



The Harbour

COMMUNITY • CONNECTION • CULTURE

February 2012

Official Newsletter of the Chelsea Harbour Homeowners Association

Volume 3, Issue 2

CHELSEA HARBOUR'S 2012 EVENT SCHEDULE

Resolution #9 - Resolve to get involved in community activities by participating or sharing ideas.

- Monday, 2|27 HOA Board Meeting
...../Committee Fair
7:00pm - *Come out, join a committee & get involved*
- Saturday, 3|31 ...Spring Community Wide Clean Up Day
- Saturday, 4|21 Spring Community –wide Garage Sale
- Saturday, 5|26 Pool Opens
- Tuesday, 9|4 Pool Closes
- Monday, 9|24 HOA Budget Meeting
- Tuesday, 10|2 National Night Out
- Other Events To Be Announced

REMINDERS

Please drive carefully at all times.

Club House rental fee is \$200.00 and reservations must be made ten days prior to the event by contacting Real Manage. Keys can be picked up on site.



What Causes Sensitive Teeth & WHAT TO DO ABOUT IT

Do you experience discomfort in your teeth? Do you find it difficult to drink icy or hot beverages? You may have a case of sensitive teeth. Luckily, it's very treatable. Find out what causes sensitive teeth and how to change your habits to avoid sensitivity. *What does it mean to have sensitive teeth?* If you experience pain or discomfort when consuming foods or beverages that are hot, cold, sweet, or sour; when brushing or flossing; or even when breathing sharp, cold air, you may have sensitive teeth.

What is the reason for sensitive teeth?

COMMON CAUSES OF TOOTH SENSITIVITY:

Over-brushing: brushing your teeth too hard may wear down enamel or irritate the gum line, causing it to recede and expose the tooth's sensitive roots. **Cracked teeth:** a crack or chip in your tooth may expose the underlying dentin or may fill with bacteria from plaque, causing the nerve to inflame. **Teeth grinding:** over time, grinding or clenching your teeth can erode enamel and expose dentin. **Gum disease:** gum disease leads to tooth decay which breaks down enamel; gum disease can also lead to infection which may attack the tooth's roots or cause the gum line to recede. **Tooth whitening:** using products with peroxide or baking soda can seriously aggravate exposed roots or dentin. **Age:** studies have shown that tooth sensitivity occurs most often in people between the ages of 25 and 30.

It is possible to experience tooth sensitivity after routine dental procedures such as the placement of a filling or crown, tooth restoration, or even tooth cleaning. Such sensitivity is temporary; if it does not cease after four to six weeks please consult your dentist.

How should I take care of my teeth if they are sensitive?

Tooth sensitivity is very treatable, no matter what the cause.

Here are a few remedies you can take advantage of at home:

Try a **desensitizing toothpaste** which contains chemicals that block sensations like hot and cold from reaching the nerves in your teeth. Use a **soft-bristled toothbrush** that will be gentler on both your teeth and gums. Switch to a **fluoride mouthwash**. **Avoid acidic foods** such as tea, tomatoes, and citrus fruits. Maintain **good oral hygiene** by brushing twice every day and flossing once daily. Depending on the cause and severity of your sensitivity, you may benefit from professional treatment. If you suffer from sensitive teeth, please be sure to contact your dentist. We can set up an appointment to discuss what is bothering you and determine the best way to address the problem.

Submitted by Dr. Flury

COMMUNITY CONTACTS

BOARD OF DIRECTORS

President, William Leepresident@chelseaharbourhoa.com
Treasurer, Mark Owczarczak... treasurer@chelseaharbourhoa.com
Secretary, Gloria Smith..... secretary@chelseaharbourhoa.com
Director, Dan Turner..... at-large@chelseaharbourhoa.com
Director, Don Charly at-large@chelseaharbourhoa.com

*To email all board members -
Board@ChelseaHarbourHOA.com*

MANAGEMENT COMPANY

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Fax: 1.866.919.5696

Community Manager: Jaine Prieto

COMMITTEE MEMBERS

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Chair..... John Rushing
Members Jack Jones, Ming Lai, Dilner Minesse
..... Steve Tegehoff, Dan Turner

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Members Sheri Hanzelka, Dee Dobbins, Anil Pasupuleti

BEAUTIFICATION COMMITTEE

Chair..... Gloria Smith
Members Chau Bao, Mark Hutton
..... Tu Nguyen, Saleem Makda, Niki Patel, John Tan
Email all members - Beautiful@chelseaharbourhoa.com

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Chair..... William Lee
Members Edward Haddad, Don Charly, Dhiren Desai
Members Jennifer Nguyen, Ann Sill

SAFETY COMMITTEE

Chair..... VACANT
Members Sheri Hanzelka, Anil Nair, Vijay Raj
Members Dan Charly, Seun Mabadeje, Dhiren Desai

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CHELSEA HARBOUR HOA, INC.

COMMITTEE INTEREST FORM

Here's your opportunity to get involved in community activities. Complete the form, submit it to Real Manage and join us at the Club House on Monday, Feb. 27 at 7pm.

Yes! I want to join a committee!

My Name _____

My Address _____

My Phone Number(s) _____

(Home) _____

(Work/cell) _____

My E-Mail Address _____

Please check those committees you are interested in:

Amenity Committee (Assist with all clubhouse reservations and reports any needed repairs to RealManage)

Architectural Advisory Committee (reviews all homeowner applications for exterior modifications, assists in regulating modifications, external design, appearance, use and maintenance of neighborhood homes)

Beautification Committee ('eyes' of the community, implements a "yard of the month" program and advises RealManage of any landscaping needs, i.e., broken sprinkler heads, entry lights not working, landscape improvements recommendations, seasonal color recommendation and organizes a spring clean up day etc.)

Communications/Welcome Committee (works closely with other committees, welcomes new neighbors and helps with the community newsletter)

Safety Committee (often works with the local police department, helps form a neighborhood watch, informs neighborhood of any safety concerns, volunteers as a block captain, etc.)

Social Committee (initiates and organizes social events for the community; holiday parties, community barbeques, pool socials, card clubs, organize teen/youth activities etc.)

PLEASE RETURN TO
Chelsea Harbour
Homeowners Association
c/o: RealManage Management Co.
2000 S. Dairy Ashford. Ste 120
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By Fax: 866-919-5696
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