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A Newsletter for the Residents of Legend Oaks II

BACK PAIN: HOW TO GET THE FALL GARDENING DONE WITHOUT MAKING YOUR BACK PAIN WORSE



Has this ever happened to you? You're going about your day doing your usual day-to-day activities, you could be doing something as simple as taking the trash out, weeding the front

garden, folding up your laundry or even changing the bed when all of a sudden you feel a sharp pain in your back and you can hardly move. Sound familiar?

Just a few weeks ago this happened to one of our patients Kim, 52, from Rollingwood. She was making the most of a quiet and cooler than normal September weekend, and before she planned to relax for the day she decided to do some gardening.

Kim was fine to begin with, but as soon as she went to make the bed the next morning, her back went out completely. At first the pain wasn't so bad, but then a few hours later her back began to stiffen up.

Like most people we see at CORE, she first thought "it's just a stuff back, I probably got a bit carried away with pulling weeds, it's happened before." But the next day the pain was still there, and it felt even worse! Kim's back started to ache when she sat down, she struggled to find a comfortable position to fall asleep in. She couldn't even bring herself to stand without being in agony AND she had a weekend away in Colorado planned.

How was she going to get away to the mountains with so much back pain?

Now you might be thinking this won't happen to you, not with something as basic as gardening or everyday chores. When you consider that most of us do chores around the house or in the yard, that's a lot of backs that could potentially become stiff and painful!

The thing is, many people will 'put up' with a bad back for days (even weeks, months!), hoping the pain will go away on its own eventually. However, you really don't have to play the waiting game and suffer for so long – especially not if it's getting in the way of daily life and even vacations that you've had booked for months!

So how about I give you three quick tips for everyday chores to help make agonizing back pain a thing of the past – because the activities themselves aren't to blame (even though we'd like to think they are), it's how you 'do' them with poor mechanics and posture.

First, when raking, using a vacuum cleaner or a broom: one of the most common mistakes people make is reaching out with their arms while bending at the waist over and over again. This bending repeatedly in awkward positions can place a lot of strain on your muscles – especially in your back! To help fix this the key is to keep your hips and shoulders moving towards the work.

What I mean by this is instead of leaning forwards and twisting your back, step forward in the direction of the movement with one foot and bend slightly at the knee, allowing your upper body to stay upright to reduce any strain in the back.

Second, when pulling weeds, doing the laundry or rescuing that lost sock from the bedroom floor, leaning over can really trigger back pain – similar to raking and using the vacuum, bending at the waist repeatedly will strain your back muscles. To get around this I tell my patients to do something I like to call the 'golfer's reach', it has this name because it's similar to how golfers pick up a ball.

(Continued on Page 2)

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(Continued from Cover)

When you reach for items with your right hand balance yourself by lifting your left leg up in the air behind you. If you need extra support, place your opposite hand on a nearby surface. If you're reaching with your left hand, reverse the directions. The deeper you reach with your hand, the higher your opposite leg should go so that you can keep your balance while simultaneously reducing the amount of strain on your back muscles.

One more thing, I know it can be easy to get caught up, rushing around the house to get everything done but one thing to remember is to be kind to yourself and take 20 minute breaks throughout. Relax with a big glass of water before returning to your chores. If you start feeling any signs of pain with the yard-work or chores, stop the activity, stretch and think about the position you were in or how you were moving when you started to have pain.

Don't allow yourself to get so busy checking chore off of your to-do list that you forget the safe way to move your body. Start using these tips and you'll be keeping your back safe.

Stephen Dunn is a Holistic Physical Therapist and is the co-owner of CORE Therapy & Pilates with his wife, Cheryl Dunn. They have been open for business and helping people with back pain from West Lake Hills since 2005.



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LEGEND OAKS

Christmas on Congress to be Hosted at Paramount Theatre benefitting Alzheimer's Texas and Austin Sunshine Camps

Christmas on Congress is set to be an elegant and meaningful night where remarkable musicians and guests come together to support and further the legacies of Alzheimer's Texas and Austin Sunshine Camps. Presented annually by the National non-profit, Music and Memory, this wonderful evening will lead with a goal of making music the gold standard for healing.

Christmas on Congress will take place on Friday, December 15th at the Paramount Theatre and will feature performances by Marc & Ted Broussard, Reed Turner, Jackie Venson & Eve Monsees, along with Roses & Cigarettes with Circling Drones & Jeff Anderson. For over 100 years, the Paramount Theatre has served as an essential venue in Austin, Texas. Paramount Theatre continues to play a significant role in supporting the many causes in the community that continue to make Austin, Texas unique.

Prior to the performance, a featured VIP reception featuring the top ranked chef in the world will be held on the balcony level. Award-

winning chef, Matt Peters led the United States team to their first ever gold in the prestigious cooking competition, Bocuse d'Or. Prior to Peter's appearance, the United States had never placed higher than second place in over thirty years of the world's most elusive cooking competition. To enjoy this rare opportunity, email Matt Stanley for information on VIP ticket options.

Beneficiary, Alzheimer's Texas offers a variety of programs and services for people battling the disease, their families and their friends. These programs and services provide information, education, support and guidance for every stage of their Alzheimer's journey.

Serving the Austin, Texas community's youth through after school programs and summer camps, beneficiary Austin Sunshine Camps is one of the oldest continuously-operating nonprofits in Austin and has empowered generations of youth through education and outdoor experiences.



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CARPET BEETLES

TEXAS A&M AGRI LIFE EXTENSION

Carpet beetles adults can be found outdoors on crape myrtles or other plants where the adults eat pollen and nectar. The adults may also be found in rodent or bird nests. When these adults move into homes, they may lay eggs which can lead to problems. These beetles can be pests in warehouses, homes, museums and other locations.

Carpet beetle adults are small, round to oval shaped and often brightly colored. Larvae are small, tan, and ringed with bands of long hairs.

Carpet beetle larvae feed on high protein foods, usually animal based, but they can also feed on plant material. They can be found in a variety of locations throughout the home. In the pantry, you may find them in items such as powdered milk, dried meats (jerky), or pet food. Other areas of the home they can be attracted to items made from wool, fur or feathers, areas where dead insects accumulate (i.e. light fixtures), leather book bindings, hair, silk or dried plant products. If the larvae are seen feeding on synthetic fibers, it is because the material is stained with body oils or food.

A program utilizing sanitation, exclusion and insecticides should be able to get a carpet beetle problem under control.

- Clean accumulations of hair, dead insects, and bird, rodent or wasp nests
- Regularly clean rugs, carpets, upholstery, etc.
 - o make sure to get along edges, under cushions, and under furniture where debris may collect

- Inspect animal based items (taxidermied animals, leather, wool, silk, etc.) once a year to avoid infestations
- Keep pantry items/ dry goods in sealed, air-tight containers
- Infested items (if possible, depending on the items) can be heated or cooled to kill any beetles
 - o freeze 2 weeks at temperatures below 18°F
 - o heat for at least 30 minutes to temperatures above 120°F
- Insecticides should be used as spot treatments- make sure carpet beetles are listed on the label as well as the area/ item you are treating
 - o make sure the product will not stain

If you find a few adult carpet beetles in your home, squish them on vacuum them up. A few adults usually do not warrant a full treatment, but you should watch for a developing infestation.

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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LIGHT UP THE HOLIDAYS WITH A DAY TRIP TO JOHNSON CITY

The twinkliest town in the Hill Country is a perfect destination for a holiday tour of lights with family and friends. Located in the heart of the Hill Country, Johnson City has activities for all ages to enjoy.

During the day, light up your imagination with a visit to the Science Mill, a science museum housed in Johnson City's historic 1880s mill. Run your hands through the 3D topographic sandbox to create colorful rivers, mountains, lakes and dams. Enter the Fractarium to experience a larger-than-life lighted representation of Romesco broccoli and see how fractals are a marvel of nature. Explore the Silo of McKays, a multidimensional art installation combining art and science with light, sound, rhythm, balance, color and harmony. The Science Mill's 40+ hands-on exhibits (and current 3D movie, Wonders of the Arctic) will engage all ages.

The Science Mill is located at 101 S. Lady Bird Lane in Johnson City, TX and will be open extended hours during the holidays. Find more information at www.sciencemill.org.

Johnson City's annual Lights Spectacular celebration, celebrating its 28th year, runs Friday, Nov. 24 through New Year's Day, starting

with the spectacular courthouse lighting ceremony and fireworks.

The whole town glows, from the Blanco County Courthouse to the dazzling display of light-wrapped trees at Pedernales Electric Cooperative's headquarters, to candlelight tours of Lyndon Baines Johnson's boyhood home. Visitors can enjoy the lighting extravaganza by foot or by horse-drawn carriage, and local retailers and art galleries offer extended hours, food and music on the town square during the Spectacular. The event is free and pet friendly.

For more information about Johnson City and the Lights Spectacular visit the Johnson City Chamber of Commerce website at www.johnsoncitytexas.info.



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