



NEWSLETTER

Tips and information for today / Monday, June 1st 2020

A GREETING from

*Lynnette
Lara*

As we go into the month of June, we are going to continue the Stay at home order as it is still the best practice that serves the vulnerable COVID-19 population. Returning to a new normal is going to take a little longer but we are currently working hard to find ways to gather and hold our programs in the safest environment possible. I hope that you are enjoying our virtual videos that are on YouTube. We also have some new ones in the planning stages. If you have ideas for any virtual program that you would like to see please share, we love new ideas! Coming soon are "at home" activities. Also, our Traveling Journal is making it's way around, start thinking of what you would love to share with SASAC! If you would just like to talk then give us a call, we are at the center. We will be together again soon. Thank you for being patient, staying strong, remaining safe and staying healthy!

TED TALKS / AGING

What makes our bodies age ... our skin wrinkle, our hair turn white, our immune systems weaken? Biologist Elizabeth Blackburn shares a Nobel Prize for her work with the discovery of telomerase: an enzyme that replenishes the caps at the end of chromosomes, which break down when cells divide. Learn more about Blackburn's groundbreaking research -- including how we might have more control over aging than we think.

[Science of Cells](#)

Field Trip VIRTUAL THE BRITISH MUSEUM

Jump into the collection of the British Museum! Take a virtual trip the time and experience artwork from different ages!

[The British Museum](#)

THE MET

The Met presents over 5,000 years of art from around the world. The Museum lives in three iconic sites in New York City—The Met Fifth Avenue, The Met Breuer, and The Met Cloisters.

[The Met Museum](#)



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ballet austin

bawell

Helping you stay active, creative, curious, generous, and happy is our top priority every day! Connect with us virtually until we can be together in person, and help us share the joy of dance with our community and the world around us. Looking for some practical tips and tricks to get through these challenging times? Join Vicki Parsons, Director of the Butler Center for Dance & Fitness, for a quick mood boost.

[Vicki Parsons](#)

bcurious

explore the world of dance

Did you know the principal language of ballet is French? Dancers Ian J. Bethany and Grace Morton join Ballet Austin's Community Education Team for a quick tutorial on common terminology company dancers and Academy students and instructors use every day in the studio.

[Terminology](#)

bactive

ON-DEMAND AND LIVE-STREAMING DANCE, FITNESS & PILATES CLASSES TO KEEP YOU MOVING!

Community is everything to us! And we want to be *everything* for you.

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 two terminologies that will help you to choose what classes are best for you.

1. VIRTUAL LIVE STREAMING Classes really offer a sense of community through a two-way LIVE class experience offered virtually. These classes are available through our MINDBODY platform. We offer several great workouts online through our LIVE STREAMING platform.
2. ON DEMAND Virtual classes (pre-recorded videos) offers a comprehensive library of classes that you can access at any time you want to. (\$7 or less per class). Take a class at *any* time that works for you from your laptop or desktop computer. Read below how to ACCESS OUR ONLINE ON-DEMAND CLASSES.
3. Another virtual live streaming option is offered on our instructor Instagram and Facebook pages. CONNECT WITH US SOCIALLY to find the schedule posted daily for FREE Live Streaming classes and more fun: [Instagram](#), [Facebook](#), [YouTube](#), [Twitter](#) – Take photos and video of you taking our classes and TAG US!

[Live Stream](#)

[On-Demand](#)



UNCORKED

WITH JOE MADDON

Welcome to **Uncorked** with Joe Maddon! On our first episode, the Angels manager chats with Tampa Bay Buccaneers coach Bruce Arians while unwinding with some red wine. They talk about coaching GOATs (Mike Trout and Tom Brady), their journeys to where they are now, and some of their most memorable games while coaching. Joe also talks about a special Angels hat he has and gives us advice on how to stay positive during current times.

[MLB Uncorked!](#)



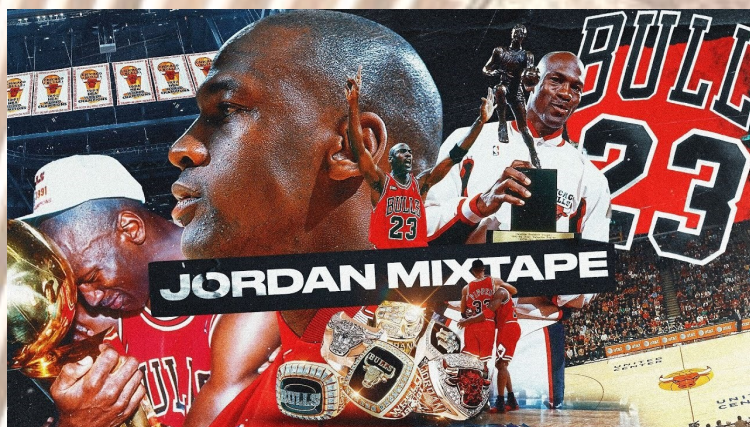
Our first **Newlybros** episode of 2020 takes us to Curaçao! Childhood friends Didi Gregorius and Andrelton Simmons put their knowledge of each other to test from their home country. The shortstops answered on how long they have known each other, the Notorious B.I.G. song Didi uses for his walk-up song, and what instrument Didi plays, among tons of fun questions! Check it out to learn more about the Angels and Phillies stars!

[Newlybros!](#)



Sit back and watch some of the NFL's angriest runs of 2019! If the pandemic has you a little wound tight let these awesome runs loosen you up!

[Angriest Runs of 2019](#)



Check out the BEST of Jordan's career as a Chicago Bull with the Michael Jordan mixtape!

[MJ's Mixtape](#)



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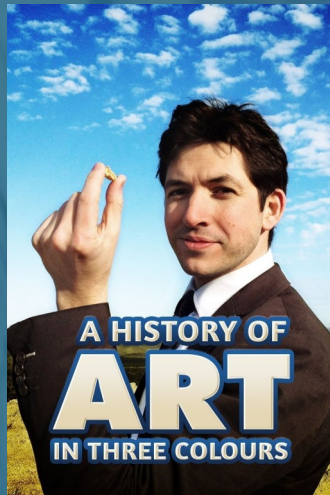
Art Appreciation



Take a dive into the life, death and works of Vincent Van Gogh.

[Biography: Vincent Van Gogh](#)

In this 3-part series, see how 3 colors changed art forever. The Beauty of Gold. The Vibrance of Blue. And the Purity of White.



[History of Art](#)

Joe's MOVIES

When a rodeo visits a small liberal town, a young girl finds herself torn between her father's beliefs and her newfound love for a traveling cowboy. Starring Casper Van Dien, Lorynn York, Christina Moore, and Josh Swickard, "Roped."



More info on movie streaming services through Austin Public Library on pg. 7

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 video by various makers that Lynnette has picked just for you below!



[Chicken Salad Recipe](#)



[Plastic Bag Coil Basket](#)



[Watermelon Painting](#)



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THE GETTY CHALLENGE

Get ready to see Lamar Senior Activity Center's Getty Challenge on the next page! Let them know what you think and if you want to see more! Why don't you join them and send your re-creations to:

lamarsenioractivitycenter@austintexas.gov

Or TEXT to 512-658-4770

They would love to feature some of your artwork in our next newsletter!



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



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STRETCH STRENGTHEN

Patti Gagne

Join us in watching Patti Gagne's Stretch and Strength videos! She's 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!



THE GETTY CHALLENGE

Lamar Senior Activity Center staff decided to try to make you smile (or maybe even a good chuckle) sparked by the Getty Museum Challenge. The following images are the staff's re-creations of famous artworks, pop culture, etc. We had way too much fun so we hope you enjoy them half as much as we had making them!!!

An Old Woman with Cat

Max Liebermann-1878

Laura Adams



BEATLES "ABBEY ROAD"

Album cover 1969



Laura's Cats

"TABBY ROAD"



-Young Girl with Her Hair
-Pierre-Auguste Renoir

Maria Hernandez



The Flower Carrier- Diego Rivera

The Laundry Carrier --Kim & Greg



The Greenhouse -Edouard Manet The "Workhouse" - Andy & Jerilyn



Paul Gauguin



The brooding woman during Covid!
Leti Alvarez



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](#)

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](#)

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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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