

SUMMERWOOD LIFE

OFFICIAL NEWSLETTER OF THE SUMMERWOOD COMMUNITY ASSOCIATION, INC.

SUMMERWOOD BLOOD DRIVE

Summerwood will host a blood drive for the Gulf Coast Regional Blood Center on Saturday, February 24, from 10:00 a.m. to 2:00 p.m., at the Summerwood Central Clubhouse, 14111 Summerwood Lakes Drive.

To meet the needs of this area, the blood center relies on about 1,000 donations each day! Every two seconds, someone needs a blood transfusion. That means one in seven people entering a hospital will need blood. In order to give back, save lives, and strengthen the blood supply in our area, we encourage you to sign up and give the most precious gift you could ever give to someone: the gift of life.

We have teamed up with Gulf Coast Regional Blood Center, who will be at the Central Clubhouse location. They are coming to us and will have the donor coach on site. All you have to do is register and show up. There's no hassle or worry about hitting Houston traffic; the blood center is coming to us! Snacks and refreshments will also be provided. Sign-up is easy and user friendly: Simply log in to summerwoodlife.com to get started. If you are a previous donor, enter your donor ID and password. New donors will need to create new profiles first, which only takes a minute or two. Select Schedule to Donate, then Sponsor Code Search. Our blood-drive group code is S4111.

Gulf Coast Regional Blood Center will give t-shirts for successful donations. Email summerwoodlife@gmail.com with any questions or concerns.

MJ Gonzales
Summerwood Activities Director

Commit for Life®

Sophia

type tm
matters
Donate what matters today.



Young Sophia learned she was suffering from leukemia the day before Easter. The news was devastating to her and her family. Compassionate acts by family, friends and strangers since the diagnosis – like donating blood in her honor – have helped her pull through. “You’ve helped save my life and thousands of other kids just like me. I will never be able to pay you back for your selflessness. Life is beautiful,” she said.

IMPORTANT NUMBERS

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EMERGENCY NUMBERS

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 Houston, Texas 77044
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 After Hours 281-221-5000

UTILITY SERVICE NUMBERS

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 AT&T 800-288-2020
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 MMIA (Water District Operator) 281-651-1618
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 MUD 342 & 344 (Republic Waste) 281-446-2030
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Summerwood Elementary 281-641-3000
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 Post Office 713-695-2690
 4206 Little York, Houston, TX 77078

SUMMERWOOD ONSITE MGMT OFFICE

The Onsite Management Office is located inside Resident Club
 Central at 14111 Summerwood Lakes Drive.

Office Hours

Wednesday 10 a.m. – 6 p.m.
 Saturday 10 p.m. – 3:30 p.m.
 Office phone: 281-225-2786

*If you require assistance, please contact Jennifer Northington
 at 281-852-1700 or at customercare@ciaservices.com.*

NEWSLETTER INFO

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MANAGER'S CORNER

With spring fast approaching, many of us are thinking about the outdoor projects on our to-do lists. This is a good time to take a look at the exterior of your home and property and see what might need to be spruced up or repaired. Fall and winter can be rough on driveways, walkways, siding, and bricks. Check these areas to see if there is any mildew, mold, or other discolorations, and get it cleaned. There are a variety of products available to assist the “do-it-yourselfers,” or you can contact a reputable company to come make the exterior sparkle.

Wet and cold weather can impact your fence as well. This is a good time to check it for broken or missing pickets and overall stability. You do not need to get approval to repair your fence or do an exact replacement. If you want to take this opportunity to make some changes to your fence, please ensure you submit a Home Improvement Request form and then wait to receive approval from the Architectural Review Committee (ARC).

Spring is also a great time to look at your gutters and eaves. Make sure to clean out any leaves or debris from the gutters or downspouts to help prevent water damage. At the same time, take a look at the paint and trim work to see if there are any areas that might need to be touched up.

If your spring plans include a pool, play equipment, outbuilding, new house paint or trim colors, or a deck or other exterior modification, submit your application for approval before you get started and allow enough time for the ARC to review it. The Architectural Modification Guidelines are online at www.ciaservices.com and www.summerwoodlife.com. If you're not sure if you need approval, or if you need help submitting your application, just contact any member of the CIA Services team and we will be happy to assist you.

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Summerwood 2018 Events

Summerwood Community Blood Drive
February 24

Spring Festival
March 24

Spring Garage Sale
April 28

Casino Night
May 5

Independence Day Parade
July 4

Back-to-School Splash Day and School-Supply Drive
August 11

Fall Festival
October 27

Fall Garage Sale
November 3

Youth Fishing Tournament
November 10

Winter Festival
December 1

*Be sure to check Summerwoodlife.com for more on the 2018 events.
Dates subject to change.*



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TRY OUR TRAILS FOR EXERCISING IN 2018



The walking trails throughout Summerwood are great places to walk or jog and enjoy exercising more in 2018! These trails are truly beautiful, with natural areas where you can find squirrels, ducks, geese, turtles, wild plants, and flowers. Many of our residents make walking and jogging on these trails a daily priority.

Molly Rose of Summerwood Lakes Drive took this picture on her morning walk along Lake Meredith on a crisp winter morning.



Please remember to pick up after your pets and "scoop the poop"

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LAKE HOUSTON LADIES CLUB MEETING

The Lake Houston Ladies Club will have its monthly meeting and luncheon on Tuesday, February 20, from 10 a.m. to 12 p.m., at the Walden Country Club, 18100 Walden Forest Dr. in Humble. The cost is \$17 per person for lunch and entertainment.

The theme for the February meeting is Love Your Garden, and Robert "Skip" Richter will be our speaker. Skip is a horticulturist, educator, writer, and horticultural photographer. He manages master gardener programs in Montgomery, Travis, and Harris County. He is also a contributing editor for Texas Gardener Magazine.

The Lake Houston Ladies Club is a social organization dedicated to connecting women through monthly luncheon meetings, social activities, and interest groups. The club welcomes new members from all surrounding areas. Several interest groups are available, including readers' choice, bridge, Bunco, teatime, lunch and look, movie group, supper club, mah jongg, and girls' night out. There are also events during the year that include spouses and significant others.

Please join us. New members are always welcome. For more information about the club or for luncheon reservations (by Feb. 12), visit www.lakehoustonladiesclub.com or call Linda at 832-379-3009.



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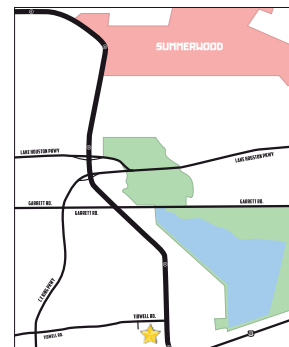


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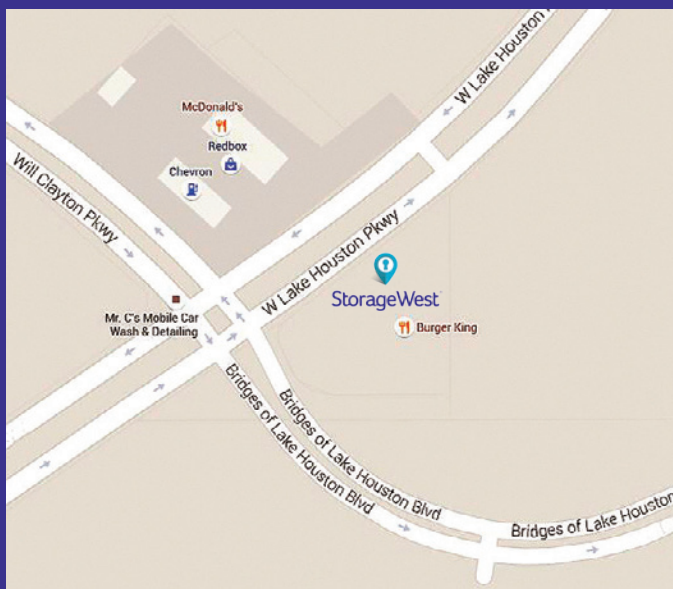
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WINTER ALERT!

PROTECT YOUR PLANTS AND IRRIGATION SYSTEMS

PROTECT YOUR PLANTS FROM A FREEZE:

Water your plants thoroughly ahead of time. Make sure the roots, not just the leaves, are wet. Much of freeze damage is from dehydration. Watering before a freeze can make a big difference in your tropicals and tender perennials.

Cover your tender plants. Remember, you want to be sure the roots are protected, covered, or mulched well. Even if you lose the top growth of these tender plants, if the roots are alive, the plants will come back in the spring. Don't cover them with plastic touching the leaves. If possible, use woven frost-protection sheets such as N-Sulate (which can be folded, stored, and reused for many years) or sheets and blankets. For a mild freeze or frost, one blanket will probably do for most plants. For a hard freeze (below 30 degrees for any period of time), use a heavy blanket or several layers of sheets. You can even use plastic over that if you want since it won't be touching the foliage.

Also, put rocks or something else heavy on the edges of your sheets or blankets to ensure the wind doesn't blow them away, exposing the roots of your plants. Then remove all protective coverings when

the sun comes out and the temperature goes up, because it can be 32 degrees one day and 70 degrees the next.

Along with protecting your tender plants during the winter, it's a good idea not to fertilize tender tropicals that are exposed to outdoor temperatures during these cold months. Fertilizing encourages new growth, which is more vulnerable to freezing and near-freezing conditions than old growth. It's OK to fertilize and encourage growth on indoor or green-housed tropicals, although shorter days usually slow down growth no matter how much you fertilize. Don't do any heavy pruning on freeze-damaged plants until late winter, when you think all chance of frost is over.

PROTECT YOUR IRRIGATION SYSTEM:

Your backflow-prevention device is the most important part of your irrigation system. It's also the most vulnerable part of your system if there is a freeze. It's likely located somewhere right outside the garage and next to the foundation. Cover the top or use a towel to wrap the part that is above ground. It's best to turn the valve off too.



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SEVEN TIPS TO AVOID GETTING SICK THIS WINTER

By Marie Ekpema, PharmD, Summerwood Pharmacy



1. Get plenty of sleep and rest. This simple but frequently underestimated tip allows your body to heal and your immune system to recharge.
2. Consider reducing or removing dairy from your diet. Dairy of any kind promotes mucus in the body that gets trapped in the respiratory system. Eliminating it can greatly help the immune system.
3. Since most people have a drop in vitamin D during the winter, make sure that you get your levels checked and take a supplement if needed. Many studies have shown that people with low vitamin-D levels are more prone to getting sick.
4. Ask your physician or pharmacist to help you get on and stay on the right dose of fully buffered L-Ascorbate. This greatly boosts your immune system. Just make sure you carefully read the label and don't buy ascorbic acid by mistake!
5. Take a high-quality probiotic supplement every day. Studies have shown that promoting good bacteria in the gut helps boost immune functions. FYI: Your local grocery store's yogurt is not a good option, though.
6. Limit caffeine intake. Coffee stays in your system for nine to ten hours and drains your body of immune-boosting minerals. Replace it with green tea, lemon water, and fresh veggie and fruit juices. These will rejuvenate the body rather than stripping it.
7. Dump the junk food and load up on immune-boosting foods such as red peppers, garlic, onions, ginger, green tea, mushrooms, turmeric, lemons, limes, and beets. These are powerful foods when used in combination with a healthy diet.

Wishing you the best in health!

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LOVE IS IN THE AIR! And we would love, love, love you to be a part of our Spring Carnival. This is our biggest fundraiser which provides funds for so many great things at Lakeshore. This year each grade level was about to purchase needed supplies, Raz Kids and Flocabulary were purchased for the students, and umbrellas were provided and installed for the car rider line to name a few. We have even more great improvements for the lives of our students at Lakeshore that could never be done without your help. Contact us if you would like to volunteer for the Spring Carnival or Auction or become a Sponsor. Donations for the Silent Auction are also needed.

UPCOMING EVENTS

February 1st-Spring Creek BBQ Spirit Night

February 8th-First PTO Meeting of 2018!

February 14th-Friendship Parties

February 15th-Papa John's Pizza Spirit Night

March 24th-Spring Carnival

Please follow us on Facebook and Twitter for the most up to date news: www.facebook.com/LSEPTO and [@LSE_PTO](https://twitter.com/LSE_PTO)

You can also contact the Executive Board directly:

President: Shanavia Portis - lakeshore.ptopresident@gmail.com

1st Vice President: Heather Shanks - heather.shanks@gmail.com

2nd Vice President: Shannon Sorenson -

drewbiesmom04@yahoo.com

Special Events Volunteer Director: Nikki Brown-

nikkinbrown@gmail.com

Spirit Shop Coordinators: Michelle Mills -

millsmichelle84@yahoo.com and Luci Zaragoza -

lucina.zaragoza@humbleisd.net

Special Events Coordinator: Maevelynn Edwards- maevelynn.edwards@gmail.com

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PREVENTING COMMON TYPES OF NECK AND BACK PAIN

By Dr. Chad Adkins, Adkins Chiropractic in Summerwood

By far, one of the most common causes of neck and back pain in today's society is poor posture. We find in our chiropractic office that back pain often follows sitting or standing for a long period of time, bending repetitively or for too long, or lying down in a position of strain. Similarly, neck pain usually follows sitting for a long period of time such as on a drive or flight, working in a strained position such as over a computer, holding a phone in place for long, or lying down with the head in an awkward position.

Let's identify five common causes of neck and back pain and learn how to correct them.

1. Lifting is probably the biggest culprit of them all. Make sure that when lifting, you bend your knees, not your back. Lift with your legs, and hold objects close to your body. Try to avoid lifting objects over your head and no higher than chest high. When a load is too heavy, get help and plan ahead to avoid sudden load shifts. Most importantly, always be sure of your footing.
2. Improper walking and standing are the next-most-common reasons we see patients. Try to stand with weight equal on both feet, and do not shift your weight back and forth. Walk with good posture (walk tall), keeping your head high, chin tucked in, and toes straight ahead. Make sure to wear comfortable/supportive shoes, and try to avoid boots and high heels.
3. Remember for driving to move the seat forward to keep your knees bent and slightly higher than your hips. Sit straight up, and push the lumbar support as far out as it will go. Also, do not lean to one side or the other, and try to keep your weight balanced. Most importantly, keep your head against the rest and do not let it drift forward.
4. Sitting is another big issue we see in our office, especially with technology/computer-related jobs. Be sure to sit in a chair that is low enough for you to place both feet on the ground, with knees equal to or higher than your hips. You can also rest your feet on a stool if you can't reach the ground. Sit firmly against the back of the chair, and do not allow yourself to lean forward. I also recommend getting up about every thirty minutes.
5. Sleeping is something that may get overlooked, but it is very important since you spend a third of your life sleeping. A good night's sleep on a firm mattress is good for your health and your back. Sleep on your side with your knees bent and a small pillow between them or on your back with a pillow under your knees. Try to avoid sleeping on your stomach at all costs.

It is very important to learn and practice good posture and body mechanics. A straight, properly aligned back can help prevent unnecessary wear and tear on your discs and joints.

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Questions to Help Declutter for Spring Cleaning

- 1. Have I used this in the last year?**
- 2. Am I holding on to this for sentimental value?**
- 3. Am I only keeping this because I don't want to waste money?**
- 4. If I were shopping now, would I buy this?**
- 5. Am I holding on to this broken item in hopes to fix it in the future?**
- 6. Do I have an actual plan to use this?**

Utilize these questions to help decide if the items in your home need to be kept or donated!



Tracy Montgomery
Cell: 713.825.5905

Sandy Brabham
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