



The Ranch Report

VOLUME 13 ISSUE 4

APRIL 2019



Attention Parents of Graduating Seniors!

We would like to recognize our graduating seniors by including a small picture and a few lines about where your child will be attending college. Please send your information to **articles@peelinc.com** (include the newsletter you would like to recognize them in, photo, name, etc).

RANCH REPORT

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Sheriff – Non-Emergency	512-943-1300

SCHOOLS

ROUND ROCK ISD

Patsy Sommer Elementary	704-0600
.....	16200 Avery Ranch Blvd.
Elsa England Elementary School	704-1200
.....	8801 Pearson Ranch Road
Cedar Valley Middle School.....	428-2300
.....	8139 Racine Trail
Pearson Ranch Middle School.....	704-1500
.....	8901 Pearson Ranch Road
McNeil High School.....	464-6300
.....	5720 McNeil Dr.

LEANDER ISD

Rutledge Elementary.....	570-6500
.....	11501 Staked Plains Dr.
Stiles Middle School	570-0000
.....	3250 Barley Rd.
Vista Ridge High School.....	570-1800
.....	200 S. Vista Ridge Dr.

UTILITIES

City of Austin Water	512-494-9400
Perdarnales Electric.....	512-219-2602

TEXAS GAS SERVICE

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Emergencies.....	512-370-8609
Call Before You Dig.....	512-472-2822

AT&T

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Billing.....	1-800-858-7928

TIME WARNER CABLE

Customer Service	512-485-5555
Repairs.....	512-485-5080
Solid Waste Servies.....	512-494-9400

NEWSLETTER INFO

NEWS

Articles..... AveryRanch@peelinc.com

PUBLISHER

Peel, Inc. 512-263-9181
Advertising..... advertising@peelinc.com

Introducing Get to Know Your NEIGHBORS

We are all very fortunate to call Avery Ranch home. But, Avery Ranch is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become.

We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Avery Ranch a better place to live, please let us know. We would like to introduce them to your neighbors.

Email Kelly@peelinc.com to be featured in a future issue.



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Sherry Salkhordeh O.D.

Acrobat Ants

Acrobat ants usually nest outdoors under stones or in dead wood such as firewood, tree stumps, dead tree branches, or hollow tree cavities. Because they are found in similar habitats, acrobat ants are sometimes confused with carpenter ants. Indoors they can nest in foam insulating board or water damaged wood. Acrobat ants get their name from the act of raising their abdomen over their thorax when in defensive posture which makes the ants look similar to circus acrobats.

Acrobat ants have a reddish-brown head and thorax with a dark blue-black abdomen. The abdomen is a distinctive heart-shape. Acrobat ants primarily feed on honeydew produced by aphids and can often be seen tending honeydew producers on plants. They will sometimes use overhanging tree branches or power lines to enter homes in search of food.

Outdoors, acrobat ants are usually not a problem directly. They can be seen as a problem in that they protect honeydew producers from predators and parasites. You can use this to your advantage by using acrobat ants as a monitoring tool to watch if you have honeydew producers on your plants.

To avoid a home invasion by acrobats follow these tips:

- Remove tree stumps & dead limbs from trees
- Trim back branches overhanging or touching the roof
- Fill tree cavities with sand
- Do not store firewood in or near the home
- Keep weather stripping around doors & windows in good repair
- Seal around pipe penetrations with caulk or expanding foam
- Fix any water leaks
- Replace water damaged wood on the structure
- Spray around the foundation of the home- select a product labeled for ants

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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RANCH REPORT

Top Questions to Ask When Assessing Assisted Living

By Jason Brenizer, Silverleaf Eldercare

1) How many residents is one caregiver responsible for?

This is arguably the most important question you can ask when searching for a community for your mom, dad, aunt, or grandparent who needs assistance with daily living. Their rooms could be huge or they could watch old shows on the “biggest movie screen in Austin senior living”, but without a person who can take the time to attend to your loved one’s needs WHEN he or she needs it, those amenities begin to lose their shine.

First and foremost, you are looking for an assisted living site because your older family member needs help. Maybe mom can’t drive anymore, so how does she shop for food? Chances are, someone in the family has taken on that responsibility. Possibly she’s had a fall, had hip surgery, and isn’t as mobile as before. In that scenario, it is next to impossible for her to take care of her house. And she deserves to live in a clean, bright home and get the best nutrition possible.

But how is a community where one caregiver is responsible for fifteen or more residents any better than having your mom at home all alone at her house? It might even be worse, because the level of attentiveness at one of these care facilities ends up

being less than what you and your family were doing for her by shopping, cleaning, doing her bills, and generally checking in.

A minimum starting point would be reducing that caregiver’s responsibility to ten residents. But if you can get closer to a six-resident to one-caregiver ratio (6 to 1), then not only will your elder’s basic needs be met, there will be more time for true connection. Assisted Living can and should be like a home away from home, with a new circle of close friends, both residents and caregivers. Your mom craves social connection, even if she won’t admit it. At a community where the caregivers aren’t stretched too thin, they will have time to really listen to your mom about her needs AND her wishes. Something as small as learning she prefers sourdough bread for her morning toast can make a huge difference in her quality of life.

2) What kinds of activities are offered and at what frequency?

This question naturally follows the first. Once basic needs of daily living are met, do the staff have time to lead or help with activities? Is the community creative, or is one of the most

(Continued on Page 5)

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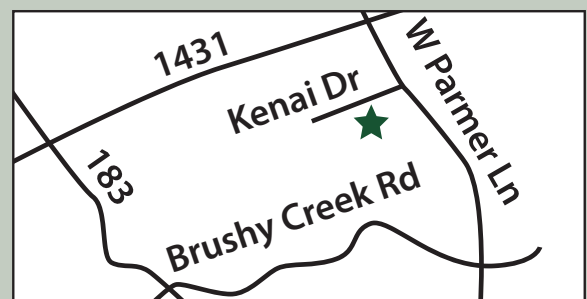
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(Continued from Page 4)

regular daily “activities” TV time? Parking our elders in front of a screen for hours a day isn’t the most enriching experience.

Are there more communal activities that help everyone who can participate get involved? An example would be listening to live or recorded music from their heyday, where the residents get to pick their favorites. Depending on mobility (and the weather), does the community offer gardening or time outside? Even for those who can’t physically participate, is there a way for them to watch and engage with others so they feel included rather than excluded? Look for a place where the outdoors has been integrated into the living experience.

3) What types of ingredients are used for your meal plans and how often are recipes repeated?

If nutrition is important to you, make sure to dive deeper into this topic. You are the advocate for your family. Are the meals prepared using pre-packaged food or from scratch? Pancakes made from Bisquick are different from home-made. Are the vegetables fresh or factory-canned? How were they grown? Are the meats free of hormones and antibiotics? For some people, these details are less important. It comes down to personal preference.

At some small communities, the staff cover multiple duties.

This might include preparing meals. This is not a bad thing. Chances are there are a few staff members who really know their way around a kitchen. Other places will employ a dedicated cook or chef. Either way, it is good to know what to expect.

At the very least, request a copy of the most recent meal plan. There might be a week’s worth of meals listed for breakfast, lunch, and dinner. This is a good place to start. One simple way to get a sense of the food behind the food is to look at the shelves in the cabinets or pantry and open the refrigerator. The worst they can do is say, “No”, but it might leave you wondering what they might be hiding.

4) BONUS Questions:

- a) Do you have a range of room sizes and price options?
- b) Can residents control their own room temperature?
- c) Are bathrooms designed for inspiration as well as safety?

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