



Capital City Village <bonniegilson@capitalcityvillage.org>

Austin is at Stage 5 - We Are Still Carefully Providing Services

1 message

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Mon, Aug 16, 2021 at 9:59 AM

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Capital City Village Office: (512) 524-2709
Member Services: (512) 468-5594

August 16, 2021














































Austin has gone to Stage 5 – We're Still Carefully Providing Services

We are providing both essential and non-essential services to members, using recommended health protocols in compliance with Stage 5. All of our programs are once again being held online to protect the health and safety of our members, volunteers and guests. Please monitor our [Events page](#) for updates.

Additionally, and importantly, our Past President Dr. Tom McHorse is available to answer your questions about taking the vaccine. You may reach him at tmchorse@gmail.com or (512) 970-7540. If you are not vaccinated and would like to be, [click here for additional information](#) on locations and times for vaccination sites. Transportation to vaccination appointments can be arranged by contacting the office.

COVID-19 Risk-Based Chart - Vaccine Edition

** Please continue following additional requirements of local businesses, venues and schools regardless of vaccination status or stage.

	Private Gatherings**				Travel**		Dining/ Shopping**	
	Indoor		Outdoor					
	 Vaccinated	 Partially/ Unvaccinated	 Vaccinated	 Partially/ Unvaccinated	 Vaccinated	 Partially/ Unvaccinated	 Vaccinated	 Partially/ Unvaccinated
Stage 1								
Stage 2								
Stage 3		 If high risk: avoid unless essential		 If high risk: avoid unless essential		 If high risk: avoid unless essential		 If high risk: avoid unless essential
Stage 4						Only if essential		Only if essential
Stage 5								Only if essential

The World Into Words – Summer Writers Series

Capital City Village is pleased to introduce author #4 of our Summer Writers Series. These programs are being presented online so we can bring you writers from lots of locations.



Lori Rader-Day
Sunday, August 22 at 2 pm

In the next installment of our World Into Words Writers Series, Capital City Village welcomes Chicago-based mystery writer Lori Rader-Day. She is the author of the Edgar® Award-nominated novel "Under a Dark Sky" and the Mary Higgins Clark Award-winning mystery "Little Pretty Things", as well as a three-peat winner of the Anthony Award. Bestselling author Jodi Picoult chose one of Lori's short stories as the grand prize winner of Good Housekeeping's first fiction contest in 2010. [Be sure to RSVP here to receive your zoom invitation.](#)

[Read more about Lori here](#)

Today's Newsletter Articles

These links will take you directly to each article:

[August Birthdays](#)

[Austin's at Stage 5 - We're Still Carefully Providing Services](#)

[Can a Coronavirus Infection Lead to Dementia?](#)

[Caregiver Conference](#)

[Event Calendar](#)

[Men's and Women's Lunch - "Jungles of Darien Revisited"](#)

[Registration is open for the Golf Tournament](#)

[Summer Writers Series - Lori Rader-Day](#)

[Welcome to our Newest Member](#)

Village Event Calendar



August 5 Virtual Coffee Hour

Priscilla, Rick, Karen, Annette

Vivian, Arnie, Marie, Sue

Susan, Natalie, Carol, Stan

- Tuesday, Aug 17 at 10 am – [Virtual Volunteer Orientation](#)
- Wednesday, Aug 18 at 12 pm – [Men's and Women's Lunch - Arnie Orange](#)
- Thursday, Aug 19 at 9:30 am – [Virtual Coffee Hour](#)
- Sunday, Aug 22 at 2 pm – [Summer Writers Series - Lori Rader-Day](#)
- Wednesday, Aug 25 at 2 pm – [Poetry Group](#)
- Thursday, Aug 26 at 9:30 am – [Virtual Coffee Hour](#)

Save the Date:

- [Book Club](#) is taking a break and will resume September 17 with "Hamnet"

- [6th Annual CCV Golf Tournament](#), Saturday, October 2 at Riverside Golf Course, co-sponsored by Tarrytown United Methodist Church. Registration and sponsorship opportunities [are now available here](#).

And here's a reminder that you can watch our past programs on our [youtube channel](#) – we'd love for you to subscribe to it. You can also watch the programs [directly from our website](#).



Men's and Women's Lunch - "Jungles of Darien Revisited" with Arnie Orange

Join CCV Men and Women for the monthly lunch from home. Provide your own favorite pot luck and settle in for an informative program and good conversation.

Arnie Orange will return as our presenter and take us back to a remote and dangerous corner of Panama. [RSVP here to receive your zoom invitation](#).



Registration is Open for the 6th Annual CCV Golf Tournament!

Please join us for the 6th Annual Capital City Village Golf Tournament on Saturday, October 2. Even if you're not a golfer, we'll be looking for volunteers. [If you are a golfer and/or want a chance to sponsor a hole, register here.](#)



Welcome to Our Newest Member

Francesca S, 78731



August Birthdays

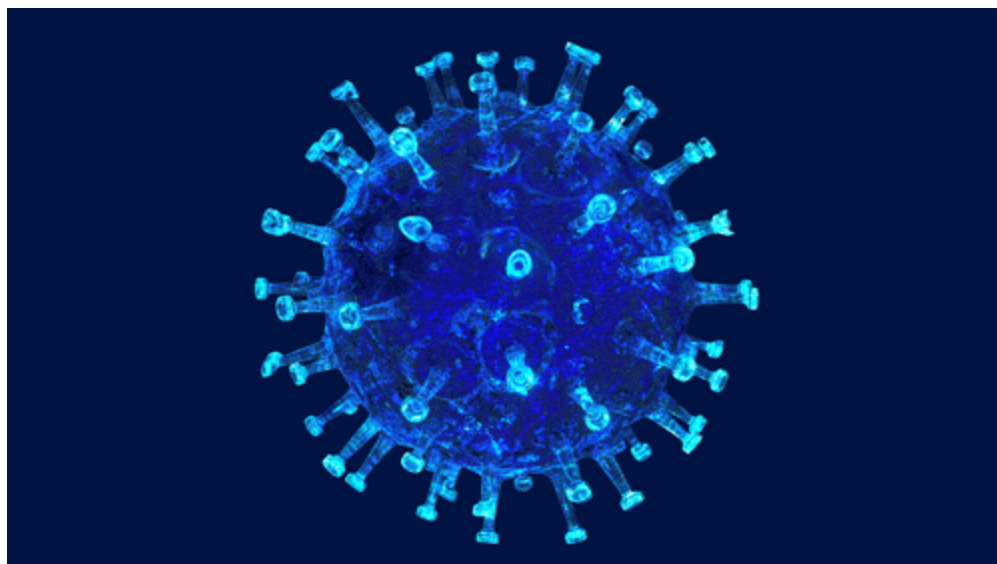
Members:

Jimmie J
Tom M
Hank M
Kay M
Judith S
Carl B
David G
Dan A
Doug A
Gayle S
Jerry D

Volunteers:

Jim S
Sarah A

Health and Safety



Can a Coronavirus Infection Lead to Dementia?

A year and a half into the pandemic, we now know that COVID-19 is so much more than a respiratory illness. Yes, it can ravage the lungs, but it can also damage the kidneys, weaken the heart and even affect the brain.

In fact, one study found that as many as 1 in 3 COVID-19 survivors experience a mental health or neurological disorder within six months of a coronavirus infection. [Read the AARP article here.](#)

In the Community



Tuesday, Aug 17, 10:00 am to Saturday, Aug 21, 2:00 pm

The [Striking a Balance: Family Caregiver Conference](#) is celebrating its 20th anniversary with three days of webinar style breakout sessions and a Saturday in-person, keynote speaker event, luncheon and information and resource fair.

Detailed information about the sessions and their speakers can be found on the websites for either the [Area Agency on Aging of the Capital Area](#) or [AGE of Central Texas](#).



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 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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