



NEWSLETTER

Tips and information for today / Week of May 18th 2020

GREETING *from West Baxter*

Hey everyone! We are missing you so much, we hope all of you are doing well and staying safe. While you have been gone 50 Plus Programs has been working extremely hard with improvements to the centers and creative virtual programming. These virtual programs consist of education on gardening, different ways to exercise, cooking classes, and other entertainment with familiar faces. You can check them all out by clicking [here](#). The staff and I can't wait to share the new improvements and work with you all again sooner than later!

A MIDSUMMER NIGHT'S DREAM

PRESENTED BY **StDavid's HEALTHCARE**

Welcome to the ballet in your home! We heard from many of you this week that you would appreciate more time to view this virtual presentation of Stephen Mills' critically-acclaimed production of A MIDSUMMER NIGHT'S DREAM....one of Shakespeare's most beloved comedies. So whether you're watching again or didn't quite get a chance to join us on Mother's Day weekend, enjoy access to the high-definition video recording through May 22, 2020, (and no expiration date for enjoying the multi-media companion materials). BE WELL, and enjoy the show!

[Ballet Austin](#)

365 ESCAPE

Play the best escape games online! These games might be tricky sometimes, so be prepared. The player must solve some difficult puzzles and use them with objects to find a way out from different mysterious places. Try your best and see how fast you can escape! Click below to get access to all of 365 Escape's many mysterious rooms.



Austin Emergency Financial Assistance Program

In these trying times, it's known one may need a little help so the City of Austin is doing it's part. Click below to be welcomed to the City of Austin Utility Bill Relief application process! A simple process can take a little strain off these days.

[Austin Bill Help](#)



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OLDER AMERICANS MONTH



MAKE YOUR MARK: MAY 2020

The Make Your Mark theme was selected to encourage and celebrate countless contributions that older adults make to our communities. Their time, experience, and talents benefit family, peers, and neighbors every day. Communities, organizations, and individuals of all ages are also making their marks. This year's theme highlights the difference *everyone* can make – in the lives of older adults, in support of caregivers, and to strengthen communities.

We invite you to make your mark in May!

TED TALKS

Almost 30 years ago, Pico Iyer took a trip to Japan, fell in love with the country and moved there. A keen observer of the human spirit, Iyer professes that he now feels he knows far less about Japan -- or, indeed, about anything -- than he thought he knew three decades ago. In this lyrical meditation on wisdom, Iyer expands on this curious insight about knowledge gained with age: that the more we know, the more we see how little we know. The Beauty of What We'll Never Know...

[Ted Talk Video](#)

JUMP / START

Think about the stories that make up your life. Which ones would you like to share? Here are some questions that might get you thinking:

- What would you like to tell your 22-year-old self?
- What do you think your 22-year-old-self would want to tell you?
- What are the best and worst pieces of advice you've received?
- What's your hidden talent?
- What are you most proud of?
- Looking back, is there something you wish you had done that you did not?
- What do you most admire about your best friend?
- What do you wish the world knew about you?
- Was there a time when an older adult helped you feel strong in a tough time?

We would love for you to send us your answers to these questions so we can share them with others! You can do it anonymously or we can share your name with your answers. We are excited to hear what you have to send in at southaustinsenioractivitycenter@austintexas.gov



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WE CREATE
COMMUNITY



Social Distancing & ME...

An Austin PARD Adult 50+ Programs MAKE YOUR MARK Project

Please reflect on the time you have spent, and are still spending, on your own or with family/friends in the same household, safely following the COVID-19 social-distancing guidelines. We ask that you share your thoughts, highs & lows, experiences, lessons learned, newly discovered interests, etc. in any of the following formats:

- *Written Stories
- *Poems
- *Photographs
- *Epigrams/Witticisms
- *Cartoons
- *Drawings/Paintings

LSAC Staff will put together an electronic flipbook, and simple bound publication with your creative "Social Distancing & Me" submissions for distribution (free) to project participants!



You are invited to participate in our "May-Older Americans Month" creative expression book project.

Send submissions for the book to Lamar Senior Activity Center by **WEDNESDAY, MAY 27, 2020**

Email to:

lamarsenioractivitycenter@austintexas.gov

or

Mail to:

LSAC Staff-BOOK Project
2874 Shoal Crest Ave,
Austin, TX 78705

or

Text to:

512-658-4770



Call LSAC Staff at 512-978-2480 for more information

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WHAT TO KNOW ABOUT CHRONIC DISEASE AND COVID-19

Anyone can get sick from COVID-19, but people 65+ and those with a chronic condition are more likely to become very sick or die.

You are at higher risk of severe illness if you have the following:

- Asthma, heart or lung disease
- Kidney or liver disease
- Diabetes
- Severe Obesity (body mass index [BMI] 40 or higher)
- Weakened immune system (including: poorly controlled HIV or AIDS, cancer treatment, smoking)

How to manage your Chronic Disease during COVID-19

- Take your prescribed medications on time and as directed by your healthcare provider (ask about obtaining an extra supply of medications in case you cannot get to the pharmacy or clinic)
- Take time to measure your blood pressure if you have hypertension or take your blood sugar if you have diabetes
- Use telemedicine/telehealth option instead of a regular medical visit (**If you need emergency help, call 911**)
- Make healthier choices to help improve your chronic disease (such as: quitting tobacco use, getting more physical activity, and eating nutritious meals and snacks)

How to protect yourself



Wash your hands with soap and water for 20 seconds



Practice Social distancing 6 feet or more between yourself and others



Clean and disinfect frequently touched surfaces



Avoid touching your eyes, nose, and mouth with unwashed hands



Stay home if possible and wear a face covering in public

For more information austintexas.gov/covid19



APH Austin Public Health
PREVENT. PROMOTE. PROTECT.

05/01/2020

MARTHA GRAHAM DANCE COMPANY

In April the Martha Graham Dance Company began presenting “Martha Matinees”—individually themed, twice-a-week programs on its YouTube channel. These presentations are shown there at 2:30 p.m. EDT on Wednesdays and Saturdays, when viewers can participate in a live-chat stream with Martha Graham Dance Company director Janet Eilber and others watching. After the hourlong matinees are concluded the channel keeps the programs posted and available for further access. Among the highlights of the programming so far are some especially rare and newly

[Martha Graham Dance Company](#)

TED TALKS / AGING

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. Meanwhile, independently run TEDx events help share ideas in communities around the world.

[Living Passionately](#)

[Power of Vulnerability](#)

THE WALL STREET JOURNAL.

HOW TO START A GARDEN! WITH VERY LITTLE EFFORT

Millions of people are turning to their yards for recreation as the pandemic limits other options, and gardening is one of the big winners. If the thought of spending hours digging up grass and chopping through the soil is enough to send you back inside the house, relax. There is an easier way to start a flower or vegetable bed—one that won't cause blisters or back pain. It's called the newspaper trick! Click the link for details.

[Newspaper Trick](#)



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Field Trip VIRTUAL

Put on your shoes...or don't... and get ready for some awesome virtual field trips brought to you by the one and only Kelly Maltsberger! Grab a cup of coffee or a cup of tea and sit back and tour some amazing areas!



[The Vatican Museum](#)



Google Arts & Culture

[Google Arts: Street Art](#)

Joe's MOVIES

Joe makes his weekly movie pick for us all to enjoy on our favorite streaming service. Joe's third pick for us is a fun romantic movie, just like Joe!! HAHA!

Fonda and Redford star as Addie Moore and Louis Waters, a widow and widower who've lived next to each other for years. The pair have almost no relationship, but that all changes when Addie tries to make a connection with her neighbor. [Our Souls at Night](#) on Netflix.



More info on movie streaming services through Austin Public Library on pg. 9

Austin Parks & Recreation

You Tube Channel

Head on over to Austin's Parks & Recreation's own YouTube Channel! Many different centers have put together videos for us all to watch and use while at home. We hope you enjoy the hard work the staff has done to continue to bring encouragement and fun to your household. Click [here](#)! Enjoy these Lynnette picked videos below!



[Better Balance w/ Ken](#)



[Old Fashioned Tea Cakes](#)



[One w/ Nature Yoga](#)



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STRETCH & STRENGTHEN

Patti Gagne

Join us in watching Patti Gagne's Stretch and Strength videos! She's found great time to put together a handful of videos for us to all be able to watch at home and follow along with the exercises. We hope you enjoy them as much as we do!

[Upper Body Focus](#)

[Seated & Standing](#)

[Balance](#)



Kade's style of teaching, developed over the last several years, combines individual attention and group focus. His easy going manner and love of teaching give students confidence and faith in his abilities. He brings together his ability to tailor instruction to each individual and his ability to communicate the subtleties of an ancient art to modern students to make T'ai Chi accessible to those who train with him.

[Kade Green Channel](#)

Check back in with more video tutorials from North Austin T'ai Chi!



virtual
ZUMBA[®]
gold

Jackie is doing a virtual Zumba class on Friday mornings at 10:30AM if anyone would like to join her. There are two ways to join her: you can go to my "Virtual Zumba Gold classes with Jackie" Facebook page and join the group, or you can email Jackie and she will send you an email invitation once she sets up the meeting for the class. Then you can join straight from your email via the link in the invitation. Jackie hopes to see you there! Here is her email and Facebook links.

[Facebook Group](#)

jacqueline.cotrell47@gmail.com



Until we can be back in the studio *with you*, we are excited to bring you *three ways* to be active and be well VIRTUALLY! There are basically 2 terminologies that will help you to choose what classes are best for you, from Osteo-Strong Active Aging and Pilates full body to Cardio Dance and resistance bands. Click the link below and head to our website to take advantage of our virtual programs!

[Ballet Austin](#)



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Integral Care is offering anyone Covid-19 related counseling through Integral Care. Clients can call the main crisis number @ 512-472-(HELP) 4357, and request to speak to a someone who can help them manage anxiety or depression related to the COVID-19 pandemic. Currently this service is set to be available for the next 60 days (subject to extension of-course).

For more information click here:

[Integral Care](#)



In partnership with Meal on Wheels and More, PARD senior activity centers and 3 recreation centers are distributing meals for curbside or parking lot pick up. Each registered participant was given 10 shelf stable meals to take to their home. Although the pick ups listed already occurred, we encourage you to check back for future distribution dates.

[Congregate Meal Update](#)

COVID-19 INFORMATION

Austin-Travis County information for online enrollment for Free COVID-19 Testing .

[Online Enrollment for Covid-19 Testing](#)



Attached is a vote by mail application. Be sure to check "Annual Application" in Box 6a to assure you also automatically receive a ballot in October to vote by mail for the Presidential election.

[Vote by Mail](#)



FREE ONLINE GAMES

Feeling a little restless and need to work the brain? Trying some of these great pics from Guide for Seniors of games online! Solitaire, Rummikub, Mahjong, and much more!



[Online Games](#)

FOUNDATION COMMUNITIES

Due to COVID-19, we are not currently offering in-person tax preparation, but we still want to help! Foundation Communities has teamed up with GetYourRefund.org to help you file your taxes online with the help of our IRS-certified tax preparers from April 8 to May 8, 2020.

[Austin Tax Help](#)



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AUSTIN PUBLIC LIBRARY

Hoopla has digital movies, music, TV shows, audiobooks, eBooks and comics.

- Instantly available borrowing.
 - No hold queues
 - Stream content through your browser on PC/ Mac.
 - Stream or download with the **hoopla digital app** for iOS, Android, Kindle Fire and Roku.
 - Check out 4 items per month.
 - Movies & TV shows check out for 3 days.
 - Music CDs check out for 7 days.
- Audiobooks, eBooks and comics / graphic novels check out for 21 days.

Check out hoopla [here](#)

Kanopy has thousands of movies and documentaries that you can stream on any device.

- You can watch 3 films per month, with play credits resetting on the 1st of each month.
- After clicking “Play,” you have 3 days to watch the film.
- Loading and playing 5+ seconds of a film counts as a play credit.

[Kanopy Kids](#) offers films for ages preschool - 12.

Check out Kanopy [here](#)

You can gain access to both streaming sights and more with a Austin Public Library - Library Card.



Food Delivery/Pickup

Good Apple Foods: Stay Home, Stay Healthy Program for anyone who is 55+ or immunocompromised and in need of food assistance:

<https://goodapplefoods.com/covid-19>

HEB/Favor Senior Support Line:

<https://favordelivery.com/seniors>

ConnectATX from United Way:

<http://connectatx.org>

Centralized list of resources on emergency food access (curbside meals, food delivery, food pantries, school meals) and other food access connections (community gardens, centralized resources, food delivery, food pantries, low cost food, meals, nutrition education, paying for food). Includes extensive resources beyond food as well.

Food Access Resources in Central Texas from the Sustainable Food Center

<https://sustainablefoodcenter.org/latest/blog/food-access-resources-in-central-texas-during-covid-19>

Many of the links are included above, but contains additional information on Farmer’s Markets, CSAs, Austin Food Delivery Services, Food Pickup and Delivery, Access Points for low-income families.



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