

THE FOREST CREEK FORUM

*A Newsletter
for the Forest
Creek
Community*

The Forest Creek forum is a monthly newsletter mailed to all Forest Creek residents. Each newsletter will be 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 team, social group, etc., and would like to submit an article for the newsletter, you can do so online at www.PEELinc.com. Personal news (announcements, accolades/honors/celebrations, etc.) are also welcome as long as they are from area residents.

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Power For Parkinson's Hosts Free Weekly Classes To Delay Disease Progression

Round Rock "Fitness for Parkinson's"

When: Every Thursday, 1:30-2:30

Where: N'Caliente Fitness & Dance Studio.
2111 Sam Bass Road, Round Rock, TX,
United States

Description: A fun class to improve strength, balance, endurance, vocal projection and sense of well-being.

All levels welcome. Instructor: Mary Holder

For longtime Austinites, Nina Mosier and Susan Stahl, a double (and sometimes triple) dose of daily exercise has become the norm. To keep their bodies in shape, Nina runs and Susan exercises at Orange Theory. Once their daily workout is complete, they head to group classes for their nonprofit, Power For Parkinson's. Participants – with and without their caregivers -- arrive in time to find a seat. Everyone chats before the instructor starts the music. Nina and Susan check people in, participate during class, and work with their volunteers to ensure the process goes smoothly.



down the disease's progression.

Mosier, a Medical Doctor by profession, and

Stahl, a Child and Family Psychotherapist by profession, co-founded this nonprofit in 2013 as a labor of love. Mosier's father is currently living with Parkinson's. Stahl lost her father to Parkinson's and works to honor his memory.



The Round Rock "Fitness for Parkinson's" class meets every Thursday at N'Caliente Fitness & Dance Studio in Round Rock, Texas. It's a fun class that aims to improve participant's strength, balance, endurance, vocal projection and sense of well-being. The class is taught by group fitness instructor Mary Holder,



who has been teaching fitness for over 25 years and has extensive knowledge of Parkinson's specific exercises. Participants enjoy very challenging mind games, doing strength exercises and using balls, bands and weights.

The classes have become more than just a workout for participants. They are a source of community for friends who feel like family and love to see each other. Each class offers physical and mental hope for patients, relief for caregivers, and a focus for the day in the form of a social outing.

Power For Parkinson's received international attention last fall at the World Parkinson's Congress, bringing attention to all the good they're doing in

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The Forum

NEWSLETTER INFO

NEWSLETTER

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Round Rock New Neighbors

Round Rock New Neighbors is a non-profit social club for women with over 180 members from Round Rock and surrounding communities. Since 1978, RRNN has been active in providing women the opportunities to come together and meet new friends and neighbors. The name may fool you, but you do not have to be new to the area to join the fun. We have new members who have lived in Round Rock for many years.

All women are welcome!

Our general meetings are held on the second Wednesdays of each month September through May. We meet at the Williamson Conference Center located behind the Wingate Hotel on the frontage road of I-35, north of Hwy 79, starting at 10:30. Come join us for a great catered lunch and program. Reservations must be made by the Friday before the meeting.

Cost is \$17.00 payable at the door for first time visitors.

For more information, please call Jan Percy 512-810-3214



Forest Creek Animal Hospital

Clifford H. Peck, D.V.M.
Amber Breclaw, D.V.M.
Lisa Byer, D.V.M.
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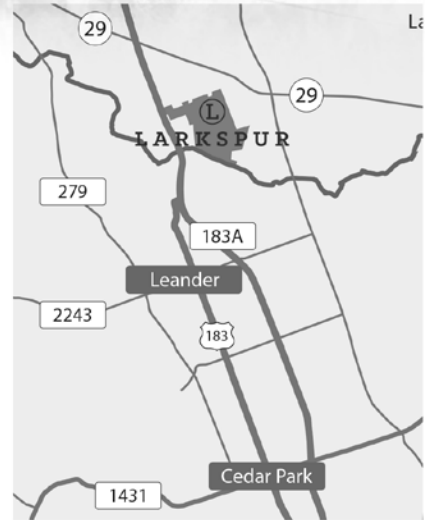
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Larkspur is located just north of Leander on Highway 183. For more information, please visit MyMilestone.com. Offer, prices, plans, specifications and availability are subject to change and/or cancellation at any time without prior notice. Please contact community sales counselor for additional details and restrictions.



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The Forum

(Continued from Cover)

Austin. They were also awarded The Rose Professional Spirit Award from AGE of Central Texas, recognizing their impact on the lives older adults. "We knew we had started a unique program," say Stahl and Mosier. "The accolades validated the impact the program has had on the community."

There is always room for new participants at weekly Power For Parkinson's class at the N'Caliente Fitness & Dance Studio. For class specifics, please visit www.powerforparkinsons.org/class-schedule. NO reservation is necessary and classes are always free. Just be prepared to have a good time and feel better.



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INTRODUCING "Get To Know Your Neighbors"

We are all very fortunate to call Forest Creek home. But, Forest Creek is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become.

We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Forest Creek a better place to live, please let us know. We would like to introduce them to your neighbors.



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Mr. Beautician's Beauty Algorithm

An algorithm is simply a set of instructions or sequence of actions to be performed with an intended outcome. Mr. Beautician's Beauty Algorithm expresses an effective method for creating and maintaining healthy beauty suggestions that can benefit the user through easy to understand examples. Originally taken upon as a challenge to understand and educate women about melasma, which is the overproduction of pigment within the skin's chromophore called melanogenesis, our research found that utilizing these easy precautions and ten basic solutions can protect your skin from early signs of aging and offset skin damage for any age or skin type.

Water is the most ubiquitous building block of life. It is absolutely essential in hydrating yourself to stay alive and healthy. If you are not adding water to your daily intake of liquids then your health regimen isn't optimized and you may see premature signs of aging.

Sunblock over the past couple decades has been deemed by the professional community as having more importance for people to use on a daily basis. There are two main types of sunblock, chemical and barrier. Chemical sunblock provides a sunblock protection factor (SPF) from most sunlight, it blends easily into the skin yet unfortunately retains the heat from the sun on the skin's surface area. Barrier sunblock, on the other hand, usually is white and contains zinc-oxide offering additional protection from both the sun's rays and heat created upon the skin. Barrier sunblock is commonly used by a lifeguard or surfer displaying a 'white nose' of blocking protection. Using either, it is important to reapply sunblock every two to three hours for better protection especially in direct or bright sunlight.

Natural Oils provide protection for the skin and help balance for skin's ability to thrive and survive the outside elements. Sebum, the natural oil that our own skin and scalp produce, is the essential natural protection from the sun to protect the skin. Utilizing natural oils like vegetable oils, coconut, grape seed, avocado, and rose-hip oils are just a few of the beneficial oils that can provide protection and nourishment to the skin. These types of natural oils are often found in your own kitchen and are usually safe enough for most people use on hair, scalp and skin all over the body.

Vitamins provide a well-rounded balance to one's diet and health. Vitamin supplements and natural vitamins found in foods like fruits and vegetables can offer great benefits to one's diet. We found that women who take vitamin D and/or continued the use of their pre-natal vitamins years after childbirth were less prone to exhibit skin pigmentation as seen in melasma. Remember to consult your doctor if you have special dietary needs or restrictions.

Exercise offers many obvious benefits for your health and beauty. The sore feeling we have in our muscles after working out comes from our own muscles producing lactic acid. Lactic acid has other health and beauty benefits for your skin. In fact, many chemical peels often involve lactic acid in their formulas.

Eating Well is probably the easiest and most overlooked element of good health and beauty. If done correctly a proper diet can offset seasonal illness with proper nutritional preparation, or the ability for the body to heal itself holistically by simply eating good, natural, processed-free food.

Low Stress or stress, in general, plays one of the overall biggest negative factors to impairing a person's health at any age or physical condition. Stress can lead to systemic problems for anyone who is unaware or unable to control this far reaching and debilitating condition.

Sleep, like water and food, is absolutely essential for a one's good health and wellness. Too much sleep can be as bad as not enough sleep. It is recommended that people get between seven to nine hours a day. And yes, power naps or short-term cat naps that last between 10-20 minutes are also extremely beneficial.

Smiling is a universal way of communicating and great not only for the person smiling but also for others

witnessing a smile. A smile balances our neurotransmitters and stimulates our brain's reward mechanism to create mood-lifting attributes in our health and wellness. A smile can reduce stress hormone levels like cortisol and adrenaline and increase healthy mood levels like endorphins and serotonin. So start smiling – it will alter your mood!

Ignore and Focus is our last and considerably most important point to our Beauty Algorithm. It's easy to understand: ignore the drama, ignore the distractions, ignore the chaos that life can often throw at you. Most importantly ignore the mirror, because 'the mirror lies'. Focusing too much on your image in the mirror can leave one feeling helpless and alone as we age or grow older. Instead, focus on what you want, focus on who or what is really important to you in your life. Focus on YOU, a miracle machine that works seamlessly through the trillions and trillions of cells that encompass your body, working together in perfect harmony. When you can do this, and by the laws of attraction you will attract the right people, right jobs, right opportunities that create the reality of who you are supposed to be, a beautiful and healthy person!

Any questions? Please feel free to reach out to me at info@MrBeautician.com or visit our website at www.mrbeautician.com.

Mr.Beautician



The Forum

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**Happy 4th
of July!**

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TESTIMONIAL

"Over the years, I have had nine different occasions in four different states where I was involved in the purchase or the sale of a home, along with several different occasions where I was involved in the lease of a home, either as the landlord or the renter. In each of those cases there was interaction with one or more real estate brokers, agents, and / or property managers. Some were good, some not so good. But of all the experiences I've had Paul and Jan Gillia of Home Select Realty are the only brokers / agents that I would rate as truly outstanding. Before signing a listing contract with them we interviewed several different brokers /agents including the one advertising as the number one listing agent for the area. Paul and Jan listed our home at a 4.5% commission (every other agent we talked to wanted 6%) and within twenty days we had approximately 50 showings and a contract at 101.2% of the list price. This result was absolutely due to the way the home was marketed using the most professionally presented virtual tour and sales material I have ever seen. Additionally, they were there every step of the way providing advice and guidance, and were always available for questions 24/7. It's hard to find words that adequately express the appreciation of, and satisfaction with the service we received. I would recommend them without any reservation or equivocation whatsoever." Gerry C. Sold his home near Forest Creek Golf Course

THE HOME SELECT TEAM MAKES ALL THE DIFFERENCE!