



The

A Newsletter for the
Residents of Teravista

VOICE

Volume 3, Issue II

November 2013

November is the Designated Month to Celebrate the Gift of Hospice and the Lives of Those We have Lost.

By Tracy Sublett RN, BSN, MBA, ELNEC, Standards Hospice Administrator

Hospice is often thought of as a 'bad thing' or 'the end, giving up'. Hospice is a philosophy of how to honor and celebrate life, while delivering end of life care. Hospice is not about hastening death, instead hospice is about living all of the rest of one's days to their fullest. Hospice is about symptom management, comfort, dignity, and delivering the ability for patients' to have quality of life, whatever quality of life means to them and their family. Hospice employees are highly trained, some even certified in hospice and palliative care. Often by managing the symptoms associated with disease processes at the end of life hospice, more often than not, increases the quantity of life as well.

Hospice care is delivered wherever the patient lives, great hospices will deliver hospice care to homeless patients, hospitalized patients, indigent patients, and patients who live at home wherever home is to include any type of facility.

Great hospices will involve the patient, family, and caregivers in the patients' plan of care, which means the hospice provider educates all involved on options and allows the patient, family, and caregivers choose what is best for them without judgment and support all involved in their decisions. Great hospices do not take away hope by demanding patients or their families follow "their rules" such as having a DNR, give up palliative chemo, radiation, dialysis, blood transfusions, TPN, antibiotics, etc. These hospices understand that palliation is a part of hospice



and typically patients and families make decisions to stop certain treatments on their own due to side effects or decreased palliative results. The point is that it IS their choice not the hospice's choice. Great hospices show up 24/7 for any reason anytime the patient or family needs support or intervention, to include the ER to advocate for the patient and family.

All hospices follow families up to 13 months and beyond (if needed) after a loved one passes, we don't disappear.

End of life care can be expensive and drain a family's resources. Hospice pays for all medications, durable medical equipment and

(continued on page 3)



Your Other Family Doctor

gtvet.com

Quality care in a family environment

In-House Laboratory • Ultrasound • Laser Therapy • Complete Medical and Surgical Services • Comprehensive Dentistry • Vaccinations • Boarding • New Patients Welcome

Monday - Friday: 7:30AM - 5:30PM
Saturday: 8:30AM - 12:00PM

Phone: (512) 863-3563 Fax: (512) 863-4224
2707 South Austin Avenue, Georgetown, TX 78626



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY911
Fire..... 911
Ambulance..... 911
Round Rock Police (Non Emergency)512-218-5515
Georgetown Police (Non Emergency).....512-390-3510
Travis County Animal Control.....512-972-6060
Round Rock Animal Control512-218-5500
Georgetown Animal Control.....512-930-3592

SCHOOLS

Round Rock ISD512-464-5000
Teravista Elementary School.....512-704-0500
Hopewell Middle School.....512-464-5200
Stony Point High School.....512-428-7000
Georgetown ISD512-943-5000
Carver Elementary School.....512-943-5070
Pickett Elementary School.....512-943-5050
Tippit Middle School.....512-943-5040
Georgetown High School.....512-943-5100

UTILITIES

Atmos Energy.....1-888-286-6700
TXU Energy1-800-818-6132
AT&T
New Service.....1-800-464-7928
Repair.....1-800-246-8464
Billing.....1-800-858-7928
Time Warner Cable
Customer Service.....512-485-5555
Repairs.....512-485-5080

OTHER NUMBERS

City of Round Rock.....512-218-5400
Round Rock Community Library512-218-7000
Round Rock Parks and Recreation512-218-5540
City of Georgetown.....512-930-3652
Georgetown Public Library512-930-3551
Georgetown Municipal Airport512-930-3666
Georgetown Parks and Recreation512-930-3595
Teravista Golf and Ranch House512-651-9850
Teravista Residents Club512-310-7421

NEWSLETTER PUBLISHER

Peel, Inc.512-263-9181
Article Submissionsteravista@peelinc.com
Advertising.....advertising@peelinc.com

Hospice Month (continued on page 3)

medical supplies related to the hospice diagnosis. Hospice pays for the emergency room, physician visits, and hospitalizations related to the hospice diagnosis. However, the majority of hospice patients do not want to spend their time at the hospital or in the ER, they would prefer to be at home and the expert care given by the hospice team allows for this to occur. The hospice team is comprised of Physicians, Nurse Practitioners, Registered Nurse Case Managers, Certified Nursing Assistants, Chaplains, Social Workers, Volunteers, and Bereavement Coordinators who meet weekly, more often if needed to coordinate care for the patient and their loved ones, they all also make home visits as needed. All of this is paid through the Medicare/Medicaid, private insurance hospice benefit. Hospices do not charge patients or families for their services. The difference between for profit and non profit hospices is nothing related to patient care, no hospice works for free. The difference is for profit hospices pay taxes that go back in to the community and non profit hospices may not pay taxes but they are required to put money back in to the community as well. Both hospices (the majority) take patients who do not have the ability to pay

regardless of the hospice's tax status.

If you have a family member who constantly has to be hospitalized, go to the emergency room, or go to their physician for medical problems and have difficulty keeping symptoms of their disease(s) processes under control it would be a great idea to contact hospice for an informational and/or evaluation visit. Anyone can refer to hospice you do not need a physician to refer yourself or a family member to hospice. The hospice will take care of the rest. Always remember to interview more than one hospice and that you have the ultimate choice of which hospice you want to provide care. No hospital, no physician, no nursing facility can make you use their hospice. You have a choice of how you want to live all the rest of the days of your life.

On a personal note, and I know I speak for every hospice care provider, it is a true privilege and honor to provide hospice care to each and every patient and their loved ones. The honor and privilege is that we are allowed to walk side by side with all involved during the most difficult time in a family's life and the family and patient have put all their trust in our care and hospice providers take this honor very seriously and know that there is no room for any error on our part.



Jennifer L. Kiening, D.D.S.

Little Smiles is a Contracted Provider of:

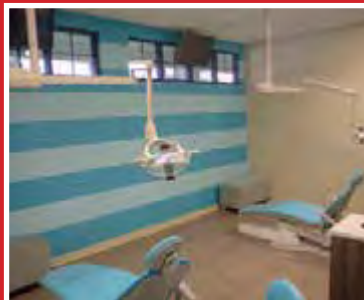
**Metlife
Humana
Aetna
Ameritas
Principal
Guardian**

We Honor All Other Dental PPO Plans

Call us today to set up an appointment!

New Location Now Open!

Parents Welcomed In Our Treatment Rooms
Emergencies Seen on Same Day
State-of-the-Art Office with TV's at Every Chair



205 Denali Pass Suite A, Cedar Park, TX 78613 | 512.218.1500 | www.DrJennySmiles.com

ROUND ROCK NEW NEIGHBORS

WOMEN FROM ROUND ROCK AND SURROUNDING AREAS
CELEBRATING 35 YEARS OF FRIENDSHIP

**Whether you are new to the area or lived here for years,
WE WELCOME YOU!**

Monthly Luncheons with Speaker or Program

We have many fun activities and Interest Groups:

Book Club, Bridge, Bunco, Canasta, Day Trips, Hiking, Lunch Bunch,
Movie Group, Volunteer Opportunities, Wine Group and many more!

FOR MORE INFORMATION:

Call Pam at 512-487-8249 or Maureen at 512-394-5652
or Visit our Website: www.rrnewneighbors.org

Give Us the Bird.



Shown: Citrus cranberry turkey roasted on a Kamado Joe.

Let's talk turkey. Roasting a turkey in a Kamado Joe grill is just as easy as using your oven. The difference is that turkeys that come out of our grills are incredibly juicy with a mouth-watering charcoal flavor.

Here's why. Ovens are made of metal and they're very efficient at pulling the moisture from food. On the other hand, Kamado Joe grills have a thick ceramic shell that locks in the moisture and natural oils of the turkey and keeps it where it belongs—in the turkey.

Our grills also use 100% natural lump charcoal. It's made from hardwoods like oak and it's the only heat source that infuses true charcoal flavor.

We've made it easy for you. We posted our own grill-tested recipe with simple cooking instructions, so you can serve a turkey they'll be thanking you for all year long.

Kamado Joe "Citrus Cranberry Turkey" Recipe:
KamadoJoe.com/recipes/turkey2010.html



512-528-8112
www.timbertownaustin.com
15607 Grand St. Pflugerville, TX 78660



Full-Service Med Spa

serving the Austin/Round Rock
area since 2001

Offering Customized Treatments
For Laser Hair Removal, Rosacea
& Acne Treatments, Venus Freeze
Skin Tightening, Sun Damage
Removal, Intraceuticals Oxygen
Treatments, Spa & Massage
Services & More.



CADIZ

LASER SPA

University Commons
4010 Sandy Brook Drive Suite 205
Round Rock, TX 78665

512.733.2639
www.cadizlaserspa.com

\$50
New
Client
Special

Call for
more details.

DIABETES PREVENTION

FOUR STEPS ON THE ROAD TO HEALTH

November is Diabetes Awareness Month

The old adage is true that every journey begins with a single step. On the road to improving your health, small lifestyle changes can lead to dramatic results, especially for people at risk of developing Type 2 diabetes.

"It's never too late to make lifestyle changes and reduce your risk of developing Type 2 diabetes," says Dr. Valerie Espinosa, an endocrinologist with Texas Diabetes and Endocrinology.

Diabetes comes in two forms: Type 1, which mainly affects children and is not currently preventable, and Type 2, which is usually diagnosed later in life and is often preventable. Most people who develop Type 2 diabetes go through a phase called pre-diabetes in which their blood sugar is slightly elevated. But some simple steps can help people with pre-diabetes avoid the progression to Type 2 diabetes.

Step 1: Get More Physical Activity

Exercise can help people to lose weight, lower blood sugar, and boost the body's sensitivity to insulin, which helps the body regulate sugar.

"While aerobic exercise is important for overall good health," says Dr. Espinosa, "resistance training to

build up muscle mass is especially important for someone with pre-diabetes."

Step 2: Eat More Vegetables, Beans, Nuts, Whole Grains

Adding more fiber and whole grains to your diet can reduce your risk of progressing from pre-diabetes to Type 2 diabetes.

When shopping for breads, pasta products, and cereals, look for the words "whole grain" on the label. Aim for making at least half of the grains you eat whole grains.

Step 3: Lose a Few Pounds

Small weight loss goals can have remarkable results in lowering blood glucose levels in people with pre-diabetes.

A weight loss of five to seven percent in someone who is overweight can significantly improve their health.

"Someone who is 200-pounds and overweight can set a goal to lose 10 pounds," says Dr. Espinosa.

Step 4: Make Healthier Choices

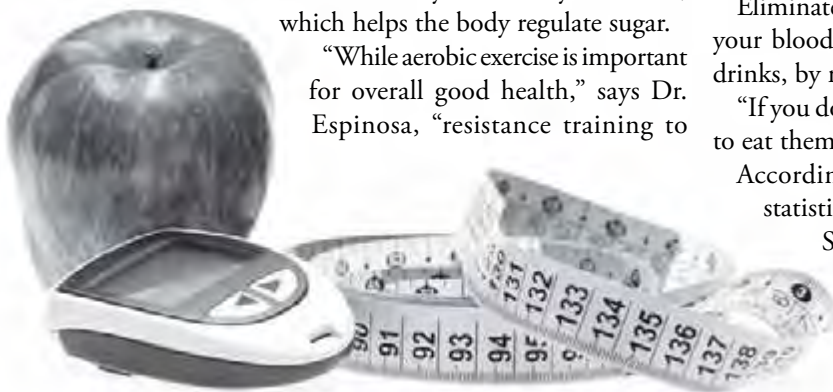
Eliminate the temptation to eat foods that you know will raise your blood sugar level, like cookies, potato chips, and sugary drinks, by making healthier choices in the grocery store.

"If you don't have potato chips at home, you won't be tempted to eat them," says Dr. Espinosa.

According to the American Diabetes Association's 2011 statistics, a whopping 79 million adults have pre-diabetes.

Small, healthy steps can help keep people with pre-diabetes from joining the 25.8 million adults in the United States who have full-blown Type 2 diabetes.

Both pre-diabetes and diabetes can be diagnosed with a simple blood test.



Jennifer Cleaning Service

Residential & Commercial

*Extremely Detailed • Reasonable Prices
Strong References*

<http://www.facebook.com/JenniferCleaningService>

512.468.5132 or 512.212.1177

JenniferCleaningService.com

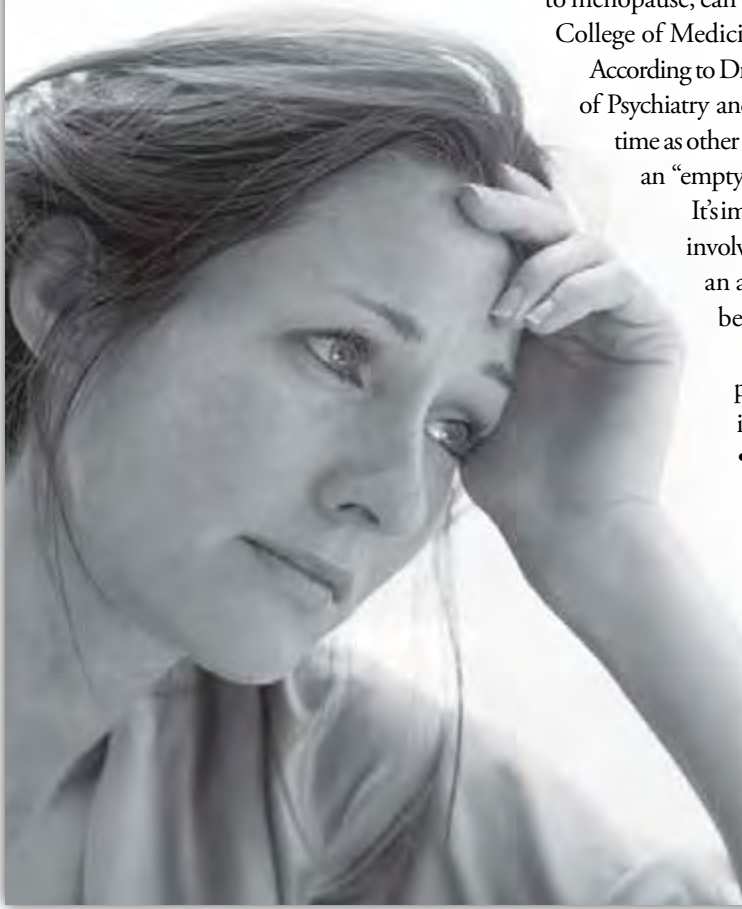
FREE ESTIMATES

**\$20.00
OFF**

First Cleaning Service

*NOT VALID WITH ANY OTHER OFFER. MINIMUM JOB \$100

Mood Changes Triggered by Menopause



Because hormones influence mood, perimenopause, or the transition period prior to menopause, can be an emotional time for women, according to an expert at Baylor College of Medicine (www.bcm.edu).

According to Dr. Britta Ostermeyer, associate professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM, perimenopause occurs at the same time as other life changes, such as children moving away for college, leaving behind an “empty nest.”

It's important to encourage someone with menopausal mood changes to stay involved, whether it's through work, social activities or exercise. Scheduling an appointment with a primary care physician or OB/GYN can also be helpful.

The most common type of mood disorder that can occur during perimenopause or menopause is depression. The symptoms include:

- A depressed mood that occurs most of the day, nearly every day
- A decrease in interest or pleasure from daily activities
- Weight loss or gain
- Insomnia or hypersomnia
- Feeling restless or fatigued
- Feelings of worthlessness or guilt
- Diminished ability to think or concentrate
- Thoughts of suicide

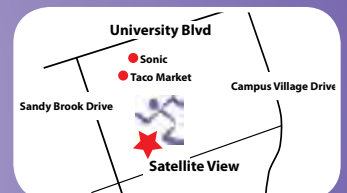
Ostermeyer recommends seeking help from a health care provider as soon as possible if symptoms of depression occur.



ANYTIME FITNESS ROUND ROCK

24-Hour Access / Co-Ed Facility / Always Clean and Safe

Limited Membership • State-of-the-Art Equipment • Weekly Boot Camps • On-Demand Fitness Classes • Group Classes • Upbeat Atmosphere • Built-in Cardio TVs • Private Bathrooms/Showers • Personal Training • TRX • Tanning



[.com/AnytimeFitnessRoundRock](http://www.AnytimeFitnessRoundRock.com) | 1150 Satellite View, Round Rock, TX 78665 | 512.813.2380

BUSINESS CLASSIFIEDS

TAX PROFESSIONAL: Enrolled Agent, available in Teravista for your income tax questions, tax preparation service, or responding to IRS letters, as well as setting up your business books and payroll. Come to my home office in Teravista or I will bring laptop to your location. Very reasonable charges. Phone: 512-716-0440.

ROUND ROCK TEXAS FIT CHICKS IS HERE!!

First class is FREE! Meal plan included! 3 Fat-blasting workouts a week! M, W, Th 5am! IKEA Parking garage. Bring a yoga mat and dumbbells! Questions? Call 512-934-4973 www.texasfitchicks.com/Jessica

NO TIME FOR HOUSE CLEANING? Paying too much for house cleaning? Call Natalie's Maid Service for a free estimate at 512-771-3060. Affordable prices * Quality Work * Supplies Furnished * Bonded * Call now for a free estimate and \$15.00 off your first clean. www.nataliesmaids.com

Classified Ads

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 512-263-9181 or advertising@PEELinc.com.

The Voice is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Voice contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.



NOT AVAILABLE ONLINE

More Than Child Care – We're Your Education Partner!

- Ages 6 weeks-11 years – nurturing care & progressive curriculum
- “Whole-child” development & comprehensive school readiness
- Future Leaders & Innovators after-school & summer program



Stepping Stone
SCHOOL

651 Teravista Pkwy.
512-341-8080

www.SteppingStoneSchool.com





PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

TER



Personal Service ~ Proven Results

Joseph & Dora Aubin

Teravista Specialists



Teravista Market Analysis

NUMBER OF HOMES CURRENTLY ON THE MARKET

61



NUMBER OF HOMES SOLD IN THE LAST 90 DAYS

56



AVERAGE MARKETING TIME IN DAYS

63



AVERAGE LISTING PRICE PER SQUARE FOOT

\$ 110.35



AVERAGE SALES PRICE PER SQUARE FOOT

\$ 101.35



We know Teravista - For a market analysis specifically for YOU, call Joseph at 512-563-7093

***If you are buying or selling in Teravista,
call the experts!***

Joseph & Dora Aubin

Cell: 512-563-7093

810 South Main • Georgetown

www.JPaulAubin.com

J. Paul Aubin

REAL ESTATE

512-930-7775