



September 2017

Official HOA Newsletter for Lakeshore

Volume 3, Issue 9

WELCOME TO THE LAKESHORE REPORT

*A Newsletter
for the Lakeshore
Residents*

The Lakeshore Report is a monthly newsletter mailed to all Lakeshore 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.

GO GREEN! Subscribe via Peelinc.com to have an email sent to you with a link to a PDF of the newsletter, or have an email sent to you instead of having a newsletter mailed to you!

National Night Out Against Crime

Matt Peskin, founder and executive director of National Association of Town Watch [est. 1981] introduced the National Night Out program in 1984.

Rewind seven years. It begins in the western suburbs of Philadelphia, Pennsylvania. Peskin spent several years volunteering for the Lower Merion Community Watch program, who works in cooperation with the Lower Merion Police Department. During his tenure of volunteer work in the township, he often patrolled his neighborhood, assisted in patrol dispatch and shortly thereafter introduced the program's newsletter.

The newsletter became a representation of the success that took place within the organization and the volunteer work put forth by over one thousand neighbors. Opportunity to publish new and creative content became more and more difficult as each month passed. Peskin began to reach out to surrounding townships and communities for assistance.

And that's where it all began. Peskin realized that hundreds of community watch groups existed without a platform or association to connect them together.

Early 1981: The Association.

National Association of Town Watch was founded only a few years later to provide community watch groups the necessary resources and assets to stay informed, interested, involved, and motivated within the community. Neighbors and local law enforcement across the nation

supported the association as it steadily grew for the next three years. However, Peskin knew something more was needed.

National Night Out (NNO) is "America's Night Out Against Crime" - a time when neighbors come together and take a stand against crime. NNO helps send the message to criminals that our community does and will continue to fight back against crime. It also raises safety and drug awareness, strengthens community spirit, and enhances the partnership between residents and first responders which makes every effort of safety possible.

Please mark your calendars for the Lakeshore Community Night Out Against Crime on October 28th !!



IMPORTANT NUMBERS

LAKESHORE COMMUNITY ASSOCIATION BOARD OF DIRECTORS CREST MANAGEMENT CO.

Community Manager

..... Liz.Trapolino@crest-management.com
..... 281-579-0761

Clubhouse Manager

..... lakeshore-ca@sbcglobal.net
..... 281-458-3345

EMERGENCY INFORMATION FIRE, MEDICAL OR LIFE THREATENING

Emergency

..... 9-1-1
Constable Dispatch 281-376-3472
Humble ISD Police (Schools) 281-641-7900
Harris County Animal Control 281-999-3191
Texas Poison Control Center 800-222-1222

UTILITIES

Electric, (multiple providers) www.powertochoose.org
Power Outages 713-207-7777
Street Light Outages 713-207-2222
U.S. Water Utility Group 832-756-2143
Gas, Centerpoint Energy 713-659-2111

SCHOOLS

..... 281-641-1000
..... www.humble.k12.tx.us
Lakeshore Elementary 281-641-3500
Woodcreek Middle School 281-641-5200
Summer Creek High School 281-641-5400

NEWSLETTER PUBLISHER

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COMMITTEE INFORMATION

Community Watch

James Furr jfurr40@yahoo.com

Garage Sales

Lakeshore Clubhouse: lakeshore-ca@sbcglobal.net

Landscape Committee

Rex Spikes: rexspikes@sbcglobal.net

Pool Committee

Rex Spikes: rexspikes@sbcglobal.net

Social Committee

Elna Ermel: roneln@comcast.net
To volunteer, please email lakeshore-ca@sbcglobal.net

CALLING ALL VOLUNTEERS

We are in the process of developing our Lakeshore Night Out Against Crime party. We are planning to have the event at the Clubhouse on Saturday afternoon, October 28, 2017. We are gratefully accepting volunteers to help set up and work during the party. If you are available to help us put this event together, and make it happen, please let me or the ladies in the Clubhouse office know.

We need volunteers to help with setting up vendor tables, grilling/serving hotdogs and sausage on a stick. Additionally, we will need help handing out water/soft drinks and snow cones.

I am also attempting to have the children's train ride and Bouncing Adventure here again this year. Therefore, we may need help assisting with crowd control in those areas.

Any help you can provide will be GREATLY appreciated. Show your community spirit, come on out and let's make this one of the best ever Lakeshore Night Out Against Crime. I hope to see you there.



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POOL NEWS

The pool season is winding down. Please make note of the schedule changes:

Open Daily: Tuesday through Sunday:

Summer schedule ends August 27th

Labor Day Long Weekend:

September 2nd to September 4th (Pool is open)

Open Weekends only:

September 9th to September 24th

Lakeshore Community Pool Rules:

Violations of the swimming pool rules will not be tolerated. Violators will be asked to leave the pool area by the lifeguards. Lifeguards have the ultimate authority in all matters. Violator's pool privileges can be revoked by the HOA Board of Directors.

- Each individual access card holder shall allow entry of up to six (6) people.
- Guests shall be accompanied at all times by an access card holder. Card holder shall be responsible for the actions and conduct of their guests.
- Entry into the pool enclosure or swimming without a lifeguard present is prohibited.
- The gate to the pool enclosure shall be closed and latched after entering or leaving the pool area (Texas State Law 757.004).
- No alcoholic beverages, tobacco products, weapons or illegal substances of any kind are permitted within the pool enclosure.
- Children under the age of 12 must be accompanied and supervised by an adult, 18 years or older, at all times.
- No one shall knowingly enter the pool enclosure, or permit a child or guest to do so while suffering from any contagious disease or with an open wound or sore.
- Appropriate swimwear must be worn in the pool. Cutoffs are prohibited. A covering such as a "T" shirt may be worn for sun protection.

- Proper swimming diapers with plastic liners or "swimmies" are required for all non-toilet trained infants. Disposable diapers are not permitted in the pool. Showers should be taken prior to entering the pool. No diving, running or horseplay is permitted in the pool enclosure.

- No pets/animals are permitted in the pool enclosure. Certified assistance pets are permitted.

- No bicycles, skateboards, rollerblades or other wheeled vehicles are permitted inside the pool enclosure. Wheelchairs, small wagons and strollers are permitted.

- Noise and activities must be kept to a minimum level so as to not disturb others.

- All beverages and food for consumption must be in unbreakable containers. No food or beverage consumption is permitted while in the pool.

- All litter shall be properly disposed of and not permitted to blow into the pool.

- If a long whistle blast is heard everyone in the pool shall immediately get out of the water. Wait for an all clear signal from the lifeguard before re-entering the pool. Safety Breaks will be taken for 10 minutes every hour. Everyone must exit the pool for this period of time.

- These rules have been established in an effort to make the pool a safe and sanitary operation for the enjoyment of all.

By entering the pool enclosure you agree to abide by the posted rules. The Association or its Managing Agent may take action to impose fines or suspend use of the facility to anyone held in violation of these rules.

**POOL HOURS ARE
10:00AM TO 8:00PM
CLOSED ON MONDAY EXCEPT
FOR LABOR DAY**

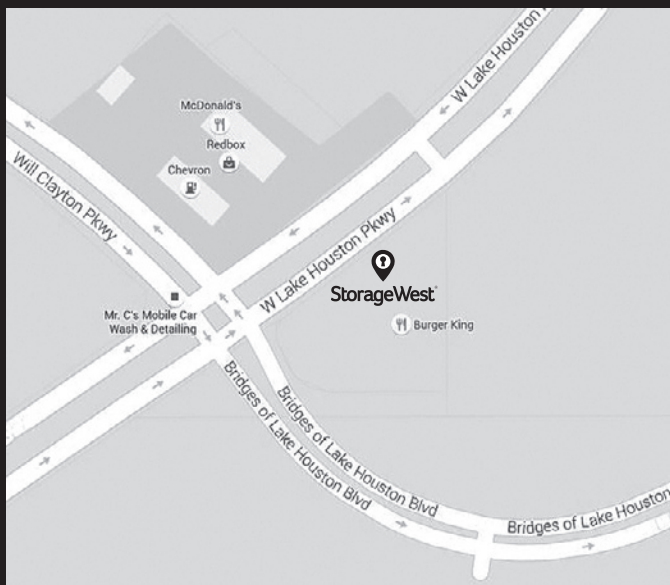
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FALL FESTIVAL

St. Aidan's Episcopal Church 4th Annual Fall Festival and Holiday Market - Sunday, October, 29th from 10am – 5pm. 13131 Fry Road just South of 290. Market Booths, Expanded Children's Area, Food Trucks, Silent Auction and Community Service area, Live Music throughout the day, Cake Walk, Gulf Coast Regional Blood Drive, Trunk-N-Treat 3:00, Blessing of Animals 4:00. Lots of vendors with a variety of goods for sale. We look forward to seeing you all there!

Interested in being a vendor? For additional information and register on line, visit our website <http://aidanschurch.org/fallfest>. If you prefer to mail in your registration, you can obtain a Booth Reservation form by contacting us at 281.373.3203, or email fallfest@aidanschurch.org.

7TH ANNUAL CAREGIVERS CONFERENCE

Please consider this free skill-building and informative workshop for family members caring for a loved one or those of us who are being proactive about our future.

This conference is hosted by Christ the King Church, 3803 W. Lake Houston Parkway, Kingwood on October 7th from 8:30am to 2:15 pm.

Sessions include: Healthy Living for Brain & Body, Elder Law Information, Social Security, The Basics: Memory Loss, Dementia & Alzheimer's and many more. To register or for more information go to www.christ4u.net or contact Jadi Meyer, 281-360-7936, ext. 117.

Sessions Include:

Cognitive Wellness: Mindfulness for Caregiving - Mindfulness is purposely paying attention to the present moment, what you are experiencing right now. Adopting a mindful approach to caregiving can enable you to be less stressed and improve your interactions with your loved ones. Many studies have documented the mental and physical health benefits of mindfulness. This workshop will provide a very basic introduction to this way of experiencing deeper cognitive wellness, even in difficult situations.

Effective Communication in Dementia Caregiving - Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease..

Family Dynamics & Caregiving - There is no exact science or handbook on how to smoothly care for a family member and have everyone in the family onboard. This workshop will address the positive and negative impact of multiple family members' involvement in the care of their loved one.

Elder Law: Estate Planning for Seniors - This session provides information for people who are over 65 who need to know about preserving and passing their estate on to a loved one or their executor. Participants will learn the essentials and reduce stress by being proactive.

Understanding the Differences Between Senior Living Communities - You are not alone if you find yourself confused over the many care types and styles of senior living. Learn how to determine which one is appropriate for you, what you should pay attention too and important questions to ask.

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THE LAKESHORE REPORT

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Music and the Brain - Music engages the brain in a way that activates multiple areas at once. Music therapists are able to use this potentiality to address a variety of therapeutic goals for their clients.

Healthy Living for Brain and Body - For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Finding Joy in Caregiving - Joy in caregiving? Absolutely! You have taken on a very important role in someone's life and in your own. Come learn the amazing places you can find JOY in caregiving.

Elder Law: A Caregiver's Playbook of Essential Legal Documents - Come and learn what documents your loved one needs and how to make them work together to achieve financial protection and mental peace of mind.

Body Mechanics for Caregivers - Learn tips and techniques to control and balance the body to prevent injury, safely move another person from seated or lying position, assist with ambulation, and

learn proper bathing techniques to assist your loved one.

Veterans Benefits - The presentation will include VA Pension benefits for Veterans and Surviving Spouses as well as Senior Living & Long Term Care options for Veterans. Qualification criteria and eligibility requirements will be presented, also.

Understanding & Responding to Dementia Behaviors - Participants will identify many of the behavioral symptoms of dementia through shared interaction. Participants will discuss and practice possible strategies for responding to these symptoms as they seek to have quality interactions with persons with dementia.

The Basics: Memory Loss, Dementia & Alzheimer's - Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.

Elder Law: Probating a Will in Texas & Techniques for Avoiding Probate - Attorney Andrew Kulha presents a comprehensive program designed to assist your family in learning about options available that may protect hard-earned savings, outline affordable care options, and legal strategies. This presentation is geared to empower the family with information and options about probate

(Continued on Page 8)



SOUTHERN LEGACY REALTY

Lakeshore Homeowners - If you are considering selling your home, call Todd Womack, Broker and REALTOR®, of Southern Legacy Realty LLC., your **LAKESHORE Neighborhood REALTOR®**, for a free consultation. 832-647-9871.

Todd and his wife, Crystal, have lived in Lakeshore since 2007, having 3 primary residences in Lakeshore over the last 10 years. "We love Lakeshore and our neighborhood, and have raised our family here".

Todd has extensive and diverse experience as a Real Estate Broker in TX for 30 years, a Home Builder, Construction/Project Manager, Property Manager, Remodeler, and Developer. Crystal has worked as a home decorator and staging coordinator over the last 10 years. These comprehensive and beneficial services can be available at no additional expense, should you choose SLR to list your home, or represent you in a new home purchase.

Listing, selling, or purchasing your home is a team effort, between client and REALTOR®, and having the right advice is important to achieving your goals. I invite you to call so I can get to know you and your goals, and explain why teaming with Southern Legacy Realty will be right for you.



TODD WOMACK
BROKER, REALTOR®

832.647.9871

13630 Elm Shores Drive,
Houston TX 77044



THE LAKESHORE REPORT

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and probate avoidance – before a crisis occurs.

Medicare & Social Security - An overview of the options and benefits offered by Social Security and Medicare. These benefits include retirement income, disability income, Medicare and Medicaid, and death and survivorship benefits.

Emotional Rollercoaster of Caregiving - Emotional Rollercoaster of Caregiving – Caregiving can take you on a bumpy ride, leaving you caught up in guilt, anger, sadness, or anxiety. In this work shop we will consider a simple model of emotions and their triggers. Applying that model to the caregiving context, we will see why it is so easy to get stuck in negative feelings. Finally, we will discuss practices that can make you more resilient and help you to re-claim your emotional stability.

Chaos to Calm: Decision Making in Times of Crisis - Are you overwhelmed, confused or afraid of what to do in your decision-making process? We'll discuss how to cope with making decisions in the midst of chaos.

Meaningful Activities & Physical Modifications for the Home – We discuss helping to make your home safe and comfortable for everyone involved. The meaningful activities will help your loved one enjoy their independence as much as possible



WHAT IS AN EXCESSIVE HEAT WARNING

Each National Weather Service Forecast Office issues some or all of the following heat-related products as conditions warrant. NWS local offices often collaborate with local partners to determine when an alert should be issued for a local area. For instance, residents of Florida are much more prepared for 90°F+ weather than residents in Alaska.




- **Excessive Heat Warning—Take Action!** An Excessive Heat Warning is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Warning is when the maximum heat index temperature is expected to be 105° or higher for at least 2 days and night time air temperatures will not drop below 75°; however, these criteria vary across the country, especially for areas not used to extreme heat conditions. If you don't take precautions immediately when conditions are extreme, you may become seriously ill or even die.

- **Excessive Heat Watches—Be Prepared!** Heat watches are issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours. A Watch is used when the risk of a heat wave has increased but its occurrence and timing is still uncertain.



- **Heat Advisory—Take Action!** A Heat Advisory is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Advisory is when the maximum heat index temperature is expected to be 100° or higher for at least 2 days, and night time air temperatures will not drop below 75°; however, these criteria vary across the country, especially for areas that are not used to dangerous heat conditions. Take precautions to avoid heat illness. If you don't take precautions, you may become seriously ill or even die.

- **Excessive Heat Outlooks** are issued when the potential exists for an excessive heat event in the next 3-7 days. An Outlook provides information to those who need considerable lead-time to prepare for the event.

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Ready to unleash your inner G.I.R.L.? Throughout the Girl Scout Leadership Experience, girls can participate in a variety of fun and challenging activities, like earning badges, selling cookies, going on exciting trips, exploring the outdoors, and doing community service projects. In Girl Scouts, girls get to lead their own adventure (it's your world!), and work with other girls to pick and choose the exciting, hands-on activities they want to do. The idea is to learn by doing, and in Girl Scouts, girls do lots of it.

Girl Scout volunteers in the Cypress area are hosting the CyFair Girl Scout Expo on Saturday, September 9, 2017 at the Science Exhibition Center, 11206 Telge Road from 10 a.m. – 1 p.m. At this event, you'll be able to learn more about Girl Scouts, talk to volunteers, and register for Girl Scouts. Girl Scouts is open to girls in kindergarten to 12th grade. Membership is \$25 annually and financial assistance is available, if needed. For more information, please email Jo Anna Harris at jharris@sjgs.org.

LAKESHORE CLUBHOUSE

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Onsite Manager Hours

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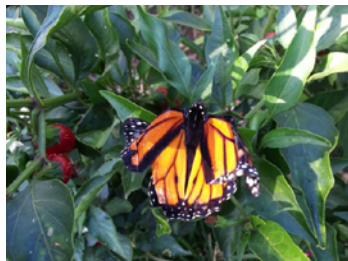
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Monarchs & OE



The protozoan parasite *Ophryocystis elektroscirrha* (OE) infects monarch and queen butterflies. It is an obligate parasite and requires a host to live within and to grow and multiply. It was first discovered in the 1960's infecting monarchs in Florida. Since then, it's been found in monarch populations across the world. It is thought that the parasite has co-evolved with monarchs.

There are three major populations of monarchs in the United States—one east of the Rocky Mountains that winters in Central Mexico and migrate north into the US and Canada; another west of the Rocky mountains that overwinters on the coast of California; the third population are non-migratory and can breed year round in areas such as Florida, Texas and Hawaii. All three populations are infected with OE.

Monarchs infected with OE will have spores wedged between the scales on their body, with the greatest concentration usually occurring on the abdomen. The spores are very small and require a microscope to see.

Female monarchs pass OE spores onto their offspring when they lay eggs. When caterpillars emerge from the egg, they eat the egg shell ingesting the spores. When spores reach the midgut of the insect, they break open and release protozoan parasites. The protozoans move through the gut lining to the epidermis where they reproduce asexually (divides multiple times increasing the number of protozoans). In the butterfly chrysalis stage, the protozoans go through sexual reproduction (again increasing the number of protozoans). Spores form so the emerging butterfly is covered in spores. Spores can also be scattered onto milkweed from butterflies laying eggs or feeding on nectar. Spores on the milkweed can be consumed by caterpillars as they eat foliage.

Once butterflies are infected, they do not recover. OE does not grow or reproduce on the adults; spores remain dormant until they are ingested by a caterpillar.

Infected pupae have dark blotches 2-3 days before emergence. Adults that are heavily infected often have problems emerging from the chrysalis and some may die before emerging. Others that do emerge may fall to the ground before their wings are expanded leading to them dying quickly. Many infected monarchs look healthy, so the only way to determine infection is by looking for spores.

What can you do? Check monarchs for spores and destroy any you find that are infected. I know this seems harsh, but infected monarchs further spread the protozoa and kill more butterflies in later generations. Cut down milkweed several times per year to get rid of any possible spores that may be on the plants and to encourage new, healthy growth.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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- Gives a well maintained appearance so buyers request fewer repairs or price reductions.
- Helps the property stand out amongst others and gives the **WOW** factor so that buyers distinguish and remember the specific property.
- Only 10% of buyers can picture themselves living in a vacant home. Staging creates a more inviting space that buyers can picture themselves living in.
- Staging in non-vacant homes helps to depersonalize the home and allows for sellers to focus on the home rather than the current occupants.



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