



The VOICE

A Newsletter for the
Residents of Teravista

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SUNDARA MEMORY CARE HOSTS LEWY BODY DEMENTIA CAREGIVER SUPPORT GROUP

In Texas alone, roughly 1.3 million caregivers provide an average of 20 hours a week of unpaid care for friends and loved ones with Alzheimer's or related dementia. Caregiving is a demanding undertaking and results in such high levels of stress that 65 percent of caregivers will have a major health crisis before their loved ones die of the disease.

Many people think that Alzheimer's is the only type of dementia and that one type of support group will suffice, but Sarah Hyde-Williams understands that is not the case, which is why she started the North Austin Lewy Body support group, for those struggling with caregiving for a loved one with this type of dementia.

"Our support group truly focuses on education and support," said Sarah Hyde-Williams, Support Group Leader. "Our participants can expect an understanding counselor's heart when coming to our group. I will truly focus on hearing the participant and validating their feelings whatever it may be on a given day."

Sarah has been leading support groups both in mental health and dementia worlds for 15 years and Kelly Hudson, co-facilitator of the support group and owner of Sundara Memory Care has been in the dementia field for over 25 years. With their knowledge and compassion, they are able to provide valuable support for caregivers.

"These groups educate and inform participants about dementia and help caregivers develop methods and skills to solve problems," says Christian Wells, President of the Alzheimer's Texas. "They encourage caregivers to maintain their own personal, physical and emotional health as well as providing peer guidance on how to care for the person with dementia."

Sarah Hyde-Williams hosts the group at Sundara Memory Care in Round Rock, TX the second Monday of every month at 6 p.m.

When: 2nd Monday of every month at 6:00 p.m.

Where: Sundara Memory Care, 1000 Rusk Rd. Round Rock, TX 78665

Contact: Sarah Hyde-Williams (832) 794- 8810

For more information about support groups offered in Central Texas call (512) 241-0420 or visit www.txalz.org.

About Alzheimer's Texas

Alzheimer's Texas is dedicated to eliminating Alzheimer's disease through the advancement of research and to enhance care and support for individuals with Alzheimer's disease and related disorders, their families, and caregivers. The organization provides care consultations, 24-hour helpline, support groups, respite care, educational and social engagement programs, and professional training. Alzheimer's Texas was founded in 1982 and serves Central Texas. For more information, visit www.txalz.org.

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!

You are cordially invited to attend one of our monthly luncheons and coffees. To find out more about these events and who to contact, please visit our website at www.rrnewneighbors.org

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Williamson Co. Sheriff's Dept.....	512-864-8282
.....Select option 1 twice to get directly to dispatch	
Round Rock Police (Non Emergency)	512-218-5515
Georgetown Police (Non Emergency).....	512-390-3510
Travis County Animal Control	512-972-6060
Round Rock Animal Control	512-218-5500
Georgetown Animal Control.....	512-930-3592

SCHOOLS

Round Rock ISD	512-464-5000
Teravista Elementary School.....	512-704-0500
Hopewell Middle School.....	512-464-5200
Stony Point High School.....	512-428-7000
Georgetown ISD	512-943-5000
Carver Elementary School.....	512-943-5070
Pickett Elementary School.....	512-943-5050
Tippit Middle School	512-943-5040
Georgetown High School.....	512-943-5100

UTILITIES

Atmos Energy.....	1-888-286-6700
TXU Energy	1-800-818-6132
AT&T	
New Service.....	1-800-464-7928
Repair.....	1-800-246-8464
Billing.....	1-800-858-7928
Time Warner Cable	
Customer Service.....	512-485-5555
Repairs.....	512-485-5080

OTHER NUMBERS

City of Round Rock.....	512-218-5400
Round Rock Community Library	512-218-7000
Round Rock Parks and Recreation	512-218-5540
City of Georgetown.....	512-930-3652
Georgetown Public Library	512-930-3551
Georgetown Municipal Airport	512-930-3666
Georgetown Parks and Recreation	512-930-3595
Teravista Golf and Ranch House	512-651-9850
Teravista Residents Club	512-310-7421

NEWSLETTER PUBLISHER

Peel, Inc.	512-263-9181
Article Submissions	teravista@peelinc.com
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INVASIVE SPECIES

*Texas Invasive Plant and Pest Council – Lady Bird Johnson
Wildflower Center, UT-Austin*

STOP THE SPREAD

There are many things you can do to help stem the tide of invasive species. One of the most effective ways to manage invasive species is for recreationalists such as boaters, fishermen, pet owners, and gardeners to Take Action. Here are some easy everyday things you can do to meet the Invasive Species Challenge:

BOATERS AND ANGLERS

You can “Stop Aquatic Hitchhikers” by following these tips for preventing the transportation of aquatic invasive species:

- **CLEAN, DRAIN AND DRY YOUR BOAT, TRAILER AND GEAR EVERY TIME YOU LEAVE A BODY OF WATER!**
- Inspect your boat, trailer and gear and remove all plants, animals and foreign objects from hulls, propellers, intakes, trailers, and gear before leaving a launch area. Drain all water from your boat, including the motor, bilge, livewells and bait buckets before leaving a lake.
- Wash your boat, trailer and other equipment before traveling to a new waterway.
- If you are leaving a water body that is known to have zebra mussels, leave your boat and trailer out of the water for at least a week or wash it at a commercial car wash using high-pressure, hot (140 degrees F) soapy water to kill microscopic zebra mussel larvae that may be hitching a ride.
- Never transport water, animals, or plants from one waterbody to another -- either intentionally or accidentally! Do not release live fish, including bait, into a new body of water.
- Anglers should be sure to remove material from and wash all fishing tackle, downriggers and lines to prevent spreading small, larval forms of aquatic invaders.
- Before leaving any body of water, examine all your equipment, boats, trailers, clothing, boots, buckets etc and remove any visible plants, fish or animals. Remove mud and dirt and even the smallest plant fragments.
- Whether you have obtained bait at a store or from another body of water, do not release unused bait into the waters you are fishing. If you do not plan to use the bait in the future, dump the bait in a trashcan or on the land, far enough away from the water that it cannot impact this resource. Also, be aware of any bait regulations, because in some waters, it is illegal to use live bait

PET, AQUARIUM AND WATER GARDEN OWNERS

If you have acquired an undesirable pet or fish species for your aquarium or water garden, it is important not to release these plants or animals into the environment. Follow these tips for aquarium hobbyists and backyard pond owners.

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- Buy from reputable dealers, whose non-native pets are properly labeled, legally imported, and not harboring foreign pests and diseases.
- Don't release aquarium fish, other animals, or plants of any kind into a natural body of water. Some ornamental fish can and have established themselves in the wild and have a negative impact on native species. Lionfish and the algae eater, Plecostomus, are examples.
- Don't release pets into the wild. Cats prey on small mammals and birds, and some pet amphibians and reptiles can impact native species and carry diseases.
- When you and your pet are in an area with known invasive plants, be sure to remove all seeds from your clothing and your pets fur before traveling to a new place.

TRAVELERS, HIKERS, BIKERS, BIRDERS, AND CAMPERS

If you engage in terrestrial recreational activities like camping, hiking, biking or birding, take care not to be an unwitting vehicle of dispersion.

- Don't transport items such as fire wood, hay, soil, or sod from one area to another. They may contain seeds, diseases, insects, or other potentially invasive organisms that are not yet found in Texas.
- Prevent carrying invasive species on your cars, bicycles and motorcycles. Check vehicles for seeds and pieces of plants.
- Wash your boots and socks before you hike in a new area. Invasive weed seeds are common hitchhikers.
- Abide by local laws to prevent the spread of serious insect pests (like the Emerald Ash Borer), weeds (like Cogongrass), and diseases (like Oak Wilt).

GARDENERS

Not all non-native species are bad, but some plants that look lovely in your garden might be harmful invaders that will make their way into natural areas. Learn to be plantwise for some easy tips on how to manage your garden to preserve the unique qualities of neighboring wildlands.

- If you don't know it, don't grow it!
- Avoid exotic plants that self seed and show up outside of your garden.
- If you see your local nursery selling invasive plants or seeds, let them know about your concerns.
- Landscape and garden with plants native to your area. Visit the Lady Bird Johnson Wildflower Center's Native Plant Information Network for resources to help with creating low-maintenance and colorful native plant gardens.

More information can be found online at <https://texasinvasives.org>

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