

# The Community Connection

NEWS FOR SWEETWATER RESIDENTS

## Baylor Scott & White Medical Center - Lakeway Announces 3 September Health and Education Events



**Thursday, September 20 // 6 p.m. – 8 p.m.**

### **HealthSpeak Education Series – Resolving Hip or Knee Pain**

Baylor Scott & White Medical Center – Lakeway  
100 Medical Parkway (Lakeway, TX 78734) – Lower Level 1 Lobby

An increasing demand for better hips and knees from aging Baby Boomers wanting to dance through Zumba workouts or zip down ski slopes is likely to lead to additional demand in the upcoming decade. Our educational talk, led by Nathan Drummond, MD, Orthopedic Surgeon, will cover the anatomy of the hip and knee, common causes of joint pain and some simple steps you can take to lessen the likelihood of a hip or knee injury.

Seating is limited. To register, call 1.844.BSW.DOCS or visit [BSWHealth.com/HealthSpeak](http://BSWHealth.com/HealthSpeak).

**Thursday, September 20 // 6 p.m.**

### **Meet and Greet Our OB/GYN Physicians**

Baylor Scott & White Medical Center – Lakeway  
100 Medical Parkway (Lakeway, TX 78734) – Second Floor Lobby

Please join us for an informal Meet & Greet of our OB/GYN physicians – Dr. Matthew Romberg MD, FACOG and Dr. Candice Walker, MD – and tour of our beautiful Labor and Delivery Facility. Light refreshments provided.

Please RSVP to 512.654.5200. We look forward to seeing you!

**Saturday, September 22 // 9 a.m. – 5 p.m.**

### **Prepared Childbirth and Breastfeeding Class**

Baylor Scott & White Medical Center – Lakeway  
200 Medical Parkway, Ste. 240 (Lakeway, TX 78734) –  
Medical Office Building

The Prepared Childbirth and Breastfeeding/Newborn Care/Parenting Class are combined. This course is perfect for first time parents as well as for those who have already experienced childbirth. It will also provide parents with the information on breastfeeding, car seat safety and newborn care.

The cost for this class is \$30 for Baylor Scott & White patients and \$60 for non-Baylor Scott & White patients (includes free access to online resources, an instruction manual and snacks)

To register, call 1.844.BSW.DOCS. For more information call 512.571.5200 or email [Halie.Knuff@bswhealth.org](mailto:Halie.Knuff@bswhealth.org).





# COMMUNITY CONNECTION

## IMPORTANT NUMBERS

### EMERGENCY NUMBERS

EMERGENCY .....	911
Fire.....	911
Ambulance.....	911
Sheriff – Non-Emergency.....	512-974-0845
Travis County ESD No.6/Lake Travis Fire Rescue Administration Office.....	512-266-2533
Travis County Animal Control.....	512-972-6060

### SCHOOLS

Lake Travis ISD.....	512-533-6000
Lake Travis High School.....	512-533-6100
Lake Travis Middle School.....	512-533-6200
West Cypress Elementary .....	512-533-7500

### UTILITIES

Pedernales Electric.....	888-554-4732
Crossroads Utilities (Water, Sewer, Trash).....	512-246-1400
Texas Gas Service	
Customer Service.....	1-800-700-2443
Emergencies.....	512-370-8609
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Austin/Travis County Hazardous Waste .....	512-974-4343

### OTHER NUMBERS

Bee Cave City Hall.....	512-767-6600
Bee Cave Library.....	512-767-6620
Bee Cave Municipal Court.....	512-767-6630
Lake Travis Post Office .....	512-263-2458
Baylor Scott & White Medical Center.....	512-571-5000
City of Bee Cave .....	www.beecavetexas.com
Travis County (General No.).....	512-854-9020
.....	www.traviscountytexas.gov

### NEWSLETTER PUBLISHER

Peel, Inc. ....	512-263-9181
News.....	sweetwater@peelinc.com
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Please support the advertisers that make the *Community Connection* newsletter possible. The Sweetwater community receives this newsletter free of charge provided by the advertisers within. If you are interested in advertising, please contact our sales office at 512-263-9181 or [advertising@peelinc.com](mailto:advertising@peelinc.com). The advertising deadline is the 8th of the month prior to the issue.

The *Community Connection* is mailed monthly to all Sweetwater residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the *Community Connection* please email it to [sweetwater@peelinc.com](mailto:sweetwater@peelinc.com). The deadline is the 15th of the month prior to the issue.

## Highland Lakes SPCA Putts4Pups Fundraiser

Each year, Highland Lakes SPCA works to find forever homes for hundreds of dogs abandoned to the streets or on “death row” at municipal county facilities in Burnet, Llano, Blanco and Travis counties. Since its founding in 1999 HLSPCA, a 501(c)(3) nonprofit organization, has rescued, rehabilitated and found forever home for more than 1,700 dogs! And their work continues around the clock to staff and maintain their 24x7 kennel operation. HLSPCA relies 100% on the contributions of individual donors, small grants and business partners like you. This year their annual charity golf tournament fundraiser, Putts4Pups, will be held on Sunday, October 21st at Barton Creek Lakeside: shotgun start at 12:30pm, lunch, golf cart, dinner, raffles, prizes and live music included, all in the celebration of canine rescue. The proceeds from this wonderful event directly go to the expenses of caring for the dogs until they are matched with the right families. To join the fun and find more into on Putts4Pups, visit [hlspca.org](http://hlspca.org).



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## Bee Creek UMC's Backpack Blessing Sunday

Bee Creek UMC welcomed 100 students and dozens of youth to worship on Backpack Blessing Sunday. The church provided a free Bible for each student and a tag to attach to their backpack to remind them of God's love and care.

Backpacks and the students who carried them were blessed by the pastor. As the students exited for Children and Youth Sunday School, the congregation rose in a standing ovation and gave high-fives. After worship, the children were invited to a meal provided by the church and to celebrate the end of summer with water slides, a bubble pit, bouncy houses and even a candy cannon.

In an effort to bless our community, Bee Creek UMC partnered with Helping Hand Crisis Ministry to provide school supplies for 91 school children (elementary through high school) who would have been unable to afford them otherwise. If you'd like to learn more or join us in worship or service to the community, go to [www.beecreekumc.org](http://www.beecreekumc.org)



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# COMMUNITY CONNECTION

CITY OF BEE CAVE PARKS & RECREATION  
+ HILL COUNTRY GALLERIA

*Present*

BICYCLES, BLUES & BREWS

*Sing Along to the*

**BLUES**

AS YOU ENJOY  
**BEER TASTINGS**  
*From local breweries*

**HILL COUNTRY GALLERIA  
CENTRAL PLAZA**

**SATURDAY  
15  
Sept**

**2-7  
pm**

BRING YOUR OWN BIKE TO RIDE +  
LEARN ABOUT BICYCLE SAFETY AND MAINTENANCE

Bring your bicycle to ride in the "no vehicle zone" at the Hill Country Galleria.

[HILLCOUNTRYGALLERIA.COM](http://HILLCOUNTRYGALLERIA.COM)

HILL COUNTRY GALLERIA

CITY OF BEE CAVE

BICYCLE SPORT SHOP

CENTRO DISTILLING

## Bicycles, Blues, & Brews

**Saturday, September 15th 2pm-7pm**

The Hill Country Galleria is teaming up with the City of Bee Cave Parks & Recreation to host the first ever Bicycles, Blues & Brews event!

Sing along to the blues as you enjoy beer tastings from local breweries and learn about bicycle safety, watch demos and rent bikes courtesy of Bicycle Sport Shop. Bring your bicycles to enjoy riding in a vehicle free zone!

The fun starts in the Central Plaza at 2pm!

### Blues music line-up:

2pm-4pm: Alan Haynes Band

4pm-6pm: Kathy & The Kilowatts

### Brews sampling line-up:

Treaty Oak Distilling & Brewing  
Twisted X



*S&A*

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## 20th Annual Komen Race for the Cure Returns to Austin

On Sunday morning, September 30, 2018, the 2018 Komen Austin Race for the Cure will take place in downtown Austin. For the 20th year, local community survivors, fighters, thrivers and supporters come together in the battle against breast cancer.

This important annual event raises significant funds for the for the breast cancer movement, thanks to supporters and survivors around the world who step up and take action by fundraising for the cause.

Komen Austin serves the women and men in the city's five-county area battling breast cancer by removing barriers to care for the uninsured and underinsured. Of the funds raised annually, Komen Austin invests up to 75 percent into local community health care grants and educational initiatives; the remaining 25 percent is invested into global research to find the cures for breast cancer.

### ADDITIONAL FEATURES OF THIS YEAR'S EVENT INCLUDE:

#### Hope Village:

A special space for all who are registered as a breast cancer survivor, currently fighting breast cancer, or thriving with metastatic breast cancer.

#### Mission Possible Tent:

Be sure to visit to learn where your fundraising dollars are making

an impact. Be prepared to be inspired and take action.

#### MoreThanPink Tent

Fundraise \$25 or more and receive access to special treatment and hot breakfast with other everyday heroes in this tent.

#### VIPink Patio & Tent

Fundraise \$250 or more and gain entry to the VIP tent with perks and swag for our biggest impact makers.

#### Promise Path

Remember or celebrate your favorite breast cancer survivors with a flag displayed on the Promise Path. Available for purchase during registration or here.

#### Paws for the Cure

Bring your pooch with you for your morning stroll by adding Fido to your registration.

#### Kids for the Cure

Race morning is family friendly and the Kids for the Cure area will offer a petting zoo and fun activities for the 12 & under crowd.

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As of August 1, 2018 MLS Stats for Sweetwater were as follows:

24 Homes Pending Sales and 37 Active Listings not counting all the new construction

*Please let us know if you would like additional stats for Sweetwater or surrounding areas.*

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# COMMUNITY CONNECTION

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**There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.**



**Partners in Hope connects one person's gifts and talents with another person's needs and equips the Lake Travis community to serve through the lens of ministry. Contact Matt Peacock at [mattbp61@gmail.com](mailto:mattbp61@gmail.com) to get involved.**

**[www.partnersinhopelaketraavis.org](http://www.partnersinhopelaketraavis.org)**

## Healthy Highlights: September, Healthy Aging Month

*No matter what your age, you can stay at your personal best with these expert tips.*

*By Matt McMillen*

1. **Get moving.** Exercise regularly to maintain a healthy body and brain.
2. **Stay social.** Take a class, volunteer, play games, see old friends, and make new ones.
3. **Bulk up.** Eat beans and other high-fiber foods for digestive and heart health.
4. **Add some spice.** Add herbs and spices to your meals if medications dull your taste buds.
5. **Stay balanced.** Practice yoga or tai chi to improve agility and prevent falls.
6. **Take a hike.** Brisk daily walks this September can bolster both your heart and lungs.
7. **Sleep well.** Talk to a sleep specialist if you don't sleep soundly through the night.
8. **Beat the blues.** If you've been down for a while, see a doctor. Depression can be treated.
9. **Don't forget.** To aid your memory, make lists, follow routines, slow down, and organize.

### Expert Tips on Healthy Aging

Tips from Gary W. Small, MD, professor of psychiatry and biobehavioral sciences, David Geffen School of Medicine at UCLA, and director, UCLA Longevity Center

- Take a daily brisk walk with a friend -- you'll get an aerobic workout, and the conversation will exercise your brain and reduce stress.
- To help control the urge to overindulge, just imagine eating that sweet treat. Research shows the fantasy dessert will satisfy you, and you'll actually eat less.

Tips from Carla Perissinotto, MD, MHS, assistant professor of medicine, division of geriatrics, department of medicine, University of California, San Francisco

- Every few months, review your over-the-counter drugs with your doctor for any potentially unsafe ingredients. I do this for my parents whenever I visit their home.
- Try yoga. All types help maintain physical and emotional health. My favorite is Kundalini yoga, which focuses on meditation and strengthening.

Tips from Elizabeth Eckstrom, MD, MPH, director of geriatrics, Oregon Health & Science University, Portland, Ore.

- Follow a Mediterranean diet to help prevent memory impairment and heart problems. I love salmon covered with fresh thyme and lemon slices and grilled on a plank.
- I do tai chi three days a week, and it dramatically improves my balance. Seniors can do it, too, and cut their risk of falls by almost half.

# COMMUNITY CONNECTION

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## Entertainment

This year's Austin's Race for the Cure will feature a performance by Courtney Santana on the Main Stage, DJ's along the Race Course, and more.

This year's race route will start at Race Village, located at the Austin Statesman Headquarters, and extend down historic Congress Avenue to the Texas State Capitol and back. All are welcome to walk, jog, run, or even participate virtually.

Susan G. Komen® Austin is an Austin-based nonprofit committed to saving lives locally and fighting breast cancer globally. Komen Austin is the only local breast cancer organization attacking the disease on all fronts – education, screening, treatment, follow-up care, survivorship, support, advocacy, and research.

As the largest nonprofit funder of breast cancer research outside of the U.S. government, Komen Austin's goal is to reduce the number of U.S. breast cancer deaths by 50% by 2026. The Race for the Cure is the primary fundraising event for local breast healthcare grants and global research grants.

Visit the Komen Austin Race for the Cure website to register, and for more information on the event, fundraising, and the Susan G. Komen organization.

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Thursday, September 20 | 8:30 pm

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