

# NEWSLETTER

Tips and information for today / Month of March 2021



It is hard to believe that this month marks one year since we have not been able to see each other face to face. It has been an interesting year for all of us and we thank you greatly for your patience as we have learned to navigate this new virtual world. Throughout the year we have learned to connect with one another in different ways and I have been so proud to watch you each take on this new challenge with such grace and determination. As if 2020 wasn't hard enough, we get hit with an unprecedented snow storm to start 2021. Please know, as always, we are here to help you navigate this newest challenge. Staff are counting down the days until we are back together again, but until that date know we are here and please continue to enjoy our virtual programming.

- Kelly Maltsberger (Supervisor South Austin Senior Activity Center)



We hope that everyone is recovering well from the recent weather. Due to the Texas Winter Storm, the City of Austin has decided to reschedule the final town hall meeting until Wednesday, March 3rd at 6:30 pm. The final meeting's topic is Economic Opportunity, Culture and Affordability. We encourage those who have access to internet and technology to join us and share feedback. As a reminder, your feedback will help to support the Commission on Seniors FY 2022 budget recommendations. Thank you for your interest in providing input on the City of Austin budget! The questions we ask in the following form will only be used to measure and inform our outreach and engagement in the future. Your information will only be used in aggregate analysis, and all identifying questions are optional. [Click here for form.](#)



# **SPEAK UP!**

## **DISPELLING THE MENTAL HEALTH MYTHS THAT KEEP US QUIET**

**NAMI: National Alliance for Mental Illness**

Join us for a one- hour presentation combining information with storytelling, breaking down some of the most common mental health myths and encouraging participants to join the movement that's changing the way our community talks about mental health and how to combat depression during COVID and self-care methods. Call your center to register. Event is March 4th @ 1pm.



## **IRISH - AMERICAN HERITAGE MONTH**

### **MARCH 2021**

**NATIONAL  
TODAY**

March is Irish-American Heritage Month, a chance for us to tip back a Guinness and contemplate the Irish blood that flows through the heart of America; From John F. Kennedy to Brad Pitt, some of the most famous, prolific, and influential Americans are of Irish descent. March is our opportunity to reflect upon this heritage, learn more about it, and celebrate what is a unique and brilliant strand of history. [Click here for full article.](#)



John F. Kennedy served in both the U.S. House of Representatives and U.S. Senate before becoming the 35th president in 1961. As president, Kennedy faced a number of foreign crises, especially in Cuba and Berlin, but managed to secure such achievements as the Nuclear Test-Ban Treaty and the Alliance for Progress. On November 22, 1963, Kennedy was assassinated while riding in a motorcade in Dallas, Texas. [Click here for full article.](#)



## *Celebrate* **WOMEN'S HISTORY MONTH**



Women's History Month is a celebration of women's contributions to history, culture and society and has been observed annually in the month of March in the United States since 1987. It's a dedicated month to reflect on the often-overlooked contributions of women to United States history. From Abigail Adams to Susan B. Anthony, Sojourner Truth to Rosa Parks, the timeline of women's history milestones stretches back to the founding of the United States. [Click here for more information.](#)



# MAE KRIER

## “ROSIE THE RIVETER”

Rosie the Riveter Gets Her Due 75 Years After the End of World War II. Forever changing the nation, the women who worked in American factories during the war have been collectively awarded the Congressional Gold Medal. Mae Krier has watched members of her World War II generation die over the years, many taking their rich historical stories with them. And she is determined to preserve that history while she is still here to do it. [Click here for full article.](#)



NUTRITION  
MONTH

“Let thy food be thy medicine,” said Hippocrates (a long, long time ago), but the sentiment still rings true. National Nutrition Month, celebrated in March, stresses the importance of a balanced diet and exercise. The Academy of Nutrition and Dietetics promotes the transformative powers of healthy food choices. The Academy encourages using a registered dietitian in order to develop and stick with a healthy eating plan. [Click here for more information.](#)

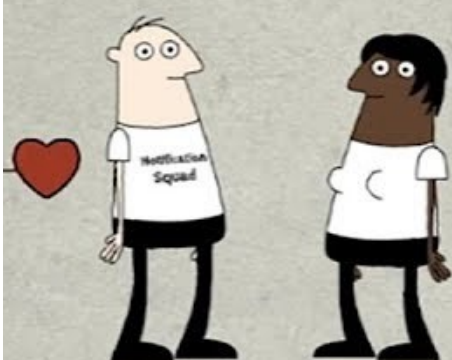


Henry Louis Gates Jr. uncovers the remarkably diverse backgrounds of country music icons Clint Black, who has had more than thirty singles on the US Billboard Country Charts, twenty-two of which have reached number one and Grammy Award winner Rosanne Cash, a singer-songwriter who is the eldest daughter of country music icon Johnny Cash. Rosanne Cash delves into the styles of country, Americana, country pop and folk. [Click here to watch video.](#)

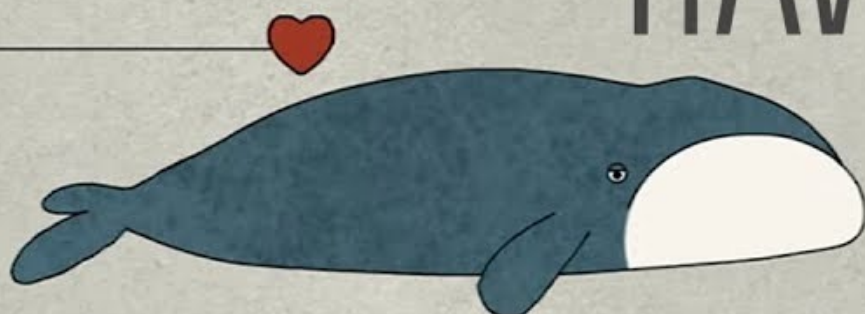


# THE REALITY OF NOMADLAND LIFE IN AMERICA

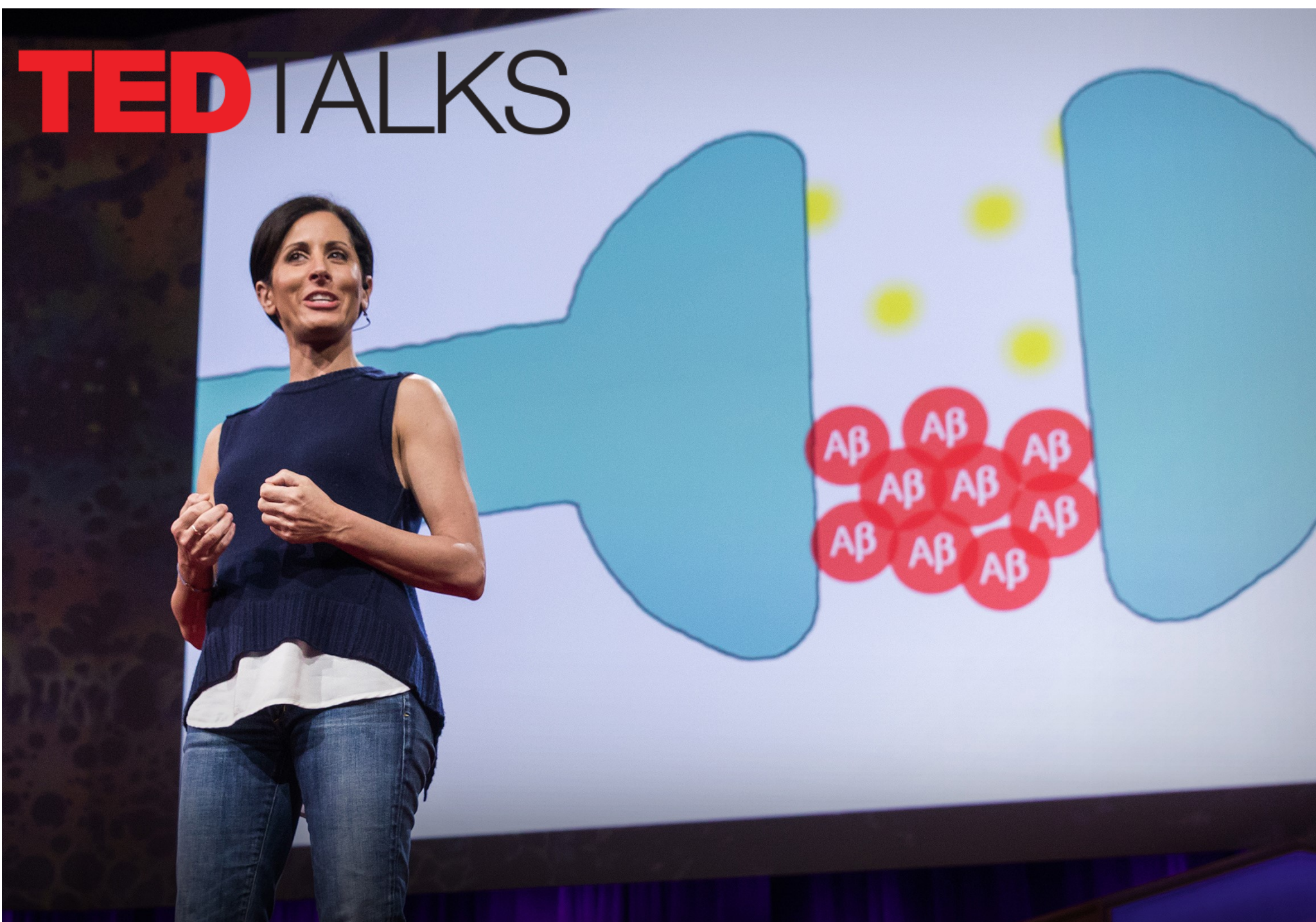
As the acclaimed 'Nomadland' film opens, here is a look at older adults working odd jobs while “vagabonding” throughout the road. For four decades, Jean Hardwick had a good, stable career, health and life insurance and a Sarasota, Fla. home she owned and loved. Then in 2015, catastrophe struck. After a near-fatal reaction to a prescription medication, Hardwick, now 60, found herself undergoing heart surgery, suffering from seizures and facing more than \$500,000 in medical bills. "Our society and our values are all oriented towards things and money and power and prestige," she said. "When you live in a van, you don't have any of that. But I also had more time to spend with my family and I had peace of mind." [Click here for full article.](#)



# WHY DO ANIMALS HAVE DIFFERENT LIFESPANS?



For the microscopic lab worm *C. elegans*, life equates to just a few short weeks on Earth. The bowhead whale, on the other hand, can live over two hundred years. Why are these lifespans so different? And what does it really mean to 'age' anyway? Joao Pedro de Magalhaes explains why the pace of aging varies greatly across animals. [Directed by Sharon Colman, narrated by Addison Anderson, music by Peter Gosling]. [Click here to watch video.](#)



Alzheimer's doesn't have to be your brain's destiny, says neuroscientist and author of "Still Alice," Lisa Genova. She shares the latest science investigating the disease -- and some promising research on what each of us can do to build an Alzheimer's-resistant brain. [Click here to watch video.](#)



Nomadland is a 2020 American drama film directed, written, and edited by Chloé Zhao. It stars Frances McDormand as a woman who leaves home to travel around the American West. It also features David Strathairn in a supporting role, as well as real-life nomads Linda May, Swankie, and Bob Wells, as fictionalized versions of themselves. The film is based on the 2017 non-fiction book *Nomadland: Surviving America in the Twenty-First Century* by Jessica Bruder. [Click here to watch the trailer.](#)



Perseverance with Ingenuity strapped to its belly launched on July 30, 2020, from Cape Canaveral Air Force Station in Florida. The Mars Rover and Mars Helicopter safely landed on the dusty surface at 3:55P ET on February 18, 2021, after traveling nearly 292.5 million miles. Ingenuity contacted Earth from the Jezero crater on February 19, 2021. It sent a message in the form of a downlink telling JPL that it arrived safely with Perseverance and is operating correctly. The first to do on Ingenuity's list is to continually charge its batteries to keep warm on the cold surface and prepare for its later planned flight this spring. The helicopter, still strapped to Perseverance, is receiving power from the rover. When Ingenuity stands on its own 30 to 60 days from now, it will power up using energy gathered from its own solar panel. [Click here for full article.](#)

WINTER 2020  
**STAY ENGAGED SERIES**  
PART 50+ PROGRAMS



# AUSTIN PARKS & RECREATION ADULT 50+ PROGRAMS MARCH ACTIVITIES

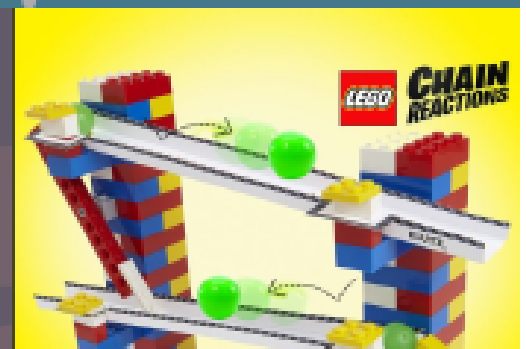


## Photo to Canvas

How to mount a photo to canvas! This is just about the easiest project in the world, and it takes a short amount of time as well. It can be a heartfelt handmade gift for a friend or family member. Registration begins February 15th. First Zoom date is March 11th at 10am!.

## Science with Seniors – LEGO

LEGO Chain Reactions is packed full of ideas, instructions, and inspiration for 10 LEGO Machines that spin, swing, pivot, roll, lift, and drop. Each machine alone is awesome, but put them together and you get incredible chain reactions! Registration begins February 15th. First Zoom date is March 16th at 10am!



## BOOK CLUB

## Book Club - The Light We Cannot See

Join our Book Club! Registration is now open for our new book The Light We Cannot See and are accepting new participants to our group. Book pick-up from center and delivery are March 4th. First Zoom date is March 17th at 10am. Call to register!

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The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3914 or Relay Texas 7-1-1.

