



# The Harbour

COMMUNITY • CONNECTION • CULTURE

May 2012

Official Newsletter of the Chelsea Harbour Homeowners Association

Volume 3, Issue 5



*Gard of the Month*  
5115 Auckland Drive

The Landscape Committee has selected a winner for our first Yard of the Month award. The winner is 5115 Auckland Drive. If your travels around the neighborhood do not typically take you by this home you should make a special trip. The variety of color and texture in the large beds make them very eye catching. The large manicured beds scattered across the yard create a nice balance while the assortment of trees creates interest. The trees are always impeccably trimmed and maintained. The attractive hard scape includes interesting statues, urns, and fountains. The homeowner will be recognized by a certificate thanking them for the significant contribution they have made to the neighborhood by creating a beautifully landscaped front yard. The homeowner will also receive a gift card to Lowe's Home Improvement Store.

Would like to nominate your neighbor for next month's award? Perhaps your place is a winner. E-mail the Beautification Committee with your nomination. (See page 2: Community Contacts) You need to provide the address and homeowner's name if possible. Candidates will be judged solely on the total exterior appearance of their property and front yard as viewed from the street. General upkeep of the yard and property is paramount. Factors shall include the overall appearance, tidiness and neatness of the property.

## Resolution 12: Resolve To Be A *Good Neighbor*

In the January newsletter we introduced the 2012 Resolution Campaign and shared a list of resolutions to help make our community the best it can be. Last month the article was about keeping resolutions. This month let's take a close look at Resolution 12: Resolve to be a good neighbor. When you follow the other 11 resolutions this one is automatic. The very fact that you are reading this means you are willing to do your part to make this a fantastic community for everyone who lives here. A simple thing like pulling your car a little farther into your driveway makes it easier for those who walk to stay safe on the sidewalk. What are some other ways you can be a good neighbor?

**Respect your neighbor's VISUAL space by turning your backyard light OFF when you are not using the yard.** Our backyard lights can be very obtrusive and bother neighbors many houses away as the light reflects off the water. Many of your neighbors use their backyards for meditation and quiet time. Bright lights shining in your eyes don't allow for relaxation and enjoyment of the tranquil lake environment we have the good fortune to live by. If you feel you must have light for protection put it on a motion sensor.

**Meet your neighbors.** Say hello to the folks you pass walking and wave to neighbor when you see them getting the mail. Just be friendly and watch the impact that will have on you and our community. Positive energy is contagious!

**Participate in community events** – the pool

*(Continued on Page 6)*

## COMMUNITY CONTACTS

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*Community Manager: Jaine Prieto*

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# POOL PARTY!

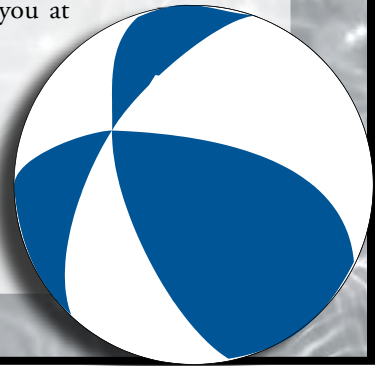
*May 26th*

It's that time of year again. It is time to make plans to meet at the pool. The 2012 Pool Season starts on Saturday May 26<sup>th</sup> with a pool party and cook out. The party will start around 4 pm with the first goodies coming off the grill around 5 pm. If you are interested in helping out at the pool party and cook out please e-mail the Beautification Committee. (See page 2: Community Contacts)

This year the pool will be open

from Memorial Day weekend to Labor Day weekend. Life guards will be on duty Tuesday – Thursday 3:00 pm to 8:00 pm and Friday – Sunday 10 am to 8 pm. The pool will be closed on Mondays but open 10 am – 8 pm on all Holidays. We are planning several different events at the pool this summer. Look for event announcements on the neighborhood marquee sign. Remember that in order to use the community amenities

you must be current with your Homeowner's account. To check on your account go to [www.realmanage.com](http://www.realmanage.com) and click on Resident Portal. See you at the pool!



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## A FOCUS ON PHYSICAL ACTIVITY

### *Pathway to Improved Health*

*By Concentra Urgent Care*

Being physically active is one of the most important steps you can take to maintain or improve your health. When combined with eating a healthy diet, regular exercise can substantially reduce your risk of chronic disease, prevent weight gain, and improve your overall level of physical and emotional fitness.

#### **HOW MUCH PHYSICAL ACTIVITY DO I NEED?**

The U.S. Department of Health & Human Services (HHS) has recently published several recommendations related to exercise:

*Any physical activity is better than no physical activity*

- Includes people with disabilities
- Far outweighs the possibility of risk of injury or illness
- Most health benefits occur with at least 150 minutes a week*
- Both aerobic (endurance) and muscle-strengthening (resistance)

are beneficial

*For most people, additional benefits occur when*

- You increase the intensity of your physical activity
- You increase the frequency of your physical activity
- You increase the duration of your physical activity

#### **SHOULD OLDER ADULTS EXERCISE, TOO?**

The same HHS guidelines apply, but older adults need to make sure that their fitness level and any chronic conditions allow them to safely perform physical activity. For example, if an older adult is at risk of falling, he should do exercises that maintain or improve his balance.

#### **WHAT IF I HAVE A CHRONIC MEDICAL CONDITION?**

If you have a chronic medical condition, you should be under the care of a health care provider. It is important to consult your physician about the type and amount of physical activity appropriate for you.

#### **HOW DO I GET STARTED?**

The health benefits of physical activity far outweigh the risks and some activity is better than none. Persons who have not been diagnosed with a chronic condition (such as diabetes, heart disease, or osteoarthritis) and do not have symptoms (e.g., chest pain or pressure, dizziness, or joint pain) do not need to consult with a health care provider prior to starting an exercise program.

*For more information on total fitness programs in general, you can contact your health care provider, your Concentra health specialist, or visit the National Safety Council's Web site at: <http://www.nsc.org/resources/Factsheets/hl/fitness.aspx>.*





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# THE HARBOUR

## Resolutions - (Continued from Cover Page)

party is coming up on May 26. Hope to see you there!

**Clean up after your pets.** Pets must be on-leash at all times and that includes cats. Cats poop in your neighbor's yard too – this is not just a dog problem! If you don't want to walk your cat on a leash then keep your cats in your house.

**Maintain your home.** It keeps your property value up and your neighbors'.

**Put out your trash and recycling in a responsible manner.** On windy days be careful with your trash and recycling so it stays out of the lakes.

**Protect the lake and common areas** by keeping trash and yard waste out.

**Keep your yards looking great.** In our community that means your front and back yards!

**Attend the monthly Board meetings** held at the clubhouse on the last Monday of each month. The homeowner comments segment starts at 8:00 pm.

**Follow the deed restrictions** (read them on [chelseaharbourhoa.com](http://chelseaharbourhoa.com))

If these ideas sound familiar they should. They are based on the 12 Resolutions from the January article. Our neighbor who won the first Yard of the Month Award clearly knows how to be a good neighbor and demonstrates that to everyone who passes their home.

Thank you for all you do every day to keep our community a safe, happy and valuable place for all of us to live.

## Top Ten Tips for Improving Bad Breath

Suffering from bad breath, but not sure why? Think about drinking more water and using less mouthwash. Find out why and learn more ways to improve your breath with these top ten tips.

Call it by its fancy name, "halitosis," and it won't smell any sweeter. Bad breath is frequently a sign that you're not keeping up with your oral health. The source of this unpleasant odor is, in most cases, bacteria living on your teeth, gums or tongue. Follow these ten tips for a breath of fresh air:

**Brush your choppers twice each day.** Better yet, brush after every meal. If you eat lunch at work or school, keep an extra toothbrush there. Also, be sure to replace your toothbrush regularly. Every few months, swap your brush for a fresh one.

**Reach between your teeth.** Flossing daily helps you remove food particles from between your teeth, where your toothbrush just can't reach. Flossing also helps keep your gums healthy, preventing periodontal disease, which can also lead to bad breath. If using regular floss is difficult for you, try one of the many interdental cleaners available at drugstores.

**Pick up an electric toothbrush.** Along with floss, an electric toothbrush removes plaque better than a manual toothbrush.

**Treat your tongue right.** Bacteria can gather on the surface of your tongue, so use a soft-bristled toothbrush or a tongue scraper to clean it every time you brush.

**Tap your inner teenager and chew gum.** The act of chewing (sugarless!) gum stimulates the production of saliva, which naturally washes away bacteria and food particles. If you suffer from a lack of saliva due to "dry mouth," a condition sometimes caused by medication, let us know; we can help address the problem.

**Don't fall for the myth of mouthwash.** Most mouthwashes merely mask the smell of bad breath and don't do anything to solve the underlying problem.

**Hydrate, hydrate, hydrate.** Drink water regularly to keep your mouth moist, and go easy on alcohol and caffeine, both of which are dehydrating.

**Turn off the tobacco.** Smoking and chewing tobacco lead to bad breath. They also increase your risk of a host of serious health problems, from periodontal disease to cancer.

**Take note of what you take in.** Certain diets, foods and medications can affect your breath. If your problem doesn't appear to be oral, make a list of the foods you eat and medications you take. Review it with your dentist or your family doctor to assess the source of the problem.

**Call in the experts.** It's important to have your teeth professionally checked and cleaned twice a year. Your dentist can give your teeth a thorough cleaning that isn't possible at home, as well as check for and treat early signs of problems such as cavities or periodontal disease.

In rare cases, persistent bad breath can be a sign of a larger health problem. The American Dental Association lists possible medical sources of bad breath, including respiratory infection, chronic sinusitis, postnasal drip, chronic bronchitis, diabetes, gastrointestinal disturbance, and liver or kidney ailments. If your dentist suspects that your breath problem stems from a medical issue, he or she will recommend speaking with your family doctor immediately.

*Submitted by Dr. Flury*

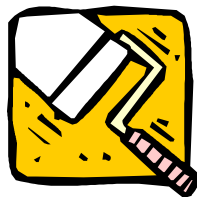
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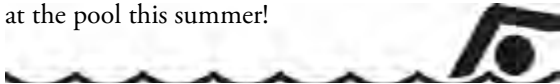
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## Swim Lessons

Sugar Land Swim School is excited to announce that it will be providing swim lessons this summer in Chelsea Harbour! Sugar Land Swim School serves children (Ages 4 & Up) and adults of all swimming abilities. It's never too late to learn how to swim! Lessons will take place on Monday and Wednesday nights starting June 4, 2012. Class schedules for lessons at the Chelsea Harbour pool were posted online on March 1, 2012: [www.sugarlandswimschool.com](http://www.sugarlandswimschool.com). Click on the Chelsea Harbour tab.

Online registration opened April 1, 2012. The summer registration fee (\$15) will be waived for all Chelsea Harbour residents. Additionally, Chelsea Harbour residents will receive a free Sugar Land Swim School tank top on their first day of lessons. See you at the pool this summer!



## Looking for Volunteers!

Center for Cultural Interchange is looking for volunteer hosts for foreign students. These students need a caring and safe environment to stay for the school year. Our students come from over 60 countries and are high school aged. They have their own spending money and are fully insured. Hosts are required to provide a bed and meals in their home. Searching for volunteers for the fall school year now. For more information or to get started please contact Jennifer Tausworthe at 713-203-6556 [jennifer4cci@aol.com](mailto:jennifer4cci@aol.com)



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