

# THE

NEWS FOR THE  
RESIDENTS OF  
TIMARRON

# Talk

March 2012

Volume 6, Issue 3

## 15 Things to do Today to Simplify Your Life

By Karin Flagg, *Organize With Purpose!*

*Here are 15 simple things you can do immediately to take you from overwhelmed to back in control in just minutes.*

### **1. CREATE AN 'IN-OUT' OR 'LANDING PAD' AREA BY YOUR ENTRANCE DOOR**

Whether you use your front door or garage, use this area to collect the things you use every day like keys, a charging station for phones, and a bulletin or whiteboard to jot down reminders and tack papers you need the next day. You'll eliminate last-minute frantic hunting and actually start your day stress-free.

### **2. DECLUTTER, JUST MINUTES AT A TIME**

You may not have time to thoroughly declutter a room, but you can at least start small every day. Go through a room with a laundry basket and pick up any items that don't belong there. When the basket is full, put those things back where they should go.

### **3. SORT YOUR INCOMING MAIL IMMEDIATELY**

Instead of piling up that stack of mail, sort it over a trash can and immediately toss junk mail making sure to shred sensitive items. (If you don't have a shredder use a pair of 'shredding scissors'). Open the rest of the mail throwing away all envelopes. Now sort this small pile into bills to pay, things to read, items to keep and file.

### **4. LIMIT THE AMOUNT OF MAIL YOU HAVE TO SORT THROUGH EVERY DAY**

Stop wasting precious time sorting through your crammed mailbox filled with unsolicited mail. Opt-out of receiving credit card offers, fliers and catalogs you don't want or need by registering at the Direct Marketing Association website: [www.DMAchoice.org](http://www.DMAchoice.org).

### **5. GO PAPERLESS**

Whenever possible, opt for paperless statements. Most banks, utility and service companies offer online statements instead of having them mailed to you. That means less paper for you to sort and file – not to mention saving trees.

### **6. SWITCH TO ONLINE & AUTOMATIC BILL-PAY**

Sign up with your bank for online bill-pay to ensure you never miss a payment again. As soon as you get a new bill enter the amount to pay and the due date in the bill-pay section. That's it! Your bank makes sure it's sent and delivered on-time so you don't have to. And think about signing up for automatic recurring payments for things like your mortgage and car payment – then won't even have to remember to remember to pay them! No more hunting for stamps and running to the post office.

### **7. EMBRACE THE 'ONE-IN ONE-OUT' RULE**

This is a great system for almost any area of your life. Whether it's a new item of clothing or a book, decide that for every new item you bring home one will be removed. This will help keep you from being overwhelmed by all your stuff.

### **8. CREATE A MAGAZINE & CATALOG BASKET**

Have a container, like a basket or box, to hold all your magazines and catalogs. When it gets full, that's your cue to recycle the old ones.

### **9. MULTI-TASKING IS A MYTH**

Studies show that trying to do 2 or more things at once that require your complete attention just doesn't work. Instead, block out chunks of time to focus on one project at a time. You'll be amazed how much more you'll actually get done working this way.

### **10. CLEAR OUT MENTAL CLUTTER**

It's exhausting trying to keep all those thoughts, ideas, projects and to-do lists in your head – instead, get them out of your head and out where you can see them. Whether you use technology or paper, it's a quick way to make lists of all those mental thoughts swirling in your head. Then divide those lists into categories like Work and Personal.

*(Continued on page 3)*

# THE TALK

## Newsletter Information

### Publisher

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Interested in submitting an article? You can do so by emailing [timarron@PEELinc.com](mailto:timarron@PEELinc.com) or by going to <http://www.peelinc.com/articleSubmit.php>. All news must be received by the 15th of the month prior to the issue. So if you are involved with a school group, scouts, sports etc – please submit your articles for *The Talk*. Personal news for the Stork Report, Teenage Job Seekers, special celebrations and military service are also welcome.

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15 Things to do...- (Continued from Cover Page)

## 11. HAVE A WAY TO CAPTURE YOUR THOUGHTS & IDEAS

Throughout the day, have some way to capture all your 'to-do's' and 'must-remembers'. It might be high-tech like your Smartphone or as simple as a notepad. The key is to make a note of them somewhere whenever they pop up.

## 12. TURN OFF YOUR EMAIL NOTIFICATIONS

Are you distracted every time you see and hear "You've got mail?" Those reminders can be a big distraction so take back control by turning off the email icon and sound. Instead either set it up so YOU have to go retrieve them when you're ready, or change the settings so that it doesn't notify you for every email but rather in batches every 30 or 60 minutes instead.



## 13. BE THE RULER OF YOUR EMAILS

Did you know that programs like MS Outlook let you set up 'rules' for your emails? Instead of clogging your inbox set up a rule for things like newsletters that you want to read at a later date, when you have time. It will go into a folder and be there when you're ready. Think of 'Rules' as like having your very own personal assistant for email!

## 14. PLAN YOUR TOMORROW - TODAY

At the end the day take a few moments to plan the key things you need to accomplish tomorrow. By following a plan you'll be productive first thing - instead of wasting time with emails or Facebook. And pull tomorrow's outfit together the night before, down to all the accessories and shoes. A few moments of planning today will make your tomorrow easier.

## 15. EMBRACE TECHNOLOGY

I'm not a techie but I've come to realize that many apps and features of your phone help make life easier and many are free. Use the calendar to set reminders to yourself throughout the day, or use the voice recorder app to record messages to yourself while you're running around. Or check out notes and to-do list apps. There's even a voice-to-text app that turns your message into an email. Once you start looking you'll be amazed what's available.



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## ORAL HEALTH UPDATE

IT MAY NOT BE "JUST A TOOTHACHE".

Going to the dentist may not be on the top of your To Do list, but if you're experiencing dental pain, a trip to the dentist may be just what you need. If you have a toothache that lasts more than one or two days, you notice swelling around a tooth, bleeding, or experience severe pain or fever, it's time to make an appointment with the dentist as soon as possible. A thorough examination and diagnosis is important to prevent more serious complications to your teeth, jaw, and gums. Dental decay and gum disease are progressive in nature. Early diagnosis is essential to a quicker and easier treatment.

### THERE ARE SEVERAL CAUSES OF DENTAL PAIN, INCLUDING:

- Tooth decay affecting the enamel and the dentin, or inner layer of the tooth
- Tooth abscess caused by severe tooth decay or a trauma causing an infection at the root of the tooth or between the gum and tooth
- Damage to existing fillings due to pressure from chewing, grinding, or clenching
- Teeth grinding that causes fracturing, loosening, and excessive wear
- A fractured tooth from a traumatic dental injury
- Infected gums as a result of gingivitis or gum disease (periodontitis)

During your exam, your dentist will typically ask about the nature of your dental pain, when it started, and if anything makes it better or worse. Then, your dentist will conduct a physical examination of your mouth, teeth, gums, jaws, tongue, and throat. X-rays and other tests may be recommended, depending on what the dentist suspects is causing your toothache.

Once your dentist has determined the cause of your dental pain, you will be presented with treatment options. If a cavity is causing your pain, a simple filling may do the trick. However, if there is an infection that has spread to the tooth's nerve, a root canal may be necessary. An antibiotic may also be prescribed if you have swelling of the jaw or a fever.

### DENTAL PAIN IS PREVENTABLE!

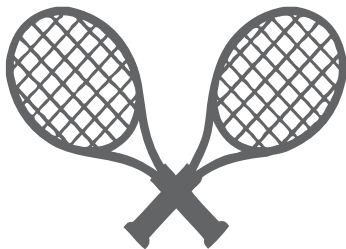
Because most toothaches are caused by decay, practicing good oral hygiene is the easiest way to prevent dental pain. This includes brushing and flossing every day and visiting your dentist for professional cleanings and checkups on the schedule determined by the Dental Hygienist. In addition, eating a healthy, balanced diet that is low in sugar will not only help you prevent cavities but will improve your body's overall health.

*Submitted by Dr. Flury*



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## A Focus On Body Mass Index KNOWING YOUR NUMBERS MEANS KNOWING YOUR RISK

By: Concentra Urgent Care

Overweight and obese refer to ranges of weight that are considered unhealthy for a given height. Being overweight can lead to obesity, and obesity is defined as having too much body fat. Excess fat, especially around your waist, may put a strain on your heart and can lead to serious health problems such as: Type 2 diabetes, heart disease, high blood pressure, sleep apnea, varicose veins, and other chronic conditions.

Body Mass Index (BMI) is a number calculated using your weight and height. Knowing your BMI is one simple way to determine if your weight is putting you at risk for health problems.

### HOW TO CALCULATE YOUR BMI

Your BMI estimates how much you should weigh based on your height.

### Here's how to calculate it:

- Multiply your weight in pounds by 703.
- Divide that answer by your height in inches.
- Divide that answer by your height in inches again.

### How to Calculate Your Waist Circumference

You can easily measure your own your waist circumference to determine if you are storing too much body fat in your abdomen:

- Place a cloth measuring tape around your bare abdomen just above your hip bones (do not use your belly button as a guide).
- Make sure the tape is horizontal all the way around, and snug (but not pulling your skin in).
- Breathe normally, and read the measurement.

### BMI CATEGORY FOR ADULTS

Below 18.5.....Underweight  
18.5 - 24.9..... Healthy  
25.0 - 29.9.....Overweight  
Over 30..... Obese

Women with a waist measurement of more than 35 inches or men with a waist measurement of more than 40 inches may have a higher risk for developing diabetes or heart disease.

Lowering your BMI or waist circumference by just a small amount may lower your risk significantly. You can decrease these numbers by exercising regularly and eating a healthy diet. For more information about BMI or waist circumference, contact your health care provider or visit the National Heart Lung and Blood Institute at [www.nhlbisupport.com](http://www.nhlbisupport.com)

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## St. Patrick's Day Facts

- St. Patrick is the patron saint of Ireland, although he was born in Britain, around 385AD. His parents Calpornius and Conchessa were Roman citizens living in either Scotland or Wales, according to different versions of his story.
- As a boy of 14 he was captured and taken to Ireland where he spent six years in slavery herding sheep. He returned to Ireland in his 30s as a missionary among the Celtic pagans.
- Legend has it that he used the native shamrock as a symbol of the holy trinity when preaching and brought the Latin alphabet to Ireland.
- Miracles attributed to him include the driving of serpents out of Ireland. However, evidence suggests post-glacial Ireland never had any snakes in the first place.
- Wearing green, eating green food and even drinking green beer, is said to commemorate St Patrick's use of the shamrock - although blue was the original colour of his vestments.
- St Patrick was said to have proclaimed that everyone should have a drop of the "hard stuff" on his feast day after chastising an innkeeper who served a short measure of whiskey. In the custom known as "drowning the shamrock", the shamrock that has been worn on a lapel or hat is put in the last drink of the evening.
- Popular Irish toasts on St Patrick's Day, include: may the roof above us never fall in, and may we friends beneath it never fall out.
- St. Patrick's Day was first celebrated in America in Boston, Massachusetts, in 1737. Around 34 million modern Americans claim Irish ancestry.
- It is believed that St Patrick died on March 17 in 461AD. It is a national holiday in Ireland, and on the island of Montserrat in the Caribbean, which was founded by Irish refugees. It is a bank holiday in Northern Ireland and a provincial holiday in the Canadian province of Newfoundland.
- Dublin has a parade that attracts hundreds of thousands of people, while in Chicago the river is dyed green for a few hours. The biggest parade is normally held in New York, while the largest celebration in the southern hemisphere is in Sydney, Australia.






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1430 Byron Nelson Pkwy	\$1,665,000	7216 Braemar Terrace	\$824,900	215 Creekway Bend	\$650,000	1422 Kensington Court	\$498,000
1413 Eagle Bend	\$1,400,000	1205 Province Lane	\$798,000	1205 Strathmore Drive	\$629,000	714 Wentwood Drive	\$489,900
1203 Earliston Court	\$1,375,000	1205 Kirkcaldy Court	\$759,900	1409 Waltham Drive	\$625,000	802 Durham Court	\$475,800
1208 Chadwick Crossing	\$1,375,000	7307 Thames Trail	\$745,800	515 Regency Crossing	\$623,800	723 Wyndors Creek Drive	\$475,000
1516 Byron Nelson Pkwy	\$1,345,000	7304 Braemar Terrace	\$729,000	1808 Caspian Lane	\$620,000	702 Bryson Way	\$455,000
1600 Byron Nelson Pkwy	\$1,298,800	7204 Majestic Manor	\$724,500	2217 Collins Path	\$619,900	710 Nettleton Drive	\$439,900
1715 Byron Nelson Pkwy	\$1,292,800	1700 Thames Trail	\$715,000	1358 Montgomery Lane	\$575,000	707 Bryson Way	\$439,000
404 Oak Ridge Court	\$1,198,800	2007 Caspian Lane	\$699,900	7201 Balmoral Drive	\$559,900	927 Midland Creek Drive	\$425,000
402 Atherton Circle	\$1,000,000	1669 Byron Nelson Pkwy	\$699,000	612 Logans Lane	\$559,900	712 Heatherglen Drive	\$410,000
412 Bryn Meadows	\$1,000,000	1205 Lansdowne Court	\$675,000	125 Creekway Bend	\$550,000	923 Midland Creek Drive	\$410,000
403 Atherton Circle	\$875,000	603 Aberden Way	\$669,900	613 Regency Crossing	\$525,000	934 Midland Creek Drive	\$410,000
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