

West Lake Hills ECHO

Volume 4, Issue 12

December 2015

Playing Defense: Brees Dream Foundation, Dell Children's Urge Public to Watch Out More Carefully Child Abuse

Brittany and Drew Brees Featured in New Televised PSA

"Texans love being No. 1 ... Sadly, we're also No. 1 when it comes to child abuse and neglect."

These words kick off a new televised public service announcement that will be broadcast throughout the Austin area, starting today through early 2016. They're voiced by Drew Brees, Westlake High School alum and star NFL quarterback with the New Orleans Saints.

"More kids died from abuse last year than in any other state – nearly 10 percent of the national total," adds Brees' wife, Brittany, in the 30-second spot. "And Texas came in last in resources fighting this problem."

The Brees Dream Foundation is partnering with The CARE (Child Abuse Resource and Education) Program at Dell Children's Medical Center of Central Texas to encourage Central Texans to report suspected child abuse to Texas Child Protective Services at (800) 252-5400.

The public service announcement can be viewed https://youtu.be/_5rksdpZe_Y

"Too often, people are unaware of how severe and prevalent this problem is in Texas," Drew Brees said. "They don't see signs of abuse because they don't know what the signs are. We are the first line of defense in identifying children who are being abused, and we all have a responsibility to act when we have concerns."

"Sometime people don't report something suspicious because they're afraid or don't want to get involved – or don't know who to contact," Brittany Brees said. "Providing safe, stable and nurturing environments for children during the most critical time for their development requires support from all of us."

Signs of child abuse include:

- Significant changes in mood or behavior
- Declines in academic performance

- Trouble eating or sleeping
- Inappropriate sexual behaviors
- Substance abuse
- Self-harm behaviors (such as cutting)
- Suicidal thoughts
- New fears of certain situations, places or people
- Unexplained injuries to a child or infant

The Breeses agreed to do the PSA after meeting with Kristi Katz, senior development officer with the Children's Medical Center Foundation, which supports Dell Children's. Drew and Brittany have four young children and care about helping children facing daunting challenges and want to help a cause in Austin, Drew's hometown. When Katz told them about The CARE Program, the Breeses were particularly moved by the startling statistics about Texas.

Dell Children's is home to the only coordinated medical child abuse assessment, diagnosis and treatment program in Central Texas. The CARE team is comprised of two doctors, three certified nurse practitioners, a pediatric social worker, a clinical manager, an administrative assistant and a collaborating researcher.

CARE Team members serve about 650 patients annually, many of whom are three years of age and younger and are victims of sexual abuse.

Patients often come to Dell Children's emergency room, but more typically cases are referred to the CARE Team after reports are filed with Child Protective Services and law enforcement agencies and there is a need for a medical opinion and documentation.

The CARE Team's mission reflects a multifaceted approach to addressing child abuse, providing:

(Continued on Page 3)

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Police Department	512-327-1195
Sheriff – Non-Emergency.....	512-974-0845
Fire Department Administration	512-539-3400
Travis County Animal Control.....	512-972-6060

SCHOOLS

Eanes ISD	512-732-9000
Westlake High School.....	512-732-9280
Ninth Grade Center	512-732-9260
West Ridge Middle School	512-732-9240
Hill Country Middle School	512-732-9220
Valley View Elementary.....	512-732-9140
Forest Trail Elementary.....	512-732-9160
Eanes Elementary.....	512-732-9100
Cedar Creek Elementary	512-732-9120
Bridge Point Elementary	512-732-9200
Barton Creek Elementary	512-732-9100

UTILITIES

Water District 10	512-327-2230
Wastewater	
Crossroads Utility Service 24 Hour Number....	512-246-1400
New Accounts	512-402-1990
Austin Energy	512-322-9100
Texas Gas Service	
Custom Service.....	1-800-700-2443
Emergencies.....	512-370-8609
Call Before You Dig.....	512-472-2822
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
Austin/Travis County Hazardous Waste	512-974-4343

OTHER NUMBERS

City Administration	512-327-3628
Municipal Court	512-327-1863
Property Tax	512-854-9473
Appraisal District	512-834-9317
Chamber of Commerce.....	512-306-0023
City of West Lake Hills	www.westlakehills.org

NEWSLETTER PUBLISHER

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Advertising.....	advertising@peelinc.com

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Please support the advertisers that make the West Lake Hills Echo possible. If you are interested in advertising, please contact our sales office at 512-263-9181 or advertising@peelinc.com. The advertising deadline is the 8th of the month prior to the issue.

ARTICLE INFO

The West Lake Hills Echo is mailed monthly to all West Lake Hills residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the West Lake Hills Echo please email it to westlakehills@peelinc.com. The deadline is the 15th of the month prior to the issue.

NOW HIRING

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PEEL, INC.

(Continued from Cover)

[if !supportLists]· [endif]Comprehensive, evidence-based care to child abuse and neglect victims.

[if !supportLists]· [endif]Education and resources to the community and healthcare workers and other members of child protection teams in outlying areas.

[if !supportLists]· [endif]Analysis of child abuse data for the purpose of seeking answers and instituting best practices.

State law (Dept. of Family and Protective Services TX Family Code, Chapter 261) mandates that anyone having cause to believe that a child's physical or mental health or welfare has been or may be adversely affected by abuse or neglect must report the case immediately to a state or local law enforcement agency or Child Protective Services.

Current law (Texas Family Code, Chapter 261, 261.101) also requires that professionals such as teachers, doctors, nurses and child day care workers must make a verbal report within 48 hours. Failure to report suspected child abuse or neglect is a misdemeanor punishable by imprisonment of up to 180 days and/or a fine of up to \$2,000.

Dell Children's is part of the Seton Healthcare Family. Seton is a member of Ascension, the nation's largest Catholic and nonprofit healthcare system.

About The Brees Dream Foundation

The Brees Dream Foundation was founded in 2003 and is a reliable source of charitable funding globally. Their mission is to improve the quality of life for cancer patients and provide care, education and opportunities for children and families in need. Since its inception 12 years ago, the Brees Dream Foundation has contributed over \$23 million to charitable causes globally. To learn more about the Brees Dream Foundation, please visit www.drewbrees.com and follow Drew Brees on Twitter at @drewbrees.

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Holiday Wishes

Each year, neglected and abused children in the Austin area are removed from their homes by Child Protective Services caseworkers who work to make a difference in their lives. Separations occur all year, but are especially difficult during the holidays. Sometimes children leave with nothing but the clothes on their backs. In these circumstances, gifts and the holiday season are often forgotten.



Partnerships for Children is making a difference in the lives of these children and we invite you to join us by participating in our 10th annual **HOLIDAY WISHES** program. In 2014, the Holiday Wishes program provided gifts to over 4500 children in Central Texas.



HOW CAN YOU HELP?

- Sponsor a child by purchasing items from their wish list.
- Donate general gifts for children that are not matched with community donors.
- Make a donation and we will shop for you.

For a contribution of only \$75, you can transform a holiday wish into reality for a child in your community.

Join us by becoming a donor or contributor!

For more information, please contact

Partnerships for Children at
holidaywishes@partnershipsforchildren.org or
512-834-4756.

Partnerships for Children is a non-profit 501(c)(3) organization.



TexPTS Westlake is excited to announce their relocation to the new WACC in January 2016!

For several years, Texas Physical Therapy Specialists has been providing physical therapy services at 3201 Bee Caves Road, Suite 152. Clinic Director JD Whittemore, PT, DPT, SCS couldn't be happier to move his team and his mission into a larger, more accommodating space at the Westlake Athletic and Community Center. At the WACC, his objective will remain the same: To provide hands-on physical therapy based on the newest research to achieve the best possible results in the fewest number of visits. Having the new TexPTS location within a multipurpose sports arena will allow Dr. Whittemore to better utilize his expertise as a Board Certified Sports Specialist (SCS). He enjoys working with athletes of all levels and all ages. As a sports specialist, he is equipped with the skill and knowledge to help athletes and patients on the field and in the clinic, a process that continues throughout their injury and recovery until they can return to the game, to the hobbies they love, or to a pain-free life.

Dr. Whittemore's team includes Elise Ruffin, PT, DPT, CSCS and Ryan Wooley, PT, DPT, CSCS. Dr. Ruffin will begin working toward her sports specialist board certification in January 2016. Dr. Wooley is currently pursuing his board certification in orthopedics.

The WACC, which is on track to open in early December, is a public/private partnership with EISD. The WACC structure is a 70,000 sq. ft. climate-controlled multi-sport complex situated on the campus of Westlake High School. Along with school and club sports activity, the WACC is offering a limited number of community memberships. For more detailed information on the WACC please visit www.WACCTexas.com.

Services provided at TexPTS Westlake include:

- orthopedic and spine care
- free injury screening
- sports physical therapy and sports injury screening
- manual therapy
- dry needling
- vestibular rehab
- weightloss and metabolic conditioning
- chronic pain
- Alter G treadmill therapy

Until early January 2016, TexPTS Westlake will continue to provide these PT services at:

Texas Physical Therapy Westlake
3201 Bee Caves Road
Suite 152
Austin, TX 78746
(512) 306-8071 phone
(512) 306-8518 fax
www.texpts.com



Westlake Athletic &
Community Center

For more information on Dr. Whittemore, his team, and Texas Physical Therapy Specialists please visit us at www.texpts.com

“What makes us different makes you better!”

THINGS TO DO IN AUSTIN IN DECEMBER

THROUGH DEC. 24

BLUE GENIE ART BAZAAR

Marchesa Hall & Theater bluegenieartbazaar.com

THROUGH DEC. 23

BALLET AUSTIN'S THE NUTCRACKER

The Long Center for the Performing Arts
balletaustin.org

THROUGH DEC. 22

TRAIL OF LIGHTS

Zilker Park | austintrailoflights.org

DEC. 11

SINGING CHRISTMAS TREE

7-8 pm, Bannockburn Baptist Church

DEC. 13

AUSTIN JINGLE BELL 5K, 8 AM – KID'S FUN RUN

8:30 am Adults 5K Run, Camp Mabry

DEC. 12

HOLIDAY FAMILY DAYS AT THE BLANTON

11 am – 4 pm, Blanton Museum of Art

DEC. 12

CAPITOL CHRISTMAS CONCERT & COMMUNITY SING-A-LONG

Noon, Texas State Capitol

DEC. 12-13

LUMINATIONS AT THE WILDFLOWER CENTER

Wildflower Center Grounds | wildflower.org/luminations

(Continued on Page 7)

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(Continued from Page 6)

DEC. 20

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Circuit of the Americas | hitsrunning.com/Austin-tx

DEC. 15 – 24

ARMADILLO CHRISTMAS BAZAAR
Palmer Events Center | armadillobazaar.com

DEC. 31

AUSTIN'S NEW YEAR
Auditorium Shores | austintexas.gov

JAN. 1

KYLE-O-METER RESOLUTION RUN
9 am 5K run/walk, 10 am Kids Dash
Wallace Middle School, Kyle, Texas

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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



HOW TO EXECUTE THE FOREHAND VOLLEY

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand and a one-handed backhand. In this issue, I will give you instructions on how to execute a forehand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures Grey Rock Tennis Club player, Camille Palafox, demonstrates the proper form and technique. Photos by her husband Charlie Palafox.

Step 1: Ready Position: The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

Step 2: Back Swing: Since the volley is usually executed when a player is close to the net and there is very little time to react to the incoming ball, the back swing is very short. The right arm should take a short turn and the head of the racket should align to the flight of the ball. The right wrist should be “cocked” back slightly and the head of the racket should be above the wrist. Eyes are still focused on the incoming ball. Here I am helping Camille to feel the hand on the racket to tilt back and still keep the head of the racket above her wrist.

Step 3: Point of Contact: The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

Step 4: Follow Through: Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The left arm should be close to the body.

Look for in the next Newsletter: The Two-Handed Backhand Volley



HITTING THE SLOPES THIS SKI SEASON?

Keep in mind these tips to prevent injuries on the slopes.

Written by Kelly Cunningham, MD Sports Medicine specialist Founder. Austin OrthoBiologics.

As a former US Olympic Men's Ski Team physician and orthopedist, every year during the winter months I treat many ski & snowboard injuries. As traveling doctor for the team, I accompanied the athletes throughout the US, Canada and Europe on the World Cup tour and was responsible for the triage, stabilization, and treatment of these world-class skiers.

One of the most frequent questions I get this time of year from my patients who ski is "How can I avoid hurting myself on the ski slopes?" So what do I tell recreational skiers about staying healthy while on the slopes?

First and foremost, adjust to the altitude in your first few days. While there are medications that will improve your blood oxygen, they require a prescription and can have side effects. Perhaps the easiest to take along are low-dose aspirin or ginkgo biloba, as both are safe (unless allergic) and easy to take. Low-level exercise and lots of water (especially during the first night) are also key, as is abstinence from alcohol during the first 24 hours at altitude.

Modern skis, boots, and bindings are universally safe now, unlike in

decades past. Multi-release bindings help you come out of your skis safely in a fall and with less stress on your knees, the most commonly injured joint in a skier. Make sure they are set correctly.

Speaking of knees, in most solid, intermediate skiers, unlike beginners (learning to stop) and racers (ACL injury from shear forces), serious knee injuries are actually quite rare.

The best way to protect yourself from ski injury is:

- get in good "ski-shape"
- ski within your limits
- stay relaxed but focused
- watch out for that last, fatigued run of the afternoon
- if you fall, fall forward and throw your hands in front of you

And always, always, wear a helmet!

Austin resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society. Learn more about preventing and treating sports injuries at www.AustinOrthoBio.com.

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Featured Dinner Menu Items Available Only At 1608 Barton Springs Rd.
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RING IN THE NEW YEAR FOR A GREAT COMMUNITY CAUSE

Get your dancing shoes on, brush up on your black jack skills, and get your tickets to join Llano Parks Project at their first formal fundraising event, The Antler Drop Ball, at Horseshoe Bay Resort on December 31, 2015, from 7 pm – 12:30 am.

This first-class event will include dinner, dancing, casino tables, silent and live auctions, as well as a champagne toast to ring in 2016. Auction items include adventures such as an Alaskan fishing trip, a Hill Country white-tail deer hunt, and a beach vacation to Isla Mujeres, Mexico. Other goods in the auction will include a personal training workout at Nomad Strength, Kendra Scott jewelry, Tiffany & Company jewelry, tickets to a Texas Aggie football game, and many more.

Llano Parks Project will use 100% of The Antler Drop Ball net proceeds to benefit the Badu Park (Llano, Texas) developments of a zero-depth children's splash pad and a dock for fishing, kayaking, and canoeing in the Llano River.

For more information about The Antler Drop Ball, please visit

www.llanoparksproject.org. Tickets, table sponsorships, and group rate hotel rooms are limited and are going fast. They can be purchased on the Llano Parks Project's website.

Join Llano Parks Project to help build parks for the community and future generations.

WHO IS LLANO PARKS PROJECT?

Llano Parks Project is a 501(c)(3) non-profit organization formed in 2013. Our mission is to restore and develop park and recreation facilities within Llano County. Long-term plans include many projects that will benefit both individuals and businesses in our community. In two years, we have improved two parks with new play equipment and the retaining wall/sandy beach area on the Llano River in town.

The future success of our organization, this event, and the many projects that we have planned depends on the generosity and support of our community leaders and those who believe in our organization.

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\$50,000 Childhood Cancer Research Grant Awarded to Dell Children's Medical Center

The St. Baldrick's Foundation, a volunteer-powered and donor-centered charity dedicated to raising money for childhood cancer research, is proud to award a one-year, \$50,000 grant to Dell Children's Medical Center of Central Texas. This grant is one of 33 infrastructure grants awarded as part of the Foundation's fall grant cycle, totaling \$2 million.

This grant will enable the Children's Blood & Cancer Center (CBCC) Clinical Research Department to oversee patient clinical trial participation in a more organized and efficient manner. Grant funds will be used to develop a new database system and enable the hospital to hire a database coordinator who will streamline the data collection process, store data more efficiently and provide statistics and reports to Seton and other organizations across the nation.

"The number of children diagnosed with cancer at the CBCC has more than tripled since 1998," says Dr. Amy Fowler, pediatric hematology and oncology specialist with Dell Children's. "We continuously face the financial challenge of doing more with less, so this grant is helping save lives now and in future generations."

This series of grants, combined with the more than \$21.2 million awarded in July to fund cutting-edge research, brings the St. Baldrick's Foundation's funding total to \$23 million awarded in 2015. Grants were awarded based on the need of the institution and its patients, anticipated results of the grant and local participation in St. Baldrick's fundraising events and activities.

"The St. Baldrick's Foundation is excited to fund this latest round of grants, which will give much needed support to multiple pediatric cancer treatment teams across the U.S.," said Kathleen Ruddy, chief executive officer of St. Baldrick's. "These grants will improve the capacity of the institutions to do more research, enroll more children in cutting-edge clinical trials and complete studies that are in progress. These grants would not be possible without our dedicated volunteers and generous donors who believe that kids deserve better than the toxic medicines that are currently available which all too often harm developing bodies and create lifelong, life-threatening health problems."



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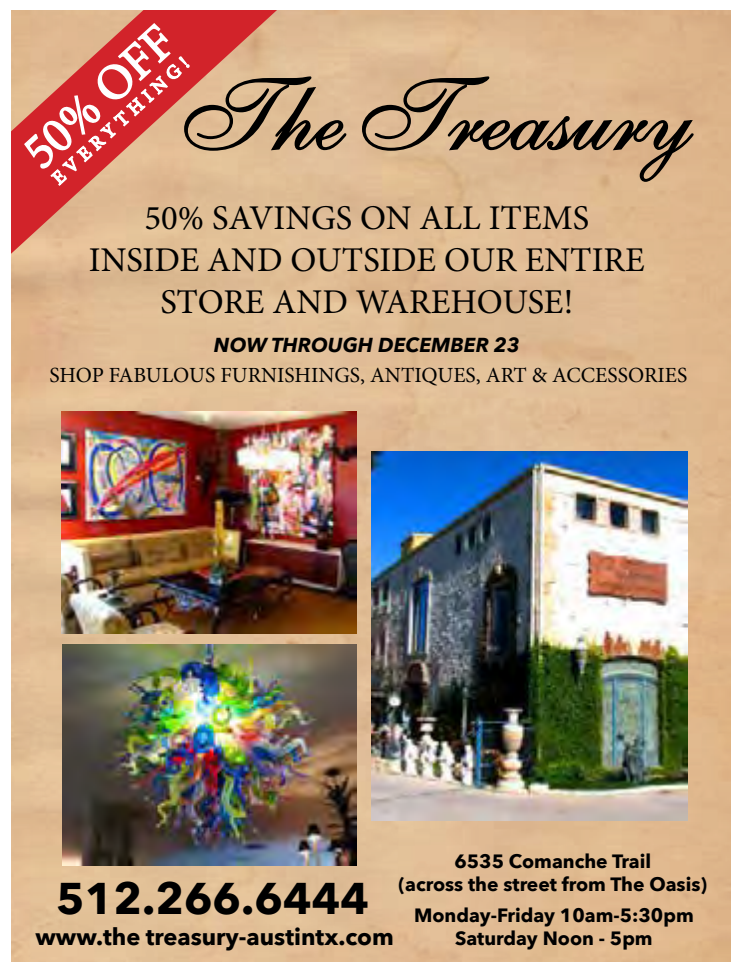
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Merry Christmas and Happy New Year!



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