



DECEMBER 2018 VOLUME II, ISSUE 12

A Newsletter for the Residents of Legend Oaks II

COMMUNITY COMES TOGETHER FOR THE 27TH ANNUAL ALZHEIMER'S TEXAS WALK

On Saturday, October 6, 2018, members of the Travis County community gathered at Camp Mabry in Austin, Texas to support Alzheimer's Texas in its mission to raise funds for Alzheimer's disease education and research by participating in the 27th Annual Walk.

The Alzheimer's Texas Walk creates a community around this issue, a place for people to come together to celebrate loved ones affected by dementia, and to commemorate the many ways lives can be changed by this illness. This year's Walk was a huge success thanks to the help of the Travis County community members and sponsors.

Our gracious sponsors for the 2018 Walk were Westminster, ABC Home and Commercial Services, Silverado, Kindred, New Lifestyles, Senior Resource Guide, KLBj Radio, Arden Courts, Querencia at Barton Creek, St. David's Health's Angels, Austin Regional Clinic, Austin Senior Resource Alliance, Autumn Leaves, Belmont Village Senior Living, Elan Southpark, Intrua Financial, Ledgestone, Legacy Oaks Austin and Lakeway, Live Oak Photo Booth, Peel Inc, Schlotzsky's, Tech Ridge AL & MC, Texas Mobile Dentist, The Village at the Triangle, Valerian Home Health, University Village MC, We Work for Health Texas, Austin American Statesman, JEC Legislative and Regulatory Consulting, United Heritage Credit Union, H-E-B, Slip Fixers, and the Rotary Club of Austin Centennial.

Westminster has helped us not only by being a sponsor, but they have had a dedicated Walk team that has raised the most money for the past three years and were also awarded largest team for this year's Walk. Westminster is Austin's premier Life Plan community and they are passionate about treating their residents with respect, love, and care. Their leader, Charles Borst has walked with us the past three years and has been awarded Top Individual Fundraiser for the past two years.

"I walk for my friends and family with Alzheimer's disease or affected by it, and all of the residents we serve here at Westminster, who have suffered through it, or have watched loved ones suffer through it," says Charles Borst, Executive Director of Westminster.

Charles has chosen to Walk with Alzheimer's Texas because he believes Alzheimer's Texas wants to end Alzheimer's Disease as much as he does and will do everything they can to provide support and caring for those with Alzheimer's disease and help find a cure to end this disease.

"I hope that everyone that is stricken with Alzheimer's and every family member that must endure the long goodbye, has all of the support and resources they need to live the best life possible, and to know that they are not alone in this. We are all here for each of them and we will continue to fight the fight, and provide all the support and resources we can until we find a cure."

All Alzheimer's Texas services and programs are offered to community members free of charge, therefore we would not be possible without the generous donations from individuals and groups such as Westminster and we greatly appreciate their dedication to our cause. If you would like to support Alzheimer's Texas with an end of year donation keeping all of the funds local you can do so at <http://www.txalz.org/donate/>.

About Alzheimer's Texas

Alzheimer's Texas is a leading voluntary health organization that provides information, referrals, and a variety of support programs for those with Alzheimer's disease and related dementias, and their family members, caregivers, and professionals. Alzheimer's Texas* has proudly served Central Texas since 1982.

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Grandmother's Sandwich Cookies



Ingredients:

- 1 cup unsalted butter, softened
- 3/4 cup sugar
- 1 egg
- 3 cups all-purpose flour
- 1/2 tsp. salt
- 2 slightly beaten egg whites
- 1/2 cup finely chopped blanched almonds (optional)
- 1/4 cup pearl sugar (or substitute regular sugar)
- 1/4 to 1/2 cup raspberry jam

Preparation:

Preheat oven to 375°. Cream together butter and 3/4 cup sugar until light and fluffy. Beat in egg. Sift flour and salt together; add to creamed butter mixture. Mix thoroughly.

Divide dough in half. Roll first half into 1/8" thickness on a lightly floured surface. Use a 2 1/2" round cookie cutter (or the top of a round glass) to cut out circles.

Roll second portion out into 1/8" thickness. Cut out 2 1/2" circles and then use a thimble to cut out smaller circles inside these rounds (Note: You can also use a linzer cookie cutter or a small 1/2" cutter for this).

Brush these "wheels" with egg white and sprinkle with pearl sugar and chopped almonds (optional).

Place cookies on ungreased baking sheet and bake on center rack of oven for 8-10 minutes. Remove and cool on counter.

Place a scant 1/2 tsp. of jelly in the middle of the round cookies and cover with the "wheels" to create sandwich cookies.

Yield: 3 1/2 dozen jelly cookies.

CHEYANNA'S CHAMPIONS 4 CHILDREN (CC4C)

"Braden's condition is currently undiagnosed. Braden doesn't communicate the way the other children do; however, that makes Braden's motto even more truer than true. Braden is totally "smarter than you think." With that being said; our family has found great joy in getting to know our Hays Rebels Baseball team and look forward to spring. The financial assistance CC4C has provided for Braden supports his ever changing needs and has been a tremendous blessing. Braden's glasses, trach supplies, chiropractic care and additional therapy equipment in the home, which was funded by CC4C, helps us keep Braden moving forward by making him stronger in his own abilities each and every day. We are fortunate for the chance to continue to help the undiagnosed community by sharing Braden and his story with the world. The more we share, educate and inform others that seeing past Braden's multiple disabilities is what is important. Focusing on the many things Braden can do opens your heart to understand why God sent us Braden. We were told to never expect Braden to live to see his first birthday. This year we celebrate Braden turning 12!" ~Braden's mom, Crystal

To learn more about CC4C visit www.cc4c.org



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NATURE WATCH

SILENT FLIGHT

by Jim and Lynne Weber



Eastern Screech Owl

Owls have fascinated man from time immemorial – to some cultures they are symbols of wisdom, while to others they are harbingers of doom and death. Adding to the mystique of these creatures is that they are mainly active at night, using their exceptional vision, acute hearing, and silent flight to stealthily hunt down their prey.

Common in Central Texas, the Eastern Screech-Owl is found in wooded suburban and rural areas and readily nests in tree cavities as well as man-made nest boxes. A small owl 6-10" long with a wingspan of 19-24", it has feathered ear tufts and is normally gray, brownish-gray, or less commonly reddish-brown. The Eastern Screech-Owl eats a variety of small animals, and each night consumes from one-quarter to one-third of its own body weight. It uses a soft trilling call to keep in contact with a mate or family members, and the male's trill can advertise a nest site when courting a female or signal an arrival at the nest with food. This owl also has a descending whinny, which is used to defend its territory. Eastern Screech-Owl pairs are usually monogamous and remain together for life, although they will take a new mate when one dies. In mid-April, the female lays 3-4 eggs on average, and the downy white owlets emerge from the nest by mid-May.

Also common but much larger at 18-25" long with a wingspan of 40-57", the Great Horned Owl prefers habitats of secondary-growth woodlands mixed with open meadows. Often found perching next to an open area and nests in tree hollows, broken off snags, or nests made by other large birds. It has prominent ear tufts spaced widely on its head, a brownish-gray body with dark barring, and a rusty facial disk edged in black surrounding each of its orange-yellow eyes.

The Great Horned Owl has a broad diet of small mammals, birds, amphibians, and reptiles, and is the only animal that regularly eats skunks. They have a large repertoire of sounds, but the most common is that of the male's resonant territorial call 'hoo-hoo hooooo hoo-hoo' that can be heard over several miles through the canyons on a still night. These owls are solitary in nature, only staying with their mate during the nesting season of January and February. Typically 2-4 eggs are laid and incubated solely by the female, until the young start roaming from the nest six to seven weeks later.

The structure of an owl's feather is the main reason they can fly so silently. The leading edge of their primary wing feathers are serrated like a comb, which breaks down the turbulence into smaller, micro-turbulences. The soft, tattered edges of their secondary feathers allow those small currents of air to pass through them and further reduce the turbulence behind their wings. In addition, the velvety down feathers found in the wing linings and on their legs further dampen and absorb sound frequencies. Together, these features allow the owl to greatly reduce the overall noise caused by the turbulence of air flowing over them as they fly.

Send your nature-related questions to naturewatch@austin.rr.com and we'll do our best to answer them. If you enjoy reading these articles, check out our books, Nature Watch Austin, Nature Watch Big Bend, and Native Host Plants for Texas Butterflies (all published by Texas A&M University Press), and our blog at naturewatchaustin.blogspot.com.



Great Horned Owl

4 WAYS TO HELP PREPARE YOUR HOME FOR WINTER



Winter is on its way and for much of the country that means freezing temperatures, wind, snow, ice and heavy jackets.

Preparing your home now for the colder months ahead is vital. The following tips are designed to help get you and your home ready for what winter has in store.

Invest in Weather Stripping

If you can run your hand around the edges of an outside-facing door on a cold day and feel the flow of cool air, you have an airflow problem, one that could cost you a lot of money over the course of the winter.

Weather stripping is a good way to help seal warm air in and cold air out of your home. Available in almost any hardware store, weather stripping installs quickly around windows and doors and can help prevent air leaks.

Before winter arrives, check your windows, doors, vents and fans, plumbing areas, air conditioners and any electrical/gas lines for leaks or drafts to save yourself energy and heating costs.

Evaluate Your Roof to Prevent Ice Dams

Your roof is one of the most vital protections standing between you and the harsh outside elements. Excess snow, ice and other environmental hazards can cause significant damage,\" said Chala Sampers, Top Dog Roofing. \"The objective is to get as much of the water away from your house as possible.”

In cold weather, heat escaping your home can melt and refreeze ice and snow on your roof, leading to ice dams. Evaluate your roof in advance of harsh winter weather to prevent ice damming. An ice dam in your gutter can cause water to seep into and saturate an interior wall. These block off drains, and let water and ice continually build up on your roof – and possibly under it – weakening your roof and putting your home at risk. If you're unsure of what to look for, see if a roofing professional can evaluate your roof for ice dams while cleaning your gutters.

To help prevent ice dams make sure your attic is well insulated and ventilated. Insulate the attic floor well to minimize the amount of heat rising through the attic from within the house. If your attic wasn't

built with a ventilation system, contact a trusted local professional or contractor about ventilating your attic before winter.

Buy a Roof Rake to Keep Snow from Building up

If you expect a lot of snow this winter, invest in a roof rake. As snow packs down from multiple storms it could cause a roof collapse – a roof rake can help you easily clear snow off your roof and protect your home during those blizzard months.

“Understanding the importance of checking your roof and knowing the basics of winter roof maintenance and damage can help homeowners avoid unnecessary stress and surprise costs,” added Chala Sampers, Top Dog Roofing (<https://www.topdogroof.com/>).

What's even more surprising is that a new, national survey by Owens Corning Roofing found that although 70% of Austin homeowners said that damage to their roof would be stressful or very stressful, only 3% say they always check or have their roofs checked before the start of a season that typically brings bad weather. So be prepared this season and make sure to conduct a thorough roof check before, during and after harsh winter months.

Protect Pipes from Freezing

A frozen water pipe can burst and flood your house or basement.

Help protect your pipes from freezing in bitter cold weather by making sure you don't turn the heat down too much when you're out of the house. You may not be there to enjoy it, but your pipes need the heat to prevent freezing.

Give your home a once over for any exposed or vulnerable piping and wrap them with insulation. Hardware stores usually carry foam rubber or fiberglass sleeves for pipes, which are easy to install.

If your pipes do freeze, and water stops flowing from faucets, call a plumber immediately.

Please keep personal safety in mind when checking items off this list and connect with a trusted professional or contractor for help with anything you are unable to do yourself. For more info visit <https://www.owenscorning.com/roofing>.



LEGEND OAKS

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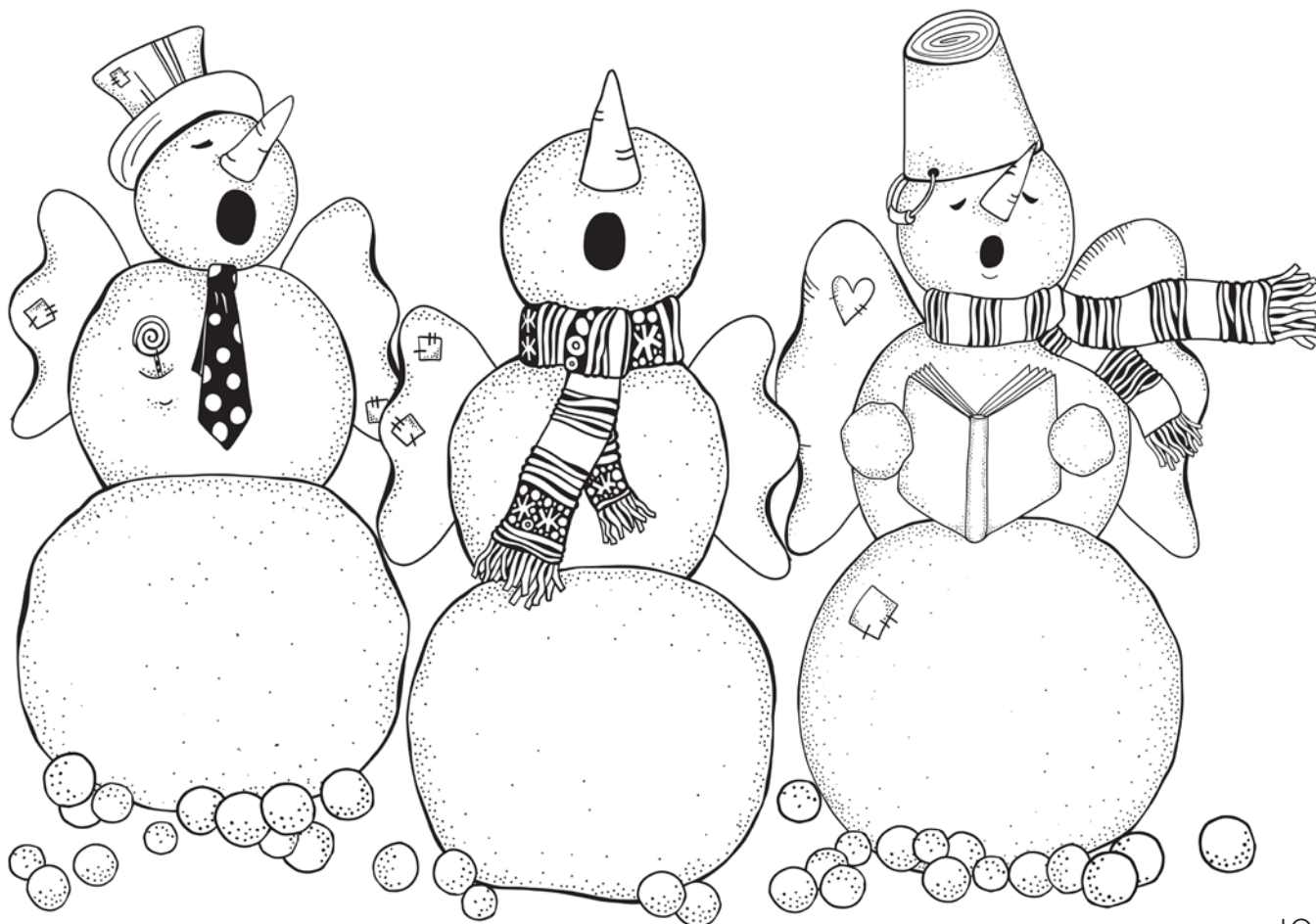
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