

THE

M O N I T O R

JUNE 2013 | VOLUME 2, ISSUE 6

NEWS FOR THE RESIDENTS OF MERIDIAN

Attention: SW Austin Business Owners, Marketing & Sales Professionals

WE ARE LOOKING FOR A FEW GOOD... PROFESSIONALS!

Submitted by Melinda McKenna

QUICK QUIZ:

Who do you know... that is reliable and trustworthy? A professional (residential, commercial, health and beauty, financial services, trades, or event planning) who places their customer's needs first?

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BNI Referral Partners is a non-competitive professional referral organization that admits one high quality individual or company per professional category to share ideas, contacts and most importantly referrals.

Are you curious? Do you want to learn how to build your business by referral? Visit us this week! We meet each Wednesday morning, and there is no obligation to join.

*Mandola's Italian Market
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William Canon and MOPAC*

*BNI Referral Partners
Tuesday - 8:00 AM to 9:30 AM*

The \$10.00 meeting fee includes a healthy breakfast and beverages. Bring at least 50 business cards to hand out to our members. For more information call 288-8088, or email Melinda@AUSTINREPS.com.



THE MONITOR

WELCOME

A Newsletter for Meridian residents

The Monitor is a monthly newsletter mailed to all Meridian residents. Each newsletter is filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it meridian@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

Our goal is to keep you informed!

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NEWSLETTER INFO

PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181
Advertising, advertising@PEELinc.com, 512-263-9181

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FINDING THE PERFECT PETSITTER

Submitted by Kristen Card

For pet owners, pets are more than just animals who share your home; they're family members. So any summer travel plans for your family must also include plans for your pets: Will they go with you? Will they be boarded at a kennel or vet? Or will you get a petsitter to come take care of them in your home?

For your pets, hiring a petsitter means they may stay in the environment and routine they're comfortable with. They don't have to undergo the stress of travel, or of staying in an unfamiliar place with other animals they don't know. And they get the daily one-on-one attention and affection they'll be missing in your absence.

For you, hiring a petsitter can mean greater peace of mind and less guilt while you're gone, knowing your pets and your home are being visited and cared for daily. Your house will be more secure with someone coming and going throughout the day, and your pets will be there waiting for you the moment you come home.

Petsitting is an extremely personal service – it means someone being in your house without you there, and caring for your home and family members. So finding the perfect petsitter for you and your pets is essential. Here are some helpful hints for finding “the one:”

Potentials: Good petsitters come from good authorities. Referrals from solid sources – your friends, neighbors, veterinarian, groomer or trainer – are the best way to find possible petsitters. There are also many specialty service sites worth exploring, such as Care.com or SitterCity.com.

Professionalism: A good petsitter takes his job seriously. A professional petsitter returns your call, email or text within 24 hours; has ready answers to frequently asked questions; is prompt to and pleasant in face-to-face meetings; has established protocol and payment terms; and follows through with what he says she will do.

Preparation: A good petsitter is well prepared. Interview potential petsitters, inquiring about:

- experience or special training they might have;
- how many visits they will make every day, how much time they will spend at each visit and what tasks they'll do [feeding and “watering,” exercise/play, attention/affection, other household routines – like watering plants, managing lights, etc.]; and
- their plan if your pet has an emergency, as well as if they have an emergency and must miss a visit.

Your petsitter should be equipped with thoughtful answers.

Pricing: A good petsitter has reasonable and transparent pricing. The average price for petsitting here in Austin is typically \$10 - \$20 per visit, and \$60 - \$75 for overnight stays. An extra charge for holiday care is common. Your petsitter should have established rates, and should be able to provide you with an estimated total cost for services upfront.

Personal: A good petsitter shines in an in-home interview. Always invite a new petsitter to your home, so she can see your routine, answer your questions and, most importantly, meet your pets. This is the best opportunity for you to express your needs, work through details, and see how comfortable you are with this person taking care of your pets and home. If you don't feel good about a petsitter – for any reason or none at all – then you should keep looking.

Precautions: Protect yourself, your pet & your home to your comfort level. Whether the petsitter is an individual or a service, get and check references. If it's an individual, then she should be insured, and a background check is an option; if it's a service, then they should be insured and bonded, and you should receive a specific, written contract for services.

Post-Trip: A good petsitter finishes the job right. Your petsitter should be willing to contact you with updates or leave behind notes about your pets' behavior while you're gone. He should also confirm your return home. Following up with a thank-you note or evaluation request shows your satisfaction matters.

A good petsitter is professional, experienced, dependable, quick-thinking and, above all, caring. Be thorough in your search, trust your gut, and the perfect petsitter will help both you and your pets enjoy your time off this summer!





Older Adults Express Anxiety In Different Ways

While there are several factors that can cause anxiety in older adults, it can be difficult to identify because they express anxiety in unique ways, according to an expert at Baylor College of Medicine. According to Dr. Melinda Stanley, professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM, common types of anxiety disorders in adults include:

- Generalized anxiety
 - Social phobias
 - Specific fears and phobias
 - Post-traumatic stress disorder
- Anxiety symptoms that older adults and their family members should watch for include:
- Shortness of breath
 - Difficulty sleeping
 - Increased heart rate
 - Muscle aches and pains
 - Dizziness

Anxiety is not a normal part of aging and can be treated. The first important step is to have a physical exam. Cognitive behavioral therapy is a treatment option that teaches learning skills to manage anxiety. Skills that can help reduce anxiety include relaxation, changing thoughts, facing fears, learning how to solve problems and learning behaviors to improve sleep.

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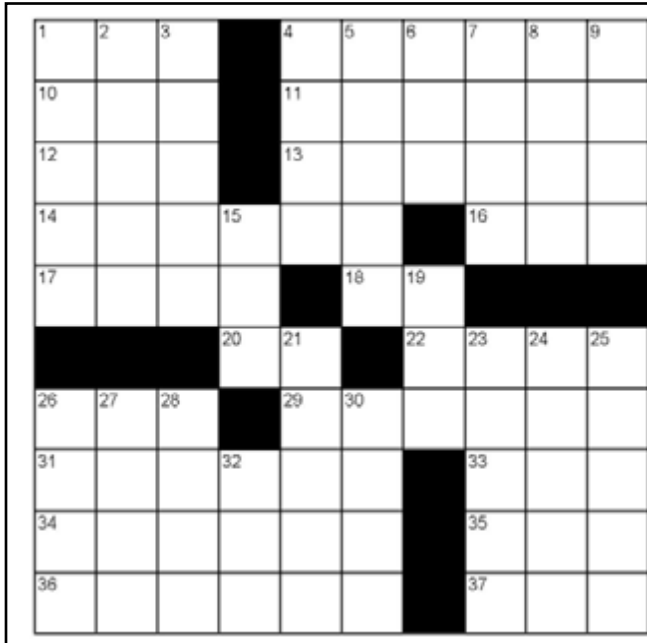
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SEND US YOUR *Event Pictures!!*

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Meridian

6 Months Sold History (11/2012-04/2013)

Current Market

Meridian by Square Ft Range	TOTAL	AVERAGE					TOTAL	
	Homes Sold	Square Feet	Price / Sq. Foot	Sold Price \$K	Year Built	Days On Market	Available	Pending Sale
<2500	7	2,211	\$ 134	\$ 295	2007	71	0	0
2500-2999	4	2,808	\$ 125	\$ 352	2009	92	3	2
3000-3499	9	3,264	\$ 123	\$ 402	2008	55	1	2
3500-3999	8	3,758	\$ 128	\$ 483	2010	55	4	1
4000-4500	5	4,301	\$ 141	\$ 606	2009	47	0	2
>4500	n/a	n/a	n/a	n/a	n/a	n/a	0	0
Meridian Total	33	3,262	\$ 130	\$ 423	2008	61	8	7
% Change Mo/Mo	38%	1%	0%	1%	0%	-9%	14%	-13%

Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 4/02/2013. In some cases new construction and FSBO homes are not included in the MLS data and therefore are not represented. Data is deemed accurate but not guaranteed. License #515586