

SENDERA

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August 2012
Sendera Homeowner's Association

Official Community Newsletter

Neighbor & Neighbor



If you saw him walking to the mail box, you would notice a handsome older gentleman. If you learned that he and his wife of 62 years, Latrelle, met in 4th grade, you would be impressed that two people had found such a lasting love. If you met him at a recent block party, perhaps you would comment on his old world charm and warm heart. What you probably wouldn't know is that Twain's heart has led him down a unique and amazing path. You see, it originally belonged to a 16-year-old Missouri boy.

In 1988, when Twain Schieffer was 56, his heart gave out and he was placed on mechanical heart assist. With only 24-48 hours survival expectancy, a transplant was his only hope. At this time, the transplant program at Seton was only two years old and Twain was the 14th recipient of a donated heart. It took his doctors "a little more than two hours to complete the surgery and Twain was on his way to the transplant recovery area," wrote his daughter, Shelley Mathews, in a 2008 article.

When Seton celebrated the 25th anniversary of their heart transplant program in 2011, Twain sported a number 14 to indicate which transplant patient he was. But he could have worn the number

one because at 80 (he'll be 81 on August 30th) he is the oldest surviving member of the Seton family of heart recipients in Central Texas. It is a distinction Twain is grateful to hold. It has allowed him to see grandchildren grow up and present him with three great grandchildren, Sydney, Kinsley and Natalie.

Twain and Latrelle have lived in Sendera about four years. Their daughter, Kay Lee Cox, lives a short drive away. The day I talked to them, Kay Lee and Sydney were visiting. On a table in their family room is a collection of awards Twain has received for his volunteer work at both Seton and the Heart Hospital of Austin where he was named a Health Care Hero in 2009. When asked what he did at the Heart Hospital, Twain said, "I was just a volunteer." Latrelle added that he counseled with patients often at the request of the doctors and nurses, to calm their fears and serve as an example of the potential of their new life. After over 20 years of paying it forward, Twain has retired from volunteering. He wants to encourage everyone to register as an organ and tissue donor (www.donatelifetexas.org). I asked him what he was going to do now. He said "Keep on livin'."

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Acts of the Board

The Sendera HOA Board of Directors met on July 5, 2012 at the Sendera Swim Center. Complete minutes from the meeting will be posted on the Sendera web site as soon as they are approved.

Proposals were approved for the improvements allowed by the City of Austin on the Chickasaw Sink property between Chickasaw Court and Chesney Ridge Drive. The area five feet inside the existing fence will be mowed and low hanging limbs will be trimmed. In addition, a granite pathway will be installed to connect Chickasaw and Chesney Ridge. Landscapes USA was requested to provide a proposal for limited plantings on a property where the front yard has not been in compliance for some time and the owners have failed to take action to remedy the situation.

The web site renovation is still in the planning stage. Web master Sally Iwanski is meeting with a web site developer to review templates. It does not appear that information can be migrated from the old site to the new one. Residents may be required to register on the new site when it is ready. The contract for the current site expires at the end of October.

An insert for the Deed Restriction Violation letter was approved. It is a set of FAQs and a list of resources that will provide more specific guidance for owners with lawn maintenance violations. In addition, the Board requested that the inspector include a reference to the new insert in the comments section of the cover letter. We understand that the cover letter itself contains language approved by counsel and will not be changed.

Concerns were raised about the number of accidents at Copano and Davis. Todd Moore will contact the Traffic Engineer responsible for this area and schedule a meeting to discuss possible actions to address this issue. (Note: This meeting was held on July 13th. The engineer agreed to post signs warning of the limited line-of-sight due to the curve in Davis Lane. He is also going to ask the City Public Works Department to review the green belt area to the east of Copano on the north side of Davis to see if removal of some of the vegetation would make it easier to see on-coming traffic.)

The next board meeting is scheduled for August 2, 2012, starting at 6:30 at the Sendera Pool. Watch the web site as the site and/or date may be changed depending on the availability of a different venue.



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Travel the World without Leaving Your Hometown

BY HOSTING A FOREIGN EXCHANGE STUDENT

By Heather Wells

Who hasn't dreamed about walking among the Egyptian pyramids, or soaking in the sun on a beach in Spain, or wandering along the Great Wall of China? Every parent wants to give their children a taste of the world, but the economic reality of international air travel for a family, not to mention hotels, passports and food, makes it tough for most of us to consider except in our daydreams.

There is a way to give your children the world – without leaving your living room. How? Host a foreign exchange student from a country you've always admired! Fascinated by France? Curious about China? Intrigued by India? By welcoming an international student from one of these countries into your home, you instantly open a portal to a far off land.

"My husband and I have been hosting for the past three years and have enjoyed every minute of it!" said Vicki Odom, an Ayusa host mom from Pearland, Texas. "The various students we've had in our home have taught us a great deal about their home countries. The students also love learning about life in Texas and participate in a good deal on community service. Their latest service projects was volunteering to be Super Scoopers at the San Antonio Battle of Flowers Parade."

Foreign exchange students come from all over the world. Ayusa matches host families with students from more than 60 different countries including Argentina, China, Ecuador, Egypt, France, Germany, Japan, Lebanon, Norway, Pakistan, Sweden, Thailand, Tunisia and Turkey. All high school foreign exchange students are fully insured, bring their own spending money, and are proficient in English – and all high school exchange programs are regulated by the U.S. Department of State.

"We welcome host families of all shapes and sizes – families with young children, families with no children, empty nesters whose children have left home, single parents and non-traditional families," says Connie Coutu, Regional Manager of Ayusa, a non-profit that promoting global learning and leadership through foreign exchange and study abroad opportunities for high school students. "The key requirements for a host family are to provide a safe and nurturing home environment, genuinely love children, and have a desire to learn more about a different culture."

Volunteer host families provide foreign exchange students a nurturing environment, three meals a day and a bedroom (either private or shared with a host sibling of the same gender). Each host family and student is supported by a professionally trained community representative who works with the family and student for the entire program. All interested host families must pass a criminal background check and a home visit by an exchange organization.

Interested host families are required to fill out an application, pass a background check and interview with a local exchange program representative in their homes. Once accepted to a program, host families can view profiles of students to find the right match for their family.

"Hosting an exchange student is a life-changing experience – for the student, the host family, and the host community," says Coutu. "There is no better way to teach your children about the world around them than through welcoming an international high school student into your home."

Ayusa is currently accepting applications for families to host an exchange student for the 2012 – 2013 school year. For more information about hosting a high school foreign exchange student, please contact Ayusa at 1.888.552.9872 or by visiting the website at www.ayusa.org.



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Immunizations: Not Just for Kids

By: Concentra Urgent Care

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the immunization schedule to the right for generally healthy adults and adolescents.

For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: www.cdc.gov/vaccines.

**Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>*

IMMUNIZATION SCHEDULE RECOMMENDATIONS

Influenza:

Yearly, especially if at risk

Meningococcal:

One dose, age 11-12 or 13-18 if not previously immunized

Tetanus-Diphtheria/Tetanus

One dose, age 11-12, then booster

Diphtheria-Pertussis:

every 10 years

Human Papilloma Virus

Three doses, age 11-26 (females only):

Measles - Mumps - Rubella:

If born after 1956, one or two doses if never immunized up to age 65

Pneumococcal:

One dose, at or after age 65

Varicella (chicken pox):

Two doses if no prior infection or immunization received

Zoster (shingles):

One dose, at or after age 60

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WWW.COLINSHOPE.ORG

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- LEARN TO SWIM
- WEAR LIFE JACKETS
- MULTIPLE BARRIERS ON ALL POOLS & HOTTUBS
- KEEP BACKYARDS & BATHROOMS SAFE
- LEARN CPR
- CHECK POOLS/HOTTUBS 1ST FOR MISSING CHILDREN
- VISIT US ONLINE

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August 30: Colin's Hope Got2Swim Lake Austin
September 16: Colin's Hope Kids Triathlon

Thank you to all of the volunteers and community partners who gave of their time, resources and talent this summer to help us raise water safety awareness to prevent children from drowning. We have made such an incredible difference! As the summer comes to an end, please continue to keep your children safe in and around the water. Put multiple layers of protection into place to prevent children from drowning. **Drowning is Preventable.**



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