

STONE FOREST

Flyer

February 2014

Volume 4, Issue 2

HEART HEALTHY LIFESTYLES

By: Concentra Urgent Care



Approximately every 60 seconds, an American will die from a coronary event. According to the American Heart Association (AHA), an estimated 71 million Americans have some form of heart disease, the most common being high blood pressure. And most of these problems are self-created by poor lifestyle choices.

What can you do to live heart healthy? The AHA recommends:

- Eating a healthy diet
- Lean, skinless meats and poultry
- Fat-free, 1% fat, and low-fat dairy products
- Avoid foods containing partially hydrogenated vegetable oil or added sugars
- Avoid foods high in dietary cholesterol
- Prepare foods without added salt, saturated fat, and trans fat
- Exercising regularly
- 20-to-60 minutes per day, 3-to-5 times per week
- Avoiding tobacco products and tobacco smoke
- Limiting your alcohol intake

- Women: 1 drink per day (maximum)

- Men: 2 drinks per day (maximum)

In addition to poor lifestyle choices, heredity plays a factor in heart disease, too. It is therefore important to know your family history to help identify familial risk factors and help prevent the development of certain familial illnesses.

What should be included in a family history?

- Any known congenital or hereditary disorders
- Major illnesses
- Chronic ailments or risk factors
- Smoking
- Obesity
- Alcohol problems
- The cause and age of death of any deceased relatives
- Childhood conditions
- Major illnesses
- Vaccinations
- Surgeries
- Treatments, especially those involving radiation

For more information on living a heart healthy lifestyle, you can contact your health care provider or visit the American Heart Association's Web site at: www.AmericanHeart.org.

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 Publisher - Peel Inc www.peelinc.com
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COLOR ME RAD

Color Me Rad is coming to Houston and we are so excited to be their charity partner! For every volunteer and participant in this fun, family-oriented 5K event Cy-Hope will receive a portion of the proceeds.

Come out to Reliant Park on Saturday, February 15th and get "color-bombed" all for a great cause!

Cy-Hope will receive \$75.00 for every volunteer that works a 5 hour shift. There are volunteer opportunities Friday, February 14th in addition to the day of the event.

To volunteer visit: www.givepulse.com/event/3180-Color

To participate in the Color Me Rad 5K visit: www.colormerad.com and register for the Houston Race. Use the promo code CYHOPE and not only will Cy-Hope receive a portion of the proceeds - you will receive a 10% discount!

If you have any questions, email Holly.Calbat@Cy-Hope.org or call 713.466.4673.



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CY-FAIR KIWANIS CLUB

Come join us at the CY-FAIR KIWANIS CLUB and be a part of sponsoring children's activities that help to develop leadership and good citizenship in the youth of our community. CHILDREN PRIORITY ONE is the motto of Kiwanis Clubs worldwide. The Cy-Fair Kiwanis Club sponsors nine Key Clubs in the Cy-Fair High Schools; Girl Scout, Boy Scout, and Sea Scout troops and activities; provides scholarships to outstanding Key Club members in our district; assists at Cypress Assistance Ministries, Bear Creek Ministries; the Houston Food Bank; and other charitable groups.

Membership is open to persons of good character who adhere to the standards of good conduct in their community and believe in and subscribe to the objects of Kiwanis International. If you would like to know more



about Kiwanis and the programs it promotes, we invite you to be our guest at one of our monthly meetings. The Cy-Fair Kiwanis meet at Hearthstone Country Club on the first, second, and third Tuesday of each month at 12:15 for lunch and informative programs. February meetings will be on the 4th, 11th, and 18th.

For more information, call John Carroll (Copperfield and Hearthstone areas) at 281-463-0373; George Crowl (Jersey Village area) at 832-467-1998; or Peggy Presnell (Fairfield and CyRanch) at 281-304-7127. If you live anywhere in the Cy-Fair Communities, you may call any one of the above for information. COME, BE A PART OF OUR FELLOWSHIP. See www.kiwanishoustoncyfair.com for more information.



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ESTATE PLANNING

BASICS FOR EVERY FAMILY

Submitted by Laura K. Kennedy

Everyone is busy. The breakneck pace of modern life leaves little time for reflection. In addition to taking care of yourself, parents are focusing on the ever-changing needs of children while often simultaneously caring for aging parents. It is hard to think about the big picture when we need to cook dinner and walk the dog (even though someone shorter than you insisted that they would take care of the latter).

What if something happened to you? If a debilitating illness prevents you from taking care of your family? Organizing your affairs both in the event of incapacity and death is a gift to your loved ones. It will mean that they do not have to guess about your wishes. It also means that you, instead of Texas law, determine the guardians of your children, who will take care of you if necessary and to whom your property passes.

Whether you need to update your current estate plan or create one for the first time, every parent needs to consider the following:

1. Guardians for children. What happens to your children if you die? If you become incapacitated and cannot care for them? Choosing a guardian for a minor or incapacitated child is one of the most important decisions you can make. And wouldn't you rather name a guardian as opposed to leaving it to a court? Revisit your decision every couple years to see if you are still comfortable with the person you named guardian or to change the appointment.

2. Beneficiary designations. Review the beneficiary designations on your retirement accounts and life insurance policies to make sure the beneficiaries are correct and coordinate with your estate plan. A divorce or death may have changed things since you last filled out your designation form. Further, check your bank and brokerage accounts. If there is a

survivorship designation, that account will not pass under your will. This kind of asset is referred to as a non-probate asset. For example, a "joint with right of survivorship" bank account will be controlled by the designation on file with your bank.

3. Trusts. Should you leave your estate outright to your spouse or children or in a trust? Trusts are not just for the wealthy. A properly prepared trust can provide a certain level of creditor protection and asset protection in divorce. Further, a special needs trust should be considered if your child could be disqualified from government benefits because of his or her inheritance.

4. Powers of Attorney. You understand the benefits of an estate plan but think, "Aren't I too young for a will?" A complete estate plan includes more than just a will. What if you are in a debilitating accident? Who takes care of your finances and your medical decisions? You can tackle these issues in a durable power of attorney and medical power of attorney. Moreover, a health care directive gives you the opportunity to outline your wishes in case of terminal illness.

5. Taxes. I have yet to meet a person who enjoys writing a check to the taxman. If you have a taxable estate above \$5.34 million (including life insurance, retirement accounts and certain other assets that pass outside of your will), your estate will be subject to the federal estate tax in 2014. A tax-planned will and other specialized techniques can minimize the estate tax and preserve your wealth.

There is no one-size-fits-all approach to estate planning. It will take some time and thoughtful discussion. However, there is no substitute for the peace of mind that will come with an estate plan that reflects your wishes and takes care of loved ones when you cannot.



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- provide meals
- provide a bedroom either shared or private.

Students pay for all other personal expenses while in the U.S. Ayusa is currently accepting applications for the 2013/2014 program year. Visit our website to fill out your online application – the schools in our area have limited spots available for exchange students, so act now! All across the world, Ayusa students are eagerly awaiting their host family placement. Please call today and begin the adventure of a lifetime!

Visit our website at www.ayusa.org or call us at (888) 552-9872. You can also contact our local representative Vicki Odom at vodom@ayusa.org or call 832-455-7881 for more information as well.



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National
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Kidney Walk

The National Kidney Foundation is the leading organization in the U.S. dedicated to the awareness, prevention and treatment of kidney disease for hundreds of thousands of healthcare professionals, millions of patients and their families, and tens of millions of Americans at risk

Nearly six of ten Americans will develop kidney disease in their lifetime, according to a new analysis published in the American Journal of Kidney Disease. In comparison, lifetime risk of diabetes, heart attack and invasive cancer is approximately four in ten.

The Kidney Walk is the nation's largest walk to fight kidney disease and is held to raise awareness of, and support those who are battling this disease. Held in nearly 100 communities, the event raises awareness and funds lifesaving programs that educate and support patients, their families and those at risk. Take a lifesaving step today and sign up for a walk below. The Houston Walk will be held on May 4th at 7:30am at Discovery Green Park Downtown. Registration at www.donate.kidney.org.

For more information on forming teams or sponsorship, please call 713-964-2644.



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Dr. Eleanor M. Green, Dean of the College of Veterinary Medicine and Biomedical Sciences to speak to

NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

on February 11th

Join us for the Northwest Harris County Aggie Mom's Club monthly meeting on Tuesday, February 11, 2014 at 7:00 p.m. at the Houston Distributing Company, 7100 High Life Drive, conveniently located near Willowbrook Mall at the intersection of High Life Drive and Cutten Road. Our speaker will be Dr. Eleanor Green who holds the Carl B. King deanship of the Texas A&M University College of Veterinary Medicine & Biomedical Sciences. Dr. Green is a Diplomate of the American College of Veterinary Internal Medicine, Large Animal, and Diplomate of the American Board of Veterinary Practitioners, Certified in Equine Practice. Her clinical interests have included general internal medicine, gastrointestinal disorders, neurologic disorders, diseases of the newborn, and lameness. Her research interests have been primarily in the areas of endotoxemia, laminitis, neonatology, and gastric ulcer disease. She has delivered lectures across the nation and internationally on subjects related to her clinical and research interests, as well as equine welfare issues. She now also speaks on leadership and has delivered the commencement address to the graduating classes of veterinary students at Auburn University (1995), Mississippi State University (1995), and Louisiana State University (2010) and has delivered numerous keynote addresses. Additionally, Dr. Green has served as president of three national organizations, the American Board of Veterinary Practitioners, the American Association of Veterinary Clinicians, and the American Association of Equine Practitioners. Refreshments will be available at 6:45!

China Luncheon and Style Show- Get Your Ticket Today!

Don't miss the Annual China Luncheon and Style Show on Saturday, February 8, 2014 from 10:30 a.m. - 1:30 p.m. at Shirley Acres located at 217 Woerner Rd., Spring, Texas. We are looking for talented ladies to decorate one of our themed tables and silent auction item donations. Individual tickets are \$30. Get your ticket at one of our monthly meetings or visit our website.

The Northwest Harris County Aggie Mom's Club meets August thru May on the second Tuesday of every month at 7:00 pm at 7100 High Life Drive. For more information on monthly speakers or upcoming events visit our website at www.nwhcaggiemoms.org or contact Shannon Eberle, Club President at clubpres2012@gmail.com.

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