

THE BULLETIN

Belterra Community News

April 2012 Volume 6, Issue 4

News for the Residents of Belterra

Lakeway Regional Medical Center

Community Open House

Please join us on April 1st, between 1:00 PM - 4:00 PM, while LRMC hosts a community open house to give the Lake Travis community a chance to come on out and get a tour of the new hospital before it opens on April 16th. LRMC staff will be sharing information on the services offered and answering any questions you may have. We'll have activities setup for children ranging from face painting to getting an up close look at one of Travis County Star Flight's helicopters.



34th Annual PECAN STREET FESTIVAL

Celebrates Austin this Spring

*Enjoy Local Artistry & Music
Saturday, May 5 and Sunday, May 6*

The celebrated bi-annual Pecan Street Festival is pleased to announce the Spring 2012 festival will take place on May 5 and 6, 2012 in downtown Austin. The FREE festival features artisans and musicians from all over the U.S. and introduces observers to cultures from around the globe. Festival goers can find paintings, woodwork, candles, jewelry, clothing, home décor other useful and whimsical household items. This year, the festival aims to encourage green living with the use of recycling programs and organic vendors. It will also promote healthy living by providing fresh food options and a "calorie counting" challenge. Proceeds benefit local city and non-profit organizations, such as The City of Austin and Austin Boxer Rescue in years past. Speaking of pets, the Pecan Street Festival invites Austin residents to bring their four-legged friends for some canine fun, courtesy Austin Pets Alive.

In its 34th year, The Pecan Street Festival is a local tradition that celebrates the city's artistic and diverse culture and commemorates everything "Austin." From magic shows for the kids to three live music stages for the adults, there is something for everyone to enjoy. This Spring, the Festival is also placing an emphasis welcoming the Hispanic community in conjunction with Cinco de Mayo. Without a doubt, attending The Pecan Street Festival is the best FREE weekend Austinites can have! The Pecan Street Festival is the oldest and largest art festival in Central Texas. What started in 1978 as an opportunity for Austin merchants to sell their products has become an Austin tradition that attracts more than 300,000 people every year and generates \$43 million in economic impact. Visit www.oldpecanstreetfestival.com to learn more about the festival.



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Walnut Springs Elementary 512-858-3800
Rooster Springs Elementary..... 512-465-6200
Dripping Springs Middle School..... 512-858-3400
Dripping Springs High School 512-858-3100

UTILITIES

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Trash – Texas Disposal..... 512-246-0498
Gas – Texas Community Propane..... 512-272-5503
Electricity – Pedernales Electric 512-858-5611

OTHER

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Early Packing List: When to Get Travel Vaccinations

PLANNING AHEAD IS THE KEY TO SAFE, HEALTHY GLOBE-TROTTING

Submitted by Laura Guerrero, M.D., medical director for The Austin Diagnostic Clinic's Travel Clinic

There are just a few days to go before your big trip overseas. You've triple checked your itinerary, memorized important maps, and maybe even practiced speaking a bit of the local language. But unless you have taken the proper vaccination measures well in advance, your health may be at risk.

One of the most overlooked to-dos on a busy pre-travel itinerary checklist is the need to get vaccines and other medical preparations taken care of weeks, sometimes even months, before a trip, says Laura Guerrero, M.D., an internal medicine physician and medical director of the Travel Clinic at The Austin Diagnostic Clinic (ADC).

"Depending on where in the world you are going, you may be exposed to diseases and other pathogens that your body just hasn't had to cope with here in the United States. Often, vaccines are the best preventative measure to protect your health," says Dr. Guerrero. "But what people sometimes forget is that many vaccines have to be taken over an extended period of time before they can effectively prevent an illness."

ROUTINE, RECOMMENDED, & REQUIRED VACCINATIONS

The Centers for Disease Control and Prevention (CDC) divides travel vaccines into three categories: routine, recommended,

and required. Dr. Guerrero says the number and type of vaccines you should receive will vary depending on what part of the world you are traveling to.

"Your particular vaccination and health needs can be as different as the Amazon jungle is to the Sahara desert," says Dr. Guerrero. "The only way to know what vaccinations are recommended for you is by consulting with your doctor at least one month before you plan on traveling abroad."

THE RIGHT VACCINE AT THE RIGHT TIME

Routine vaccinations are designed to protect you from diseases that rarely occur in the United States, but are still common in many parts of the world. According to the CDC, routine vaccinations should be administered for things such as influenza, tetanus, hepatitis A and B, measles, chickenpox, and zoster (shingles).

Exactly what routine vaccinations travelers should get will also depend mainly on your age and gender. And if you are traveling with children, they will likely require different vaccinations than an adult. Infants may need to have their vaccines administered over a period of several days or weeks, explains Dr. Guerrero.


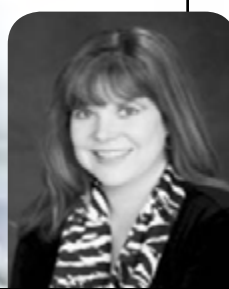
Recommended vaccinations will also depend on where you are traveling. The

CDC lists vaccine information about specific destinations around the world on its website, <http://wwwnc.cdc.gov/travel/destinations/list.htm>. The site includes detailed health information about specific countries.

"We will update your shot record so we know what vaccines you should be receiving," says Dr. Guerrero. "And we will also counsel you about what diseases may be present in your destination, and how you can avoid exposure." As far as required vaccinations go, international health regulations currently only require a vaccination for yellow fever for travelers visiting certain countries in sub-Saharan Africa and tropical South America. Meningococcal vaccination is also required by the government of Saudi Arabia for annual travel during the Hajj—the term for the annual pilgrimage to Mecca, Saudi Arabia, which occurs sometime between November and January.

"Even if you do not get your travel vaccines in time, it's always a good idea to see your doctor before you travel abroad because you can still benefit from medications and other information about how to protect yourself from illness and injury while on vacation in another country," adds Dr. Guerrero.

(Continued on Page 5)

<p>Is your relationship strained? Do you have a troubled teen? Are you or a loved one struggling with stress and or depression?</p> 	<p>My Moment My Life COUNSELING FOR TODAY</p> <p><i>Helping Individuals, couples & families to find the life they have not yet imagined.</i></p>  <p>Elaine S. Brown, J.D., M.A. LPC-Intern Frank Cohn, LPC-Supervisor 2525 Wallingwood Dr., Bldg. 1, Suite 231 Tel. 512-306-0305 E: emsbrown1@gmail.com</p> <p>WWW.MYMOMENTMYLIFE.COM</p>
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Fit & Fun: Health Tips for You & Your Children

By: *Concentra Urgent Care*

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families. Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen. The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

BELOW ARE SOME IDEAS FOR GETTING OFF THE COUCH & HAVING SOME FUN WHILE GETTING FIT:

- **Take an active vacation:** It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can

plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.

- **Visit a local park:** It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!
- **Hold a block party:** Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.

- **Go for a hike:** Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

THE GOAL: BE INSTRUMENTAL IN ENCOURAGING CHILDREN TO DEVELOP THE GOOD HABIT OF MOVING THROUGH SPACE, NURTURING THEIR PHYSICAL POWER, & GETTING FIT.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at: <http://www.cdc.gov/healthyouth/physicalactivity/>

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- VISIT US ONLINE

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Colin's Hope Upcoming Events Calendar

- April - May:** Water Safety Walk - Packet Stuffing Distribution
- April 18:** Colin's Hope Classic Golf Tournament at Flintrock Falls
- June 14:** World's Largest Swim Lesson at Schlitterbahn
- June 16:** Colin's Hope Got2Swim the Pure Austin Quarry

Early Packing List - (Continued from Page 3)

HEALTHY TIPS WHILE ABROAD

Once you have followed the vaccination schedule exactly, there are many other health considerations to take into account, Dr. Guerrero says. If you are taking prescription medications, for example, make sure you bring enough to last your entire trip and that you keep them stowed in their original containers. It's also a good idea to bring medicine for diarrhea, and to be cautious about drinking from local water supplies or eating things like raw seafood or other uncooked items.

"Part of ensuring a memorable travel experience abroad is making sure you are prepared for any potential health situations," explains Dr. Guerrero. "For example, if you have a preexisting health condition, it's always a good idea to know what your emergency care options are if something were to happen abroad. By taking the proper health planning measures, your trip of a lifetime can be filled with good memories instead of bad ones."

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Austin Newcomers Club APRIL LUNCHEON

WHAT'S HAPPENING AT THE ZACH?

Founded in 1933 as Austin Civic Theater, ZACH has been a major player in the Austin Theatre and Theatre Education life of this region for almost 80 years. Our speakers this month are Joy Selak, the Board President at ZACH, and Nat Miller, ZACH's Education Director. They will be telling us about the work they do in theatre education and theatre for youth at ZACH as well as working with arts education in the Austin school system. They will also share with us the progress on their new state of the art Topfer Theatre under construction on the expanding campus. Joy has served on ZACH's board for 8 years. Nat recently joined the organization from the Paramount, where he was education director. Nat is also a former high school teacher and received his MFA in Theatre Education from the University of Texas.

WHEN & WHERE

**Wednesday, April 18, 2012 at Green Pastures Restaurant,
811 West Live Oak Street, pre-payment \$20.00.**

Reservations are required.

TIME

11:30 a.m. socializing, Luncheon begins at noon.

For Luncheon Reservations Email:

LuncheonDirector@AustinNewcomers.com

Austin Newcomers Club is a non-profit social and recreational organization dedicated to introducing residents to the Austin Community and giving them the opportunity to meet and make new friends. To Join Austin Newcomers Club: Any person who has a zip code beginning with 787 is eligible for a new membership with the annual dues payment of \$40.00. Membership includes The Welcome Mat, the monthly newsletter, and the annual Members' Directory. Contact Dotti Thoms, New Member Services, at (512) 314-5100. You are invited to attend a morning or evening Welcome Coffee and Orientation. For more information visit the website at: www.AustinNewcomers.com.



Tips for a Diet that Promotes Healthy Teeth

Of course we all know that a healthy diet is good for our bodies, but did you know that what you eat affects your teeth as well? Here is a list of simple ways you can improve your oral health by paying close attention to your diet. Brushing and flossing are vital to keeping your teeth healthy, but what you eat and drink in between your daily cleaning rituals also plays an important role in your oral health.

Plaque – an invisible, sticky layer of bacteria – regularly coats your teeth. When the starches and sugars present in many foods come into contact with this bacteria, acid is produced. This acid breaks down the enamel that protects the outside of your teeth, and over time can cause tooth decay. If you choose your foods wisely, you can decrease the amount of acid that attacks your teeth. Here are some diet tips for keeping your teeth healthy:

Limit foods and drinks that are high in sugar, like cookies, candies and sodas – remember even unsweetened fruit juices are high in sugar. **Read packaging labels** to find out how much sugar is included, and make educated choices in the products you purchase. **Limit dried fruits**, which are sticky and cling to the teeth – instead, eat fresh fruit, especially apples, which serve as natural tooth cleaners.

Avoid snacks between meals – but if you must snack, replace sugary treats with crackers, cheese, yogurt, nuts, and celery or carrot sticks, which produce less acid. If you do drink sugary liquids (soda, sports drinks, juices), **avoid sipping slowly** over a long period of time as this extends the period that acid attacks your teeth.

If you're a regular coffee or tea drinker, **reduce or eliminate added sugar**. If your children snack at school, be sure they have **access to healthy snacks** (veggies, fresh fruits, cheese) instead of packaged foods that are high in sugar. If you occasionally treat yourself to a sugary snack, **brush your teeth afterwards** to reduce the acid effect – if you aren't near a toothbrush, **rinse with water or chew a piece of sugarless gum** to stimulate saliva, which helps clean your teeth.

Your diet also affects your overall health, which helps determine how well your body can fight off infection. If you aren't getting certain nutrients, the tissues in your mouth may not be as resistant, leaving you more prone to periodontal (gum) disease.

If you have any questions about your diet and its effect on your oral health, let us know. We'll be happy to guide you toward healthier eating habits.

Submitted by Dr. Flury

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