [Monday, April 19 at 12 pm](#)
- [Thursday, April 22 at 1 pm](#)
- [Friday, April 23 at 2 pm](#)

## April Birthdays



## April Birthdays

Here are the April birthdays by date:

1 – Mark McConaughy (Volunteer)

4 – Mavis W

5 – Linda R

6 – Annette M

9 – Helen M W

10 – Nellie T

13 – Bonnie G

14 – Barbara K

17 – Anne N, Sam W

18 – Sue H

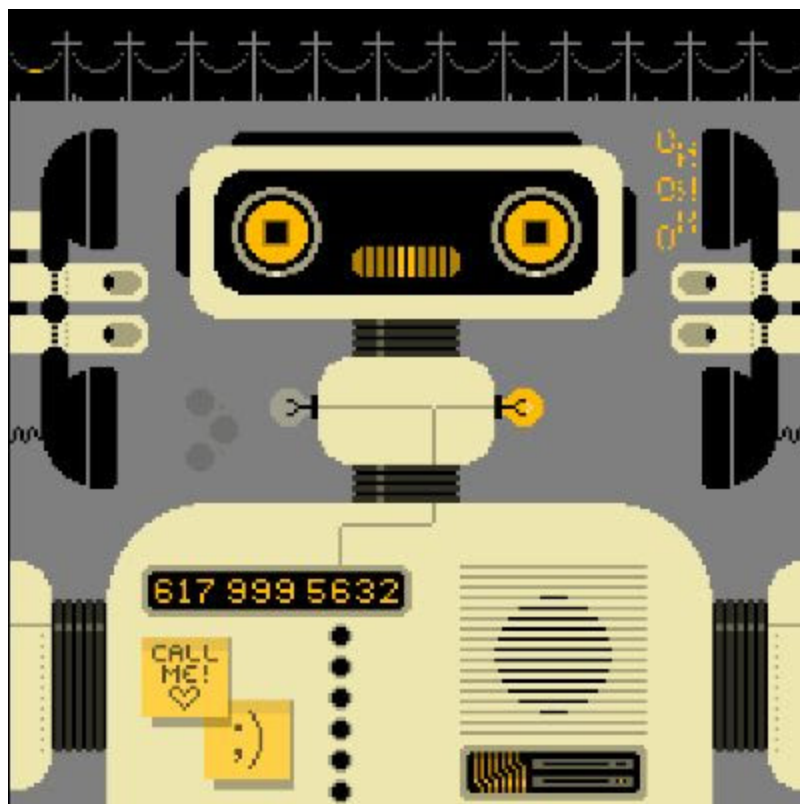
25 – Sandy Y

26 – Kathy S

29 – Tom K

30 – Barbara G

## From Our Members and Board Members



### Stopping Robocalls

Board Member Barbara is sharing tips to stop unwanted robocalls.

1. Register your phone on the [Do Not Call List](#).
2. Block individual callers.
3. Check out this [article from the FCC](#) for other actions you can take.

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### Vote by Mail

Member, Volunteer, and Board Member Pam says:

"If you want to vote by mail in the May 1 election, [here is the link to the Vote by Mail Application](#). The deadline to get it in is April 21, 2021. It's a PDF file.

Open, print, fill out, mark "Annual" and be sure to include your party

affiliation (for future runoffs). Take a photo or make a copy of your completed and signed application, fold (return address is printed on application).

The photo/copy will help us remember how we signed the application so we can sign the same way on the ballot.

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## **Empowering YOU to Prevent Falls**

From Member Jane:

AGE of Central Texas has developed and been offering free a virtual, two-hour class entitled "Empowering YOU to Prevent Falls." The next two-part course, which will be offered from 10-11 am Wednesday, April 28 and Friday April 30. Lori Hill and I have co-taught it twice and will be doing it again in late April.





## FREE Online Falls Prevention Course for Older Adults

### “Empowering YOU to Prevent Falls”

Falls are both common and costly with billions of dollars spent to treat the injuries of the one in four older adults who will suffer a fall each year. The good news is that most falls can be prevented! Learning ways to prevent falls and putting that learning into action can empower you to keep yourself safe. This two-part fall prevention course uses information from the Centers for Disease Control and Prevention, along with information from other reputable sources, to give valuable guidance on ways that older adults can prevent falls.

**April 28<sup>th</sup> & 30<sup>th</sup> | 10:00-11:00 a.m.**

- Session 1 – Annual Action Steps to Prevent Falls:
  - Medication Review and Vision Check
  - Home Safety Check
- Session 2 – Daily Action Steps to Prevent Falls:
  - Lifestyle Choices
  - Exercise and Physical Activity

*This free caregiver education series is designed for older adults and is presented in partnership with CaregiverU and AGE of Central Texas.*

Registration is required and space is limited.

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**Register for Free: Email [lhill@ageofcentraltx.org](mailto:lhill@ageofcentraltx.org) or call Lori Hill at 512-573-8069 for registration assistance**

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## In the Community



Here are a few of the many programs offered by Shalom Austin this month.

[Check out all their programs here.](#)



**Wise Use of Medication and Related Advice for Older Adults**  
**Friday, April 16 at 12:00PM**

Older adults take more medication than any other age group. When taken properly, these medications can assist with improving quality of life and make us healthier. Please join us in learning about the risks and benefits of medications, common problems associated with medication use and ways to use medication safely. Take an active role in your healthcare by joining Dr. Temple and learn more about your medications!

[REGISTER 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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