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## Our Volunteers Keep us Going!

1 message

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Fri, Apr 16, 2021 at 9:59 AM

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April 16, 2021

## Our Volunteers Keep us Going!

### Next Week is National Volunteer Week

Capital City Village's volunteers drive members, help with technology, do yard and handy work, serve on committees, care for pets, plan events and so much more!

Just one example of our fine volunteers is Karen, who loves dogs. While member Priscilla was recovering from surgery Karen fostered her beloved friend Ruby. Just one of a million stories we could tell about our volunteers! (By the way, both of these ladies are fully vaccinated.)



**Priscilla, Ruby, Karen**

And here's a group from The Church of Jesus Christ of the Latter-Day Saints who helped out member Jimmie with a window-cleaning and painting project:



**Volunteers with Jimmie (fourth from left)**

## Today's Newsletter Articles

These links will take you directly to each article:

[Annual Meeting Highlights](#)

[Celebrating Volunteer Week](#)

[Event Calendar](#)

[From our Members and Volunteers](#)

[Health](#)

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

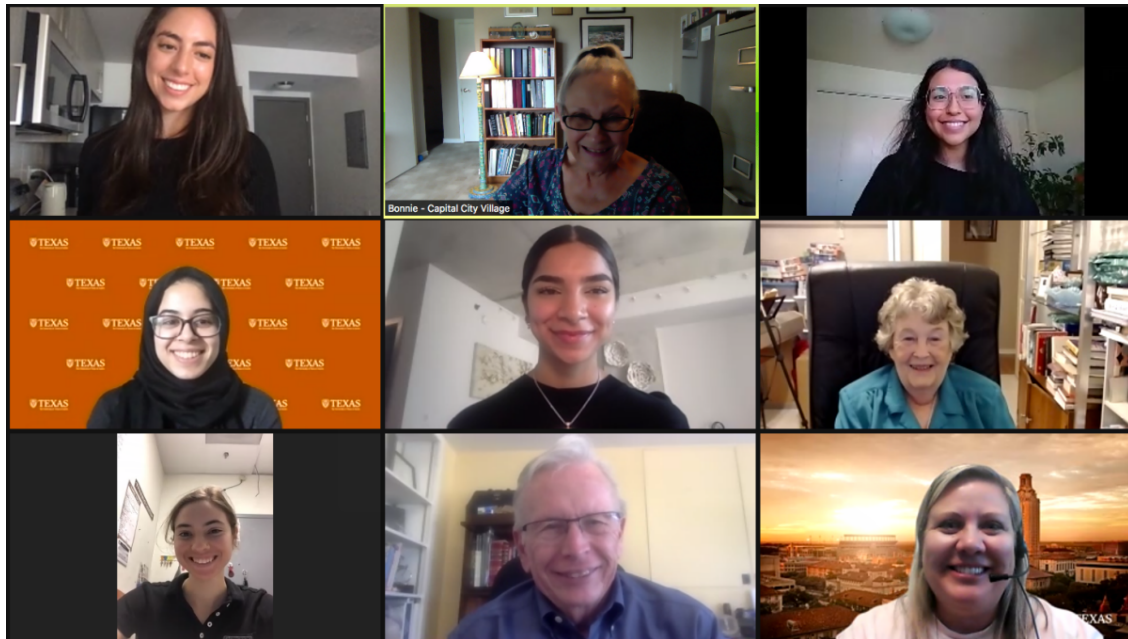
[Michael Barnes – Inside the Reporting](#)

[Nutrition Programs](#)

[Our Volunteers Keep us Going](#)

[Special Coffee Hour to Welcome 2020 New Members](#)

## Village Event Calendar



**"Eating to Beat the Disease", by UT Nutrition Students**

**Andrea, Bonnie, Sara**

**Kulsoum, Iza, Geri**



**Hayley, Tom, Ladia**

- Friday, Apr 16 at 11 am – [Book Club](#)
- Monday, Apr 19 at 12 pm – [Nutrition Education - The Power of Vitamins, Minerals and Fatty Acids](#)
- Monday, Apr 19 at 1 pm – [Yoga for Healthy Aging](#)
- Tuesday, Apr 20 at 10 am – [Virtual Volunteer Orientation](#)
- Tuesday, Apr 20 at 2 pm – [Nutrition Education - Shop Smart, Cook Confidently](#)
- Wednesday, Apr 21 at 12 pm – [Men's and Women's Lunch](#)
- Thursday, Apr 22 at 9:30 am – [Virtual Coffee Hour Featuring New Members from 2020 and Friends](#)
- Friday, Apr 23 at 2 pm – [Nutrition Education - Eating as You Age](#)
- Monday, Apr 26 at 1 pm – [Yoga for Healthy Aging](#)
- Tuesday, Apr 27 at 4:30 pm – [Putting Together Austin History - Inside the Reporting with Michael Barnes](#)
- Wednesday, Apr 28 at 2 pm – [Poetry Group](#)
- Thursday, Apr 29 at 9:30 am – [Virtual Coffee Hour](#)

**Save the Date:**

- Sunday, May 9 at 2 pm – [Capital City Village Information Session](#)
- Thursday, May 13 at 6:45 pm – Flowers of Life – [Austin Classical Guitar and the Wildflower Center](#)

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

## Featured Events





## **Putting Together Austin History – Inside the Reporting**

**with Michael Barnes**

**Tuesday, April 27 at 2:30 pm**

“Back by Popular Demand”

Austin American Statesman’s city columnist, Michael Barnes writes about the city’s people, places, culture and history. In 2019, Michael delighted a CCV audience with his charm, knowledge and talented story telling. He’s a native Texan, U T grad, author and award winning journalist.

Michael says: “Often folks ask if I miss anything about Old Austin. I say yes, but so much about our city is the same. Especially the people. Austin, at least the ones who engage in the social scene, are open, smart, kind, fun and fit, the last quality from the inside out. People, come here to join that culture, not to alter it. They do alter it, however, and our language, landscape, buildings, food, movies, music, etc., are permanently evolving.”

Travis County Historical Commission Chairman Bob Ward observes: “When I read a Michael Barnes article, it’s like listening to a great story being told by an old friend. It always leaves you informed, entertained and feeling somewhat closer to the Austin community. He is our collective memory.”

Members, volunteers and friends are invited to enjoy Michael Barnes' informal talk, followed by an Q&A.

[RSVP to receive your zoom link](#), which will be included in your confirmation and reminder emails.

Thanks to LK Keeling for the article.

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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**

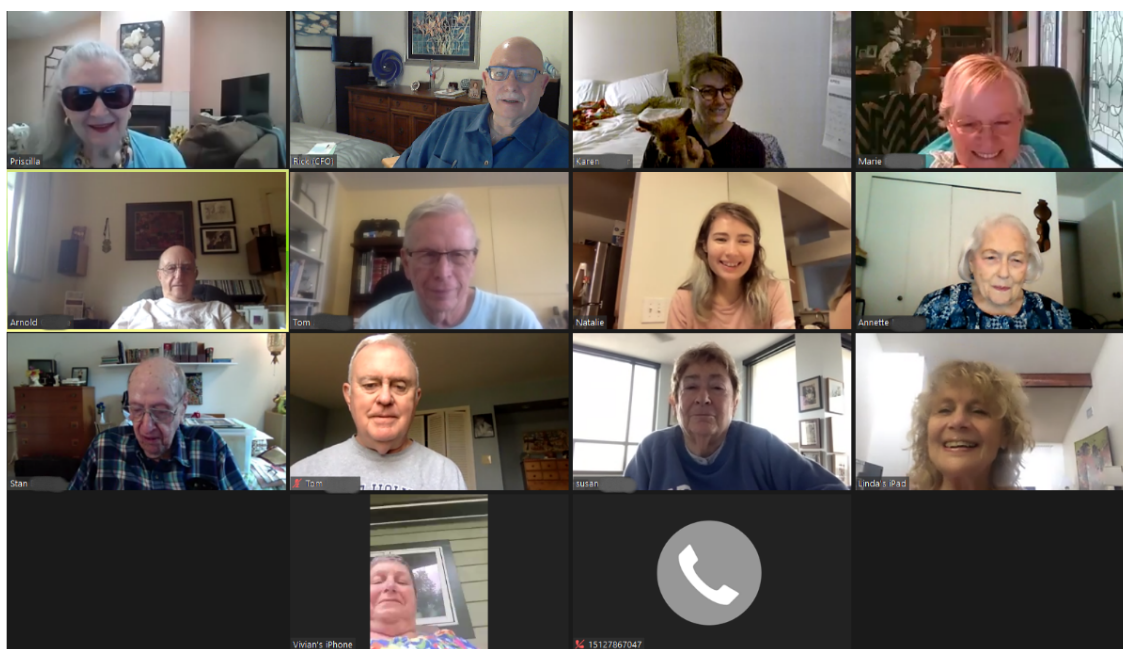
Join the [Men's and Women's Lunch](#) for an informative program and good conversation. Pick your own potluck and enjoy it in the comfort of your home.

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.

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#### **April 8 Coffee Group**

**Priscilla, Rick, Karen, Marie**

**Arnie, Tom M, Natalie, Annette**

**Stan, Tom K, Susan, LK**

**Vivian, Ronald**

### **April 22 Coffee Hour Welcomes All the New Members (and Their Village Buddies) Who Joined Us in 2020**

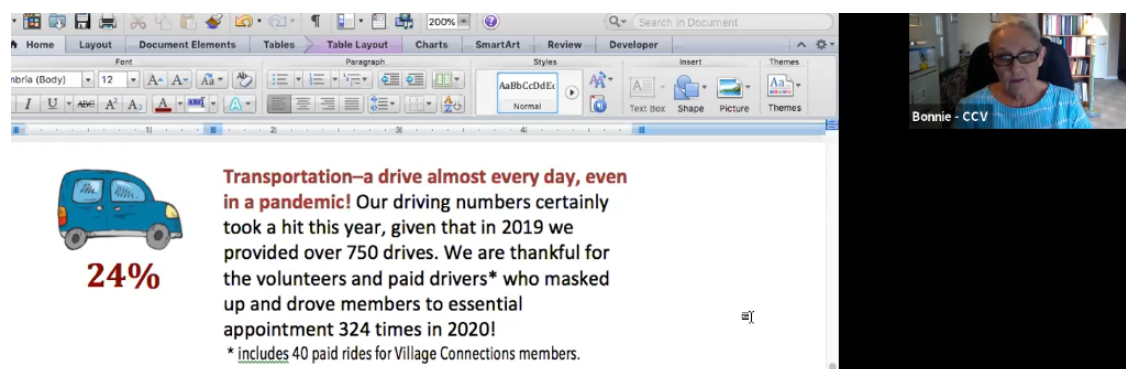
We know that 2020 was a tough year to become a new member of the Village. Kudos to those of you who took that step! Because we were unable to have our usual New Member Lunches, our welcomes to you consisted of phone calls and zooms. We'd like to dedicate our [April 22 Coffee Hour](#) to you to recognize your resilience and let you know we really do care! We'd also like to invite your Village Buddy, that person who picked up the phone and called you every so often just to see how you were doing.

If you are a member who joined us last year, or one of their Village Buddies, please join the happy group who meet for coffee every week on Thursday, April 22 at 9:30 am. And if you're not one of those but just want to let them know you appreciate them, join us!



[RSVP here](#) to get your zoom invitation.

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



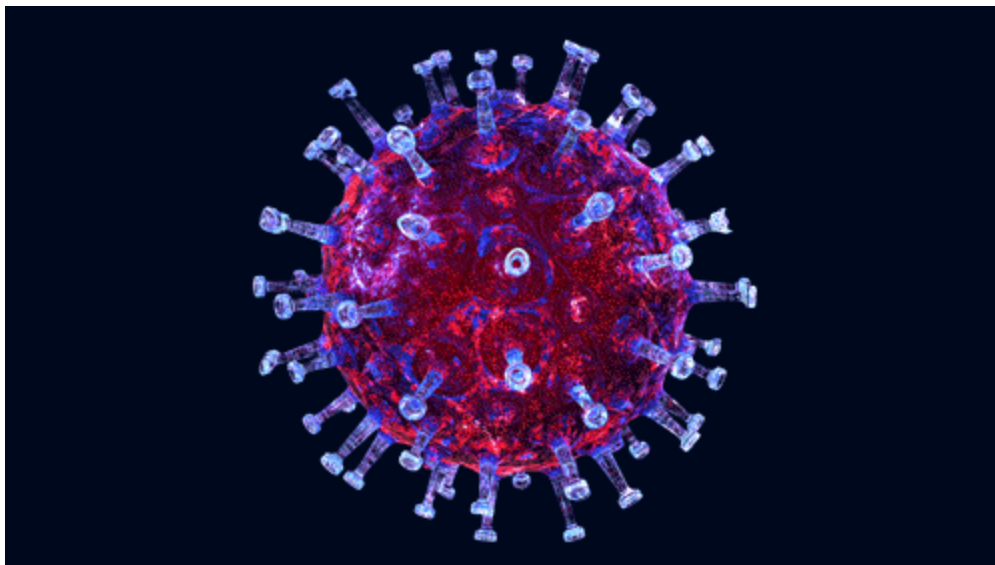
The screenshot shows a Zoom presentation slide. On the left, there is a small blue car icon with the text '24%' below it. To the right of the icon, the text reads: 'Transportation—a drive almost every day, even in a pandemic! Our driving numbers certainly took a hit this year, given that in 2019 we provided over 750 drives. We are thankful for the volunteers and paid drivers\* who masked up and drove members to essential appointment 324 times in 2020! \* includes 40 paid rides for Village Connections members.' On the right side of the slide, there is a video feed of a woman named Bonnie, identified as 'Bonnie - CCV'.

Bonnie explaining how we provided a drive almost every day in 2020

Here's the third 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 our transportation volunteers, paid drivers and members put on their masks and gloves and they accomplished 324 essential drives. This is almost a drive every day, so amazing in a year like this. We are extremely thankful to our transportation volunteers. And in order to make sure our members made it to their essential medical appointments, we supplemented volunteer drives with 40 paid rides through our Village Connections program.

## Basic Needs



## Health

### **Can You Catch the Coronavirus After Getting Vaccinated?**

Although it's rare, there are conditions in which it can happen. "Though few and far between, the breakthrough cases are part of the reason the CDC is encouraging Americans to continue to take precautions — wear masks, avoid crowds, wash hands, social distance — until more of the population is vaccinated."

[See complete details in this AARP article.](#)

### **Is All That Disinfecting Really Necessary?**

[The CDC has issued new guidance on the subject.](#) While not impossible, the risk of getting infected from a surface is very low, generally less than 1 in 10,000. And the CDC says it's fine to use regular household cleaners as long as no one is sick or has a suspected coronavirus infection. Their latest guidance indicates we should be more concerned about indoor spaces and close proximity to people outside our households.

### **Office Depot will Copy and Laminate Your COVID-19 Vaccination Card Free**

[See details here.](#)

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## Food

### **UT Nutrition Students Presenting a Series for CCV**

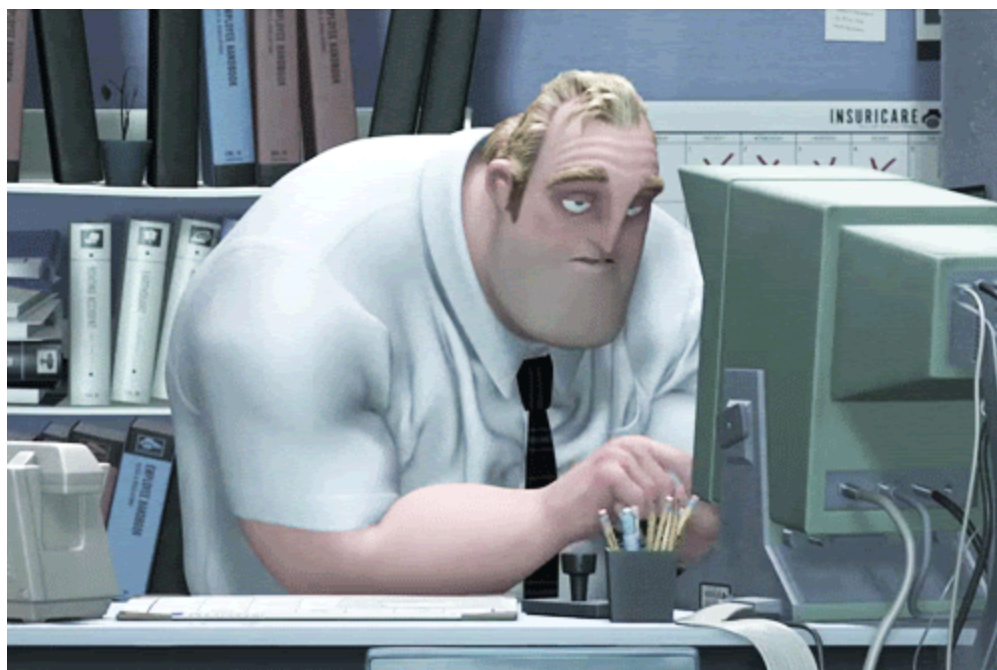
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Students from the UT Department of Nutritional Sciences are once again doing a series of presentations for Capital City Village members, volunteers and friends. The programs so far have been well-prepared, interesting and informative. You may view them on the [News and Resources](#) page of our website.

Click on the date to RSVP for a session that works for you.

- [Monday, April 19 at 12 pm](#)
- [Tuesday, April 20 at 2 pm](#)
- [Friday, April 23 at 2 pm](#)

## From Our Members and Volunteers



### "Geek Squad" Scam

Member and Volunteer of the Year Rick shared this ["Austin American Statesman" article](#) about an elaborate scam. Read and be aware!



## Celebrating Volunteer Week



Take an afternoon break and listen to a live performance by world class Violinist, DJ, and Artist DSharp. Known for his trademark colored violins, he writes his own music and performs cover versions of popular songs, focusing on hip hop, electronic dance music and classical pieces. Join us live on Monday, April 19 at Noon PT/3pm ET on [Facebook](#) for this amazing performance!



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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