

West Lake Hills ECHO

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April 2017

“55 PLUS SEMINAR SERIES” TO EDUCATE AUSTIN OLDER ADULT HOMEOWNERS

Series of Free Educational Seminars Provide Answers to Later-Life Housing Issues

The truth. It's what Austin homeowners want concerning later-in-life housing issues like preparing to “stay put” in your own home as you age-in-place, Downsizing in 5 easy steps, Independent Living Options and Reverse Mortgage for Purchase options.

These topics, along with others, will be presented in the upcoming 55 Plus Seminar Series as 90-minute monthly educational seminars continue into April at two locations. Adults 55+, seniors, and caregivers are invited to attend the free “55 Plus Seminar Series” to learn the actual facts about issues related to home ownership and post-retirement downsizing in the Austin area.

This series of candid conversations and expert panel discussions about the unique and often complex issues facing long-time homeowners is to be moderated by Cyndi Cummings CSHP, SRES, CSA, considered a leading authority on issues related to downsizing, later-life relocation and (55+) senior living solutions in Austin. As a Certified Senior Housing Professional, Cyndi Cummings has made it her mission to educate and guide both consumers and professionals on best practices related to post-retirement living.

“Understanding whether staying in your current home or making a move would be better for you, requires information from trusted resources,” said Cummings. “Many seniors have no idea what is available to them, how much it will cost, or the process for making all the pieces fit together. We want to give them helpful information, introduce them to information that can help to answer their questions. Beyond helping with immediate needs, our intention is give individuals and families the both direction and confidence so they feel empowered when the time comes to make a major life decision.”

The 55 plus Seminar Series continues with “Preparing to ‘Stay

Put’ Panel” on April 9, followed by “Downsizing in 5 easy steps” on May 8 th, “Independent Living Options” on June 13, and “Reverse Mortgage for Home Purchases” on July 10. The remaining calendar is located at www.55plusseminarseries.com.

“People are tired of being 'sold' something only to find out later that there were either strings attached or they didn't get all the facts,” Cummings asserts. “There are myths and rumor mills running amuck and people deserve to know the reality before they make a significant life-changing decision. They don't want or need a sales pitch. They want truthful information from people they can trust so they can consider their options. And that's exactly what we're sharing in this series of educational expert seminars.”

There is no cost to attend for those age 55 or older. Reservations can be made online at www.55plusseminarseries.com or by calling 512-937-2772. Space is limited and pre-registration is required.

More about the hosts:

Lake Travis Independent Living is a newly built independent living community. It has 140 pet-friendly apartments, luxurious amenities like a theater and library, and lots of living space with 30 percent devoted to common areas. Here you'll enjoy daily chef-prepared meals, on-site concierge services, and dozens of social and wellness activities—all in Lakeway, Texas, just minutes from Lake Travis.

Affinity at Wells Branch is located in Austin, Tx. A refreshingly new option for the 55+ crowd. Now leasing! A different kind of community. At Affinity at Wells Branch we've created a new kind of 55+ lifestyle community for people who are ambitious about the years ahead and aren't willing to compromise their freedom.

Media Inquiries: Cyndi Cummings

512-423-6782 cyndi@cyndicummings.com

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Travis County Animal Control.....	512-972-6060

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City of West Lake Hills	www.westlakehills.org

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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.

WHERE KIDS BECOME A COMMUNITY

YMCA of Austin Camps offer
children & teens safe, exciting,
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At the Y, campers gain a sense of
accomplishment, build relationships,
and find their sense of belonging.

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Spaces Are Limited!
Register at AustinYMCA.org/camp
or call Program Services at 512.236.9622

SPRING IS HERE!

It is time to start thinking about opening your windows and brightening your home. Not sure where to start?

Follow these 3 easy steps from Tarragona Designs:

1. Update your walls

Color trends change every year. From light and bright colors to dark and daring, colors don't go out of style, it's just the pairings of different colors that come and go. New color combinations may be just what your walls need for a fresh new look, especially if you've had the same color palette in your home for a long time. My top 5 colors that I recommend are:

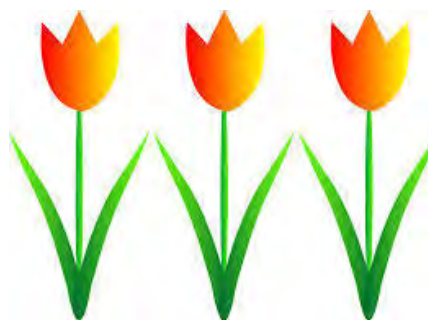
1. Agreeable Gray-Sherwin Williams 7029
2. Intellectual Gray-Sherwin Williams 7045
3. White Flour-Sherwin Williams 7102
4. Ancient Marble-Sherwin Williams 6162
5. Sea Serpent-Sherwin Williams 7615


2. Accessorize

Have your throws & pillows seen better days? It might be time to bring in some new pieces for a fresh & updated feel to your home. You can transform the entire look of a room by changing out some basic design items such as lighting, pillows, throws & artwork.

3. Spring clean your home-lots of work but you will be so glad you did when the weather draws you outside. Pull out your screens and wash the winter grime off your windows, then work on cleaning things like the ceiling fans and fireplaces. Once your cleaning is complete, gather mason jars from your cabinet and pick up fresh flowers on your next visit to the grocery store. Arrange together in groupings throughout your home for a finished and fresh look. Spring is here...

Article by Rita Droege Lopez, business owner and creative designer. If you would like more home design and/or organization tips, please contact rita@tarragonadesigns.com





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The Echo

INSIDE AUSTIN GARDENS TOUR SET FOR MAY 6, 2017

By Travis County Master Gardeners Association

The Travis County Master Gardeners Association has set Saturday, May 6, 2017, 9:00am-4:00pm, for their popular Inside Austin Gardens Tour (IAGT). The tour provides a rare look inside five private gardens and one public experimental garden that demonstrate realistic, sustainable gardening practices for Central Texas that will inform and inspire.

The tour's theme remains: "For Gardeners. By Gardeners", focusing on the vast variety and practical beauty of native and well-adapted plants in the garden. In turn, each garden has a theme that highlights a particular set of characteristics Central Texas gardeners are likely to encounter in their own gardens. Those themes are:

Earth-Kind Landscaping – environmentally friendly principles and a secret garden

Wildlife Restoration, Preservation – 23 acres of fruits, veggies, beehives and miniature horses

Birds, Butterflies, and Zen – natives, natural attractors along with meditation space

Sun & Shade – sunny daylilies to die for; shady umbrellas and gingers to soothe the soul

A Journey Through Fairyland – whimsical design, a plethora of plants and a garden piano

AgriLife Testing Ground – rainwater collection, new varieties and proven winners

Wendy Buck, the 2017 IAGT Chair, described the unique nature of the tour this way: "This really is a garden tour for gardeners, by gardeners. These distinctive private gardens have never been open to the general public before. Our aim is to educate and enthuse. Interested gardeners can experience a wide array of ideas, learn the details from the Master Gardeners that created the gardens, and know how to execute those ideas successfully in their own gardens."

Native and well-adapted plants require less water and less maintenance. They survive the Central Texas environment which includes erratic swings in temperatures, high summer heat both day and night, drought, flood, clay soil, and rocky soil. And, they are remarkably varied in style and structure. Natives provide food for animals and insects while establishing a beautiful, unique sense of place. They are the foundation of all the sites on the Inside Austin Gardens Tour.

About Inside Austin Gardens Tour

Originating in 2005, the IAGT is held every 18 months by the Travis County Master Gardeners Association and Travis County AgriLife Extension Service. The one-day event features behind-the-scenes looks at gardens of Travis County Master Gardeners. As many as 2,500 people typically attend. A pass to all six gardens is \$20 in advance or \$25 on the day of the tour. Individual gardens are \$5. The event is held rain or shine from 9:00 AM to 4:00 PM. Only service dogs are allowed. Complete information and tickets at www.INSIDEAustinGardens.org.

Give on Earth Day

Give 5% to Mother Earth is an annual Earth Day campaign that raises funds and awareness for local environmental nonprofits working to protect and preserve our natural resources in Central Texas.

Give 5 partners with more than 100 local businesses who pledge to donate 5% of sales on Friday, April 21st – in honor of Earth Day - to Give 5's 9 nonprofit beneficiaries, each of which is working to keep Austin clean, green, and healthy. This year's benefiting nonprofits include: Hill Country Conservancy, Shoal Creek Conservancy, Austin Parks Foundation, Sustainable Food Center, Waller Creek Conservancy, Pease Park Conservancy, Treefolks, Friends of Barton Springs Pool, and Texas Campaign for the Environment Fund.

By patronizing Give 5's generous business partners on Earth Day, Austinites are helping to support these amazing causes! For a full list of participating businesses, please visit www.austingive5.org.



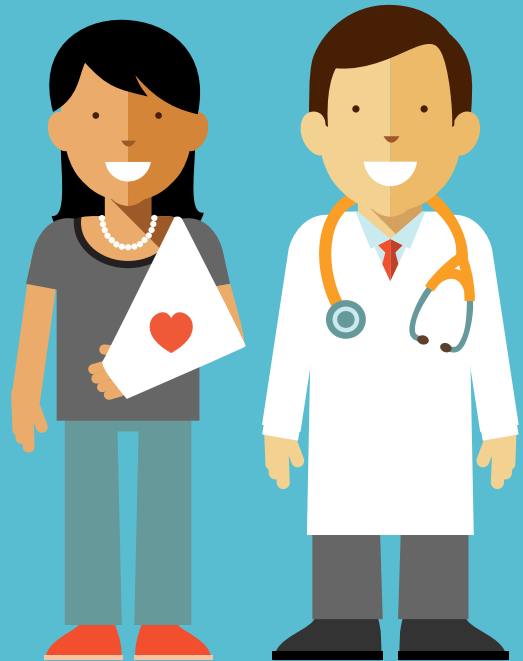
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HOW TO RAISE A CONFIDENT CHILD

Neena Hamamcy, MA, LPC, LMFT

A child's self-worth is the gateway to social success and sound mental health. Developing healthy self-esteem is the building blocks of child development and affects us at every age of our lives, determining how we act, not just in childhood, but also as adults. Having low self-esteem drives behavior problems, troubles in relationships and school performance, to name a few. As parents, we are greatly influential in how our children perceive themselves, thus ensuring that we raise our children to grow to have confidence and positive self-worth is essential for their success as adults. Here are some ways to help improve your child's self-esteem:

Help Your Child Express and Embrace their Feelings

When your child looks in the mirror and sees themselves, you want to make sure that they like who they see. One way to ensure this is to cultivate a relationship where you encourage your children to express their feelings openly. When you take the time to listen and accept their feelings, you are sending a message that they matter and how they feel is important. A child's feelings are part of who they are as individuals, thus embracing their feelings is in effect embracing them. When a parent listens and validates their child's feelings, it makes a child feel valued and worthy. If a parent repeatedly responds to their child's feelings with hurt, anger, shame or judgment, the child receives a message from a parent that their feelings are wrong and that their parents are not emotionally available. This can lead a child to shut off their emotions, which in turn can lead to behavior problems down the road. The way a child feels about themselves reflects in their behaviors. By listening and accepting your child's emotions, your child will feel loved, valued and reassured that you are capable of meeting their needs emotionally.

Teach Ownership

It is important to distinguish between a child's feelings and their actions. You want ensure that your child feels loved, but you also want to hold your child accountable for undesirable actions. Setting clear expectations and having consequences is essential for teaching accountability and promoting self-esteem. Helping your child take ownership for their actions helps them learn that their actions have consequences and that they can control the outcome based on their choices. "If I make good choices, then good things follow, if I make bad choices, then bad things follow." Just as kids learn to be accountable for their mistakes, they also learn to own their achievements and success. Without this accountability, children miss the opportunity to experience the joy and satisfaction that comes from mastering their efforts. It is important to allow children to learn from their missteps and develop the resiliency to deal with their failures and the difficult feelings that accompany. We have morphed into a society that struggles with negative emotions and what we often see are parent's trying to protect their children from

unpleasant feelings. Where everyone is a winner and there are no losers; where in an effort to preserve self-esteem, we try to protect our children from feeling bad about themselves. This approach actually produces the opposite outcome; it creates children that are spoiled, entitled and view themselves as victims. A parent who intervenes and tries to protect their children from difficult feelings and situations, inadvertently interferes in learning lessons that build self-esteem and resiliency that set the path for success in adulthood. Parenting with accountability allows children to own their failures as well as their achievements and empowers kids to see they have control over the outcome of their lives.

Create Experiences to Help Your Child Feel Successful

Help your child find their strengths and acquire skills, whether it be academically, socially or in extracurricular activities. One way children measure their self-worth is by how other's perceive them, and in our society that is full of measuring and comparing, children can be vulnerable to heightened criticism and comparison. Emphasize to your child that you accept and love them regardless of their performance. Create opportunities for them at home and outside the home, where they can accomplish goals and feel the satisfaction of completing a task. Experiences of success create confidence and foster self-esteem. Experiences that can foster self-esteem include having chores and responsibilities at home, participating in athletics, or other areas of social or extracurricular interest. Encouraging their independence and helping your children be responsible will encourage positive self-worth.

Try to Understand and Heal your own Self-Worth Issues

Parenting can be emotionally intoxicating as well as draining. Becoming a parent tends to bring out the best and worst of ourselves. As we navigate through such an intensely emotional relationship with our children, we are often confronted with our own insecurities and fears. Becoming a parent has a way of bringing to the surface our own unresolved emotional issues stemming from our relationships with our own family or origin. Our children's self-worth is not genetic, but rather learned and especially in early childhood, is a reflection of the parent's sense of self, particularly the mother. A parent's unhappiness is passed down to a child, and children view your unhappiness as unhappiness with them. It is important to address your own insecurities and fears because no matter how many parenting books you read, if you don't address your own self-worth issues, you are bound to pass them to your kids. Looking at your own wounds from your early childhood and trying to understand the positive and negative ways your parents influenced your self-esteem can help you identify ways to break the cycle in your own relationships with your children and help promote your own self-worth as well as your children's.



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