

# NEWSLETTER

Tips and information for today / Week of November 9th, 2020



## Giving Thanks

For many of us, November kicks off the holiday season with expectations of cooler temperatures, coziness, holiday treats, and family gatherings. It is a time to give thanks or give gratitude for the good things in our lives. With a hectic election season and a worldwide pandemic keeping us away from friends and family, it might seem more difficult to find ways to be thankful right now. In fact, there are still many good things that we can be thankful for. In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships. Gratitude is a way for people to appreciate what they have instead of always reaching for something new in the hopes it will make them happier, or thinking they can't feel satisfied until every physical and material need is met. Gratitude helps people refocus on what they have instead of what they lack. I think we could all use a little more happiness given the stresses of the year. So, with that in mind, here are five suggestions how we can all practice being more gracious and thankful this holiday season.

1. Write a thank you letter to a friend, co-worker, or loved one.
2. Don't have time to write? Just take a moment to thank someone mentally. Just taking time to think about someone who has done something nice for you can help.
3. Count your blessings. Take a bit of time every week this holiday season to think about or write down things that you are thankful for.
4. Take a stroll down memory lane by looking at old pictures and memorabilia. The good memories we have are often tied to these items. Pictures of friends and family can help remind us of the times we were helped along life's journey.
5. Take time to meditate or pray. Often times these moments of privacy allow us to reflect and find things that we can be grateful for.

As the Assistant Director of the Austin Parks and Recreation Department, I am thankful for many things. I am thankful for our staff members and the great work they do. I am thankful for the lessons I have learned from them during my career. I am thankful for our participants and the kind letters we get about our services. Finally, I am thankful for the opportunity to be included in the newsletter this issue and I hope that you can find some time to be thankful this holiday season.

Sincerely,  
Lucas Massie  
Assistant Director, Austin Parks and Recreation Department.

# CITY OF AUSTIN

A survey is being conducted by the City of Austin Equity Office and Austin Public Health to identify where support is needed most during this challenging time and how people get news and information about the COVID-19 outbreak. We're committed to better serving the Austin Community by learning about your experiences directly through this COVID-19 Equity Survey and using answers to create solutions that address respondents' concerns.

The survey is offered online at <http://bit.ly/Austinsurvey-COVID> by computer, tablet, or phone. It will take no more than 10 to 15 minutes to complete. You can choose to take the survey in English, Spanish, and Vietnamese. All survey responses will be anonymous. The survey will be open through Sunday, November 20.

La Oficina de Equidad de la Ciudad de Austin y Austin Public Health [ departamento de Salud Pública de la Ciudad de Austin] están conduciendo una encuesta con el propósito de identificar qué tipo de apoyo se necesita con mayor urgencia durante estos tiempos de COVID-19 y cuál es la forma en la que las personas reciben información sobre la pandemia. Estamos comprometidos a servir a la comunidad de Austin por medio de la información que recaudaremos a través de esta encuesta sobre la equidad y el COVID-19 y utilizaremos sus respuestas para crear soluciones que resuelvan las preocupaciones de los que respondan.

Puede tomar parte de esta encuesta en línea en <http://bit.ly/Encuesta-COVID> por medio de una computadora, tableta o teléfono. Tan solo se demora de 10 a 15 minutos para completarla. Puede contestar la encuesta en inglés, español o vietnamita. Todas las respuestas serán anónimas. Esta encuesta estará disponible hasta el domingo, 20 de noviembre.

----- Một cuộc khảo sát đang được tiến hành bởi Văn Phòng Giám Sát Sự Công Bằng của thành phố Austin và Sức Khỏe Cộng Đồng Austin để xác định những nơi cần hỗ trợ nhất trong thời gian đầy thử thách này và cách mọi người tiếp nhận tin tức và thông tin về sự bùng phát của COVID-19. Chúng tôi cam kết phục vụ cộng đồng Austin tốt hơn nữa bằng cách lắng nghe trải nghiệm của quý vị một cách trực tiếp qua cuộc khảo sát công bằng trong dịch COVID-19 này và sử dụng các câu trả lời để tìm ra các giải pháp nhằm giải quyết các mối quan tâm của người tham gia khảo sát.

Bài khảo sát có trên mạng trực tuyến tại <https://bit.ly/Khaosat-COVID>

bằng máy tính, máy tính bảng, hoặc điện thoại. Không mất hơn 10 hoặc 15 phút để hoàn thành bài khảo sát. Quý vị có thể chọn làm bài khảo sát bằng tiếng Anh, tiếng Tây Ban Nha, hoặc tiếng Việt. Tất cả các câu trả lời của bài khảo sát đều ẩn danh. Bài khảo sát sẽ kéo dài đến hết Chủ Nhật, ngày 20 tháng 11.



Miss the live show? No worries. **'70s Female Rockstars** is now streaming! Joni Mitchell, Carole King, Janis Joplin, Linda Ronstadt, and others are showcased by Leslie McDonel (*A Night With Janis Joplin*) and Olivia Nice (*Once*). Groove to hits like "Me and Bobby McGee," "Its Too Late Baby," "You're So Vain," and "Barracuda." Rock out to the iconic female voices of the 1970s! Click [here](#) to stream today!



# The University of Texas at Austin

## Population Health

### *Dell Medical School*

The City of Austin wants to understand how you and your household are doing during this pandemic. They have collaborated with the Division of Community Engagement and Health Equity at the UT's Dell Medical School to not only gather information, but also help point folks to available resources, should folks desire assistance.

They only need one adult per household to complete the survey. All response are confidential, so none of your answers will be shared along with your name or other identifiable information. The survey is available in two languages (English and Spanish). It will remain open/live for 4 weeks. This is the second wave of the survey, this fall.

As a thank you, some who complete the survey will be entered into a drawing for a chance to win a gift card for taking the time to complete this survey for your household.

Please consideration completing the survey for your household. Click [here](#) to start the survey.



Explore how people in different age groups see themselves and their place in the America. Through self-shot video, they share common experiences that bind age groups together and generational differences that put them at odds with one another. Click [here](#) for video.



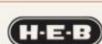
# MOVIE PICK

If you're looking for a sports movie that is more than just an underdog story, this is worth a watch. Based on a true story, Moneyball follows Oakland A's general manager Billy Beane (Brad Pitt) as he attempts to assemble a baseball team on a limited budget. Unlike his competitors that rely on huge payrolls to bring in the best players, Beane decides to use computer-generated analysis to create a team that can compete with some of the best. Click [here](#) to watch the trailer! "This is honestly one of my favorite all time baseball and maybe even sports movies." - Justin (SASAC)



# TEXAS BOOK FESTIVAL 2020

OCTOBER 31-NOVEMBER 15 | BENEFITING TEXAS LIBRARIES AND LITERACY | LAURA BUSH, HONORARY CHAIR | "LET'ER RIP" BY BOB DADDY-O WADE



Brigid Cockrum  
and Family

KIRKUS  
REVIEWS

TexasMonthly

TOCKER

BERNA VISTA  
FOUNDATION



CulturalMarket

Pentagram

Austin American Statesman  
statesman.com

BookPeople

Clampitt Paper

We're excited to finally share our official 2020 schedule with you! With two weeks of more than 150 authors taking part in more than 100 sessions, there's something for everyone at this year's Virtual Festival — author panels, cooking demonstrations, solo author sessions, kids' activities, and more. Click [here](#) to see the Festival schedule!

# POP!

## A ROCKIN' HOLIDAY CONCERT

*Celebrate Good Times, Come on!*

Performances November 25, 2020 - January 3, 2021

Like everything in 2020, the Holidays at ZACH will look a little different this year. Due to group gathering and restrictions and limits on our cast sizes, we cannot produce A Christmas Carol the way you're used to seeing it. So we're bringing you a brand new socially-distanced holiday concert!

Inside ZACH's Topfer Theatre, socially-distant seats are now on sale for POP! A Rockin' Holiday Concert.

ZACH's new party band POP! rocks the ultimate Christmas bash with a playlist of holiday favorites sung by Kenny Williams, Roderick Sanford, Leslie McDonel and CHANEL! POP! will have you dancing down Santa Claus Lane—joyful fun for the whole family

Not comfortable with an in-person performance? No worries! POP! A Rockin' Holiday Concert will be available to stream at a later date. Sales available soon so reserve your socially-distanced seats [here](#).



## A NEW FUTURE FOR I-35

Creating a Community-Driven Vision for the Future

**DOWN  
AUSTINTOWN  
ALLIANCE**

Austinites have a once-in-a-lifetime opportunity to transform I-35 through the heart of our city — investing in our community, improving all forms of transportation, and creating community parks, bridges and other amenities where the highway stands now. To take advantage of this opportunity, the Downtown Austin Alliance, in collaboration with a diverse group of Austin leaders, wants to create a community-driven vision for the future of the I-35 corridor in Central Austin.

Click [here](#) for the full article from the Down Town Austin Alliance.

# THE RADICAL ACT OF CHOOSING COMMON GROUND



**TED** TALKS

To achieve lasting change sometimes requires the hard, even radical, choice of partnering with people you'd least expect. Justice reform advocate Nisha Anand shares her story of working with her ideological opposite to make history and save lives -- and urges us all to widen our circles in order to make progress with purpose. Click [here](#) for video.

**TED** TALKS



**LESSONS ON LEAVING THE WORLD BETTER THAN YOU FOUND IT.**

Sophie Howe is the world's only future generations commissioner, a new kind of government official tasked with advocating for the interests of generations to come and holding public institutions accountable for delivering long-term change. She describes some of the people-focused policies she's helped implement in Wales, aimed at cutting carbon emissions, increasing sustainability and promoting well-being as a national goal. Click [here](#) for video.

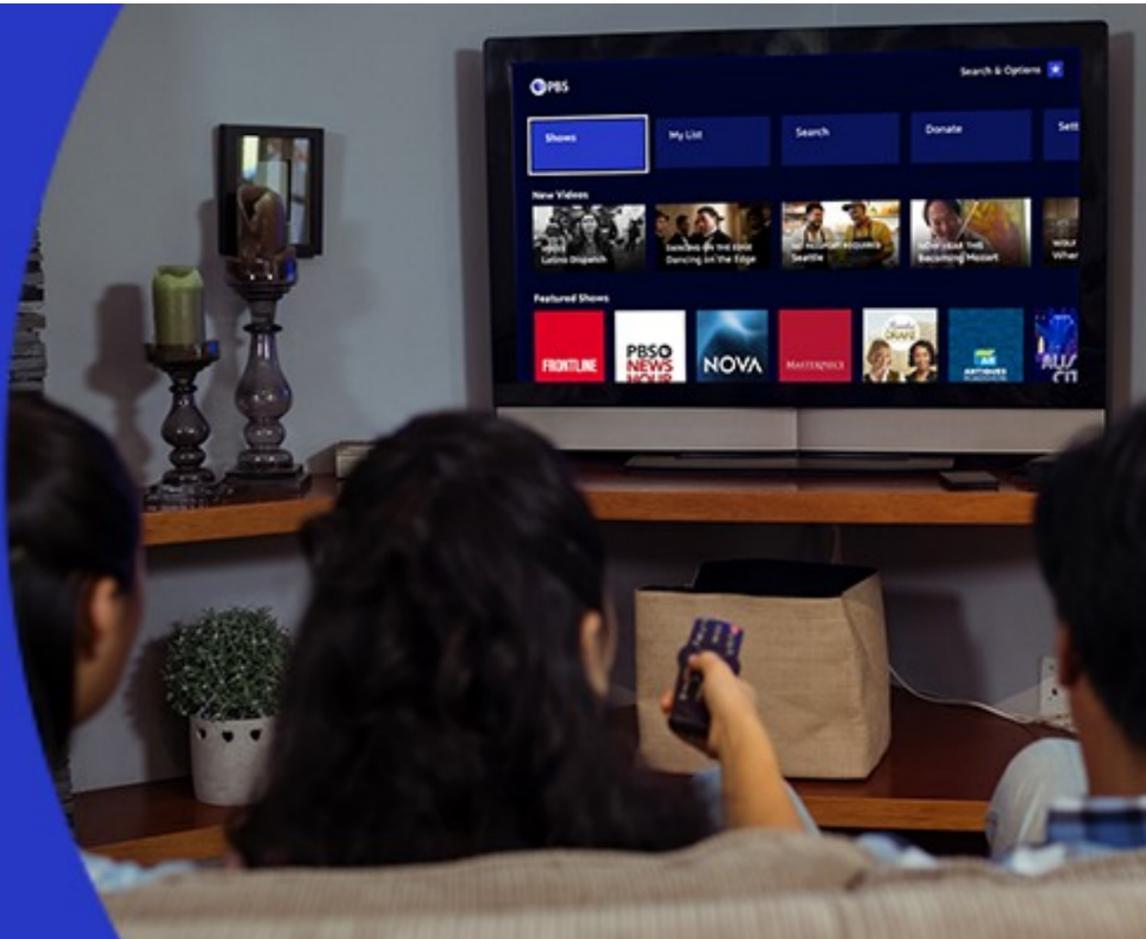


**GLORIA STEINEM**

**EMILY RAMSHAW**

Emily Ramshaw, co-founder and CEO of The 19th\* nonpartisan newsroom, interviews legendary American feminist and social political activist Gloria Steinem. Steinem will share her latest thoughts and insights in this candid discussion that will undoubtedly help us process the results of our latest election and this past year of unprecedented change and turbulence. Click [here](#) for full information.

# Austin PBS Viewer Survey



It's time for Austin PBS's Annual Viewer Survey and your feedback is essential! Every year we ask Central Texans to tell us what we're getting right and what we can improve. These surveys allow Austin PBS to check in with our individual viewers while also fine-tuning bigger picture ideas for the upcoming year. The more feedback we receive, the better we can serve the community.

The survey should take a maximum of 10 minutes to complete. Please note that all collected information is for internal use only and will not be shared or sold to anyone. As a thank you for your time, everyone who takes our Annual Viewer Survey can be entered into a giveaway for an Austin PBS t-shirt!

Thank you so much for participating! We look forward to learning from your responses. Click [here](#) for survey.



# STRETCH STRENGTHEN

**WITH PATTI GAGNE**

Virtual Stretch and Strength starting Wednesday October 7th, 2020 at 1:30pm - 2:30pm. Join Patti for 45 minutes of Stretch and Strength in the comfort of your own home via Zoom. Manage arthritis, exercise safely, decrease joint pain and stiffness, improve daily function and reduce anxiety and depression, along with many other benefits! Register by email to [sharon.bryant-campbell@austintexas.gov](mailto:sharon.bryant-campbell@austintexas.gov) or call 512-978-2660 for more information.



virtual gold  
**ZUMBA<sup>®</sup>**

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! [Click on picture for Facebook link.](#)



# GENTLE YOGA

The Asian American Resource Center is offering Gentle Yoga with Patti via Zoom on Tuesdays, October 14th and 27th at 10:00am. Bilingual with English / Mandarin interpretation. Email [aarc@austintexas.gov](mailto:aarc@austintexas.gov) to register or for more information. Hope to see you there!