

SUMMERWOOD

live friendly.



Volume 8, Issue 6
Summerwood Community Association
www.summerwood.org

June 2006

Alzheimer's Disease: Coping with what Lies Ahead

Did you know that 1 in every 10 Americans over age 65, and half over 85, are affected by Alzheimer's? Also 7 of 10 affected live at home and are cared for by family and friends.

Jersey Village Baptist Church will present a free workshop open to the public to discuss topics including:

- Responding to a diagnosis of Alzheimer's disease
- How life changes with AD
- Caregiving needs
- Maintaining dignity
- Asking for help

Please come and learn more about this important topic.

Sponsored by JVBC Second Family Care Team

Monday, June 12th

6:30 – 7:30 p.m.

Building A

Jersey Village Baptist Church

16518 Jersey Drive, 77040

713-466-6102

jmoran@jvbc.org

Talk To Your Teen

www.4Parents.gov is part of a new national public education campaign to provide parents with the information, tools and skills they need to help their teens make the healthiest choices. There is no substitute for caring parents who are involved in their children's lives. If preteens and teens are going to make the choices that will enable them to become healthy adults, they need parents to talk frankly with them about sensitive topics like sex and relationships. Parents who have been reticent to talk with their teens and preteens about these issues now have a new resource in this website.

The decisions young people make now can affect their health and character for the rest of their lives. Although most young people today are making strides toward becoming healthy adults, some teens risk their health and their future through early sexual activity. Each year about 850,000 teens get pregnant and half become teen parents. About three million teens get a sexually transmitted disease (STD). While many STDs have no symptoms, some cause pain and illness, and either can prevent teens from ever becoming parents. Some, like HIV/AIDS can kill them.

You have the most influence on the choices your teen makes. This website tells you why you need to talk to your teen; what you should talk about; and how you can do it so that your teen will listen and care about what you say. Because teens who feel connected to their parents are much less likely to have sex, drink, smoke, use drugs or be violent, this website will show you how to connect with your teen and give you the skills you need to talk about sensitive issues like sex. And it will help you help your teen know what healthy relationships are and how they are formed and maintained.

The Office of Public Health and Science, Office of Population Affairs, and the Public Health Service sponsor 4Parents.gov. "Teen Chat," and "Parents, Speak Up!" Visit the website for more information.

REMEMBER FATHER

June 18

View the
Summerwood Community Association newsletter
each month on-line at www.PEELinc.com

SUMMERWOOD

IMPORTANT NUMBERS

EMERGENCY NUMBERS

Emergency Situations	911
Harris County Sheriff's Dept. (Dispatch)	713-221-6000
Constable - Precinct 3	281-427-4791
Sheldon Road VFD (Dispatch)	281-847-3300
South Lake Houston EMS (Dispatch).....	281-459-1277
Dead Animal Pick-Up (Precinct 1)	281-820-5151
Animal Control	281-999-3191
After Hours	281-221-5000

UTILITY SERVICE NUMBERS

Public Utility Commission Consumer Hotline	888-782-8477
Summerwood Technologies	281-225-1000
(Telephone, Cable, Alarm Monitoring)	
Southwestern Bell Telephone.....	800-464-7928
Entex Gas.....	713-659-2111
Houston Lighting & Power (HL&P).....	713-207-7777
Municipal Utility District (MUD #342).....	713-983-3602
24 Hour Service Number	713-983-3604
Garbage Pick-Up (Republic Waste).....	281-446-2030
(Pick up on Mon. & Thurs - Garbage must be out by 7 a.m.)	

SUMMERWOOD MARKETING

Summerwood New Home Center	281-225-1111
14111 Summerwood Lakes Drive; Houston, TX 77044	

SCHOOLS

Summerwood Elementary.....	281-641-3000
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POST OFFICE

Post Office.....	713-631-2098
9604 Mesa Drive; Houston, TX 77078	

NEWSLETTER PUBLISHER

Peel, Inc.....	512-989-8905
Article Submissions	articles@PEELinc.com
Advertising.....	advertising@PEELinc.com, 512-989-8905

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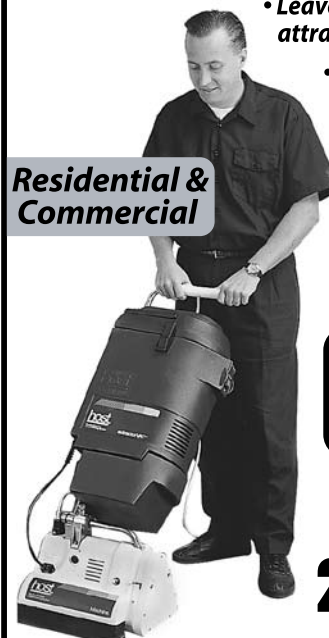
Submit Information for Publication in the Newsletter

Please help fill the Summerwood Community Association newsletter with news of interest to Summerwood residents. If you have some information that you would like to have published in the newsletter, please visit our web-site: www.PEELinc.com. Articles and/or photos must be received by the 15th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)

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SUMMERWOOD

BIBLE STUDY

Jersey Village Baptist Church Vacation Bible School

Jersey Village Baptist Church, 16518 Jersey Dr., is having Vacation Bible School on June 5–9 from 9:00 a.m. – noon. VBS is a free week filled with fun activities for children who have completed PreK (4 years old by 9/1/05) to 5th grade (completed). This year's theme is "Trek North to the Arctic Edge: Where Adventure Meets Courage". Registration forms are available at www.jvbc.org or at the church office. For more information call 713.466.6102. All are welcome!

Business Classified

GOT PETS? - Your Summerwood Neighbors SHERI PETTIT AND LESA ANGEL are available for house and pet sitting. Reasonable prices. Many neighborhood references – Just ask! 281-225-5725

LAKEWOOD CRUSADERS

New Beginnings

Bible Study

Friday - April 21, 2006

7:30 P.M. - 8:30 P.M.

Summerwood Community Center

ALL ARE WELCOME

INCLUDING CHILDREN

LIGHT REFRESHMENTS SERVED

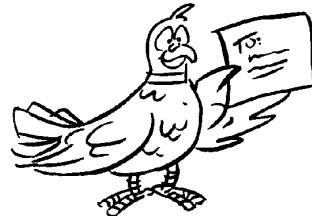
Contact:

Pastor Floyd and Alva Perry

gdnw@swbell.net

281-436-0779

Did You Know?



Homing pigeons carried messages for the ancient Egyptians and Persians more than 3,000 years ago.

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SUMMERWOOD

Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

A Walk a Day

The popularity of walking as a fitness activity is growing by leaps and bounds. Low risk and easy to start, walking has proved its health benefits in numerous studies.

An eight-year study of 13,000 people found that those who walked 30 minutes a day had a significantly lower risk of premature death than those who rarely exercised.

A regular walking program can help:

- Reduce blood cholesterol
- Lower blood pressure
- Increase cardiovascular endurance
- Boost bone strength
- Burn calories and keep weight down

Get ready

A walking program is simple to start. All you need are comfortable clothes and shoes. Layer loose clothing, keeping in mind that exercise elevates the body's temperature. Shoes specifically designed for walking are best.

Every workout should begin with a brief warm-up and a few simple stretches. Walk around the house or in place for a few minutes to get the blood flowing to the muscles before you attempt to stretch them.

Although walking primarily works the major muscles of the legs, don't forget to stretch your back, shoulders and arms. This will help to loosen up any tension you may be carrying and make your walk more enjoyable as well as more effective.

Get moving

Beginning walkers can make their workouts less strenuous by limiting how fast and far they walk. Keep in mind the following:

- Walk short distances

Begin with a five-minute stroll and gradually increase your distance.

- Forget about speed

Walk at a comfortable pace. Focus on good posture, keeping your head lifted and shoulders relaxed.

- Swing your arms naturally

Breathe deeply. If you can't catch your breath, slow down or avoid hills.

- Be sure you can talk while walking

If you can't converse, you are walking too fast.

(Continued on page 5)



Children Should Be Hugged First ~ Then Taught



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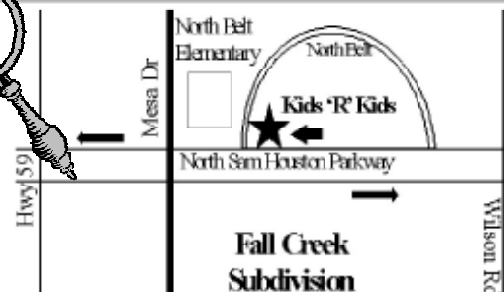
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Fit Facts - (Continued from page 4)

Get fit!

Walking is one fitness activity that allows you numerous options. Once you have reached a point where you can walk a few miles with relative ease, you can start to vary the intensity.

Walking hills, in addition to increasing your cardiovascular endurance, is a great way to tone the legs. Concentrate on lengthening your stride or increasing your speed. And don't forget to reward yourself after each workout with a few minutes of relaxing stretches to help prevent sore muscles.

Listening to lively music while you walk is also a great way to energize your workout. But if you wear headphones, keep the volume down and watch out for traffic that you may not hear.

Keep track of your progress. Many experts recommend that you walk a minimum of 20 minutes a day. But there are no hard and fast rules. Fit walking into your schedule whenever you can. That may mean two 10-minute walks each day, or even hour-long walks two to three times a week. The best schedule is one that keeps you walking and keeps you fit!



*Reprinted with permission from the
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FAMILY OF JOY!

Need a church family and not just a place to visit? Come and hear a vision of hope and joy, plus meaning and purpose for our lives.

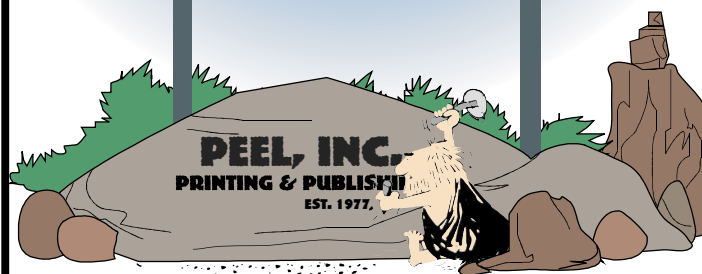
We're neighbors, meeting every Sunday morning at Holy Trinity School, located on the Beltway just south of Summerwood at Lake Houston Parkway and Lockwood.

Worship: 10:30am
Sunday School: 9:15

Children's Church during Worship

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Business Classifieds are \$45.00. Please contact Peel, Inc. Sales Office at 512-989-8905 or advertising@PEELinc.com

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Summerwood residents, limit 30 words, please e-mail articles@PEELinc.com

Business classifieds (offering a service or product line for profit) are \$45, limit 40 words, please contact Peel, Inc. Sales @ 512-989-8905 or advertising@PEELinc.com.

Advertising Information

- Please support the businesses that advertise in the Summerwood Community Association Newsletter. Their advertising dollars make it possible for all residents to receive a newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact Peel, Inc. Sales Office at 512-989-8905 or advertising@PEELinc.com for ad information and pricing.



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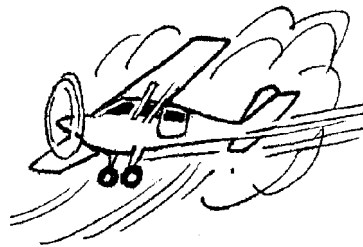
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The sunny days of summer – when days get longer and warmer, when birds flutter and bees buzz, when evenings are balmy and breezy, life just seems a little bit sweeter all around! If you are buying or selling a home this summer, give me a call so I can help you make a deal that shines!



Home warranty protection is very important and something I recommend for all my clients. Whether you are buying or selling, home warranties provide protection from the cost and hassle of system and appliance repairs in your home. The service is easy to use and a great value!

It's true that many home warranties appear to be similar, but the difference can be found in the *service*. My home warranty company of choice is Old Republic Home Protection. They take excellent care of my clients with fast, friendly service at reasonable rates. For more information about this valuable protection, please give me a call!

Referrals: they are the highest compliment a sales professional can receive from a client. Please pass my name on to friends, family, and acquaintances so that I can provide them with excellent real estate service.



If you are working with another Real Estate Professional, please disregard this notice.

~~~~~ Health & Safety ~~~~~

Make Time For Those Summer Workouts

As summer approaches, take advantage of increased daylight and warmer temperatures to work in time for exercise. Below are some fun, creative ways to take advantage of sunny summer days and breezy, balmy nights to get moving this summer.

- Take a walk together – as a family or with your "honey" – it's quality time. *Tip:* Add ankle or arm weights for added calorie burning.
- The cooler, early summer mornings can be a peaceful time for reflection while going for a morning power walk, practicing yoga, or other private-time work out.
- Plant some flowers or vegetables in your garden. For balconies, patios, and other small areas, get some inexpensive planters, decorate them yourself and plant away.
- While at the pool, set aside time for a short water workout. Swim laps, use a kick-board, or practice water-ballet moves.
- Take it inside – into the air-conditioned mall that is. If your budget is limited, window-shop and pick out one thing from all your favorite stores that you would buy if you won the lottery.
- During summer barbecues, plan outdoor games in which everyone can take part: badminton, croquet, and tossing a frisbee or whiffle ball are some ideas that will get folks moving – and make sure that everyone works up a "healthy" appetite!

~~~~~ Household Tips ~~~~~

Pool and Spa Care

Now is the time to prepare your pool or spa for increased usage during the summer. The tips below offer a quick checklist of ways to ensure the preparedness of your pool or spa.

- ✓ Check for leaks and make any necessary repairs.
- ✓ Clean out drains in order to prevent pipe corrosion and back-ups.
- ✓ Change the filter—replace the filter at the beginning of summer for best results.
- ✓ Check chlorine and other chemical levels to make sure they are in proper balance.



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Who knows the neighborhood better than a NEIGHBOR?



	Nov 05	Dec 05	Jan 06	Feb 06	Mar 06	Apr 06
\$300,000+	0	3	0	1	4	0
\$250 - 299,999	0	1	1	2	0	1
\$200 - 249,999	4	4	3	2	3	8
\$170 - 199,999	3	3	2	2	4	4
Under \$170,000	3	4	5	0	4	1
TOTAL	10	15	11	7	15	14
AVG \$/Sq Ft	73.28	82.62	72.67	78.20	83.54	78.49

Summerwood Resident



Shalene Fox
Broker

Summerwood's GHBA's Community of the Year 2006

Is your realtor providing this information to potential buyers? Are they even aware of them?

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* All figures based off MLS data 5/10/06

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