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**EMERGENCY NUMBERS** 

### **IMPORTANT NUMBERS**

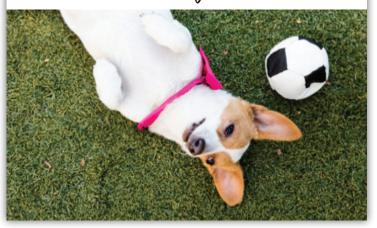
EMERGENCY NUMBERS	011
EMERGENCY	
Ambulance	
Sheriff – Non-Emergency	
SCHOOLS	
ROUND ROCK ISD	
Patsy Sommer Elementary	
	16200 Avery Ranch Blvd.
Elsa England Elementary Schoo	
Cedar Valley Middle School	
	8139 Racine Trail
Pearson Ranch Middle School	704-1500
	8901 Pearson Ranch Road
McNeil High School	
	5720 McNeil Dr.
LEANDER ISD	
Rutledge Elementary	570-6500
	11501 Staked Plains Dr.
Stiles Middle School	570-0000
17. D.1 II.1 C.1 1	3250 Barley Rd.
Vista Ridge High School	5/0-1800
•••••	200 S. Vista Ridge Dr.
UTILITIES	
City of Austin Water	
Perdernales Electric	512-219-2602
TEXAS GAS SERVICE	
Custom Service	
Emergencies	
Call Before You Dig	512-472-2822
AT&T	
New Service	
Repair	
Billing	1-800-858-/928
TIME WARNER CABLE	#10 (05 TTT
Customer Service	
Repairs	
Solid Waste Servies	512-494-9400

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PUBLISHER	
Peel, Inc	512-263-9181
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#### **Wildland Fire Precautions**

With warmer temperatures and drying vegetation, residents need to be reminded of the need for wildfire/brush fire safety awareness and preparedness.

Do not park vehicles on the dry grass. The heat from the vehicle's exhaust system can cause the grass to catch fire.

Remove combustible materials from around your home. Keep grass mowed short.

Pack critical medicines, important documents, and family heirlooms to be ready to leave at a moment's notice.

Agree on an evacuation plan that includes what to do if you get separated and where you'll go in case of evacuation.

## TEN SIMPLE STEPS TO PROTECT YOUR HOME FROM WILDLAND FIRE

Wildfire can strike home if you have not taken some steps to protect your house and property. The actions and precautions listed below are designed to help you prepare your home and lessen the threat of wildland fire damage to you and your property.

- 1. LPG/propane tanks should be far enough away from buildings for valves to be shut off in case of fire. Keep area around the tank clear of flammable vegetation.
- 2. Store gasoline in an approved safety can away from occupied buildings.
- 3. All combustibles such as firewood, wooden picnic tables, boats and stacked lumber should be kept away from structures.
- 4. Clear roof surfaces and gutters regularly to avoid build-up of flammable materials such as leaves and other debris.
  - 5. Remove branches from trees to a height of 15 feet or more.
- 6. In rural areas, clear a fuel break of at least three times the fuel length around all structures.
- 7. Have fire tools handy such as: ladder long enough to reach your roof, shovel, rake and a bucket or two for water.
- 8. Place connected garden hoses at all sides of your home for emergency use.
- Assure that you and your family know all emergency exits from your home.

10. Assure that you and your family know all emergency exits from your neighborhood.

Each family should be proactive to prepare for emergencies: Prepare a Basic Emergency Supply Kit; Make a Plan for Safety and Communicating with Family; Be Informed; and Get Involved in Preparing the Community.

#### A wealth of information to help you is available at:

http://www.ready.gov/wildfires

http://txforestservice.tamu.edu/main/article.aspx?id=8512

## **How Parents Can Wreck Your Life**

By Debbie Pearson

Think back to the time when you were a teen and lashed out at your parents saying: "You're wrecking my life!" Fortunately, most of you have evolved past that stage and regained the love and positive relationship that lasts for decades.

- Well . . . I hate to tell you but there is another stage looming for parents to disrupt your life. And this stage can last decades: aging without a plan. Do you have answers to the following?
- 1. Who is named as your parents' responsible party, their Power of Attorney? Do you have these legal documents in your possession for immediate access in an emergency?
- 2. What is the plan when their independence wanes? What specific medical interventions do they want? Is there any type of strategy or are you assured of chaos?
- 3. When will their financial resources evaporate, making this your economic problem? Have you ever been permitted to peek into their finances?
- 4. Where will your parents live when their lives fall apart? Are you guaranteed a life of traveling back and forth to their home every time "the call" comes in? Or, will they move in with you?
- 5. How will you juggle your current responsibilities plus the reality of dependent, medically fragile parents?

If you answered no to any of these questions, you're not alone. Join your peers in the exercise of holding your breath and waiting for "the call." The big surprise is that landing in this stage is not confined to a single event. Although it may start with one call, it tends to grow with each passing week, month, and year. The aging years can span decades.

Are you addressing this with your parents now? Are you discovering an exercise in frustration? When did your parents become so unreasonable, so obstinate? You might as well understand. Entrenchment goes hand-in-hand with aging, making your parents an immovable rock. Your immovable rock.

Decades of lessons learned have crafted a path to follow; a way to quiet the storm and regain some order. It's called planning, in advance of the crisis. For some, the planning will start urgently. But that's often your window of opportunity. Seize the moment! Reach out to a professional who understands the landscape ahead and can walk by your side in crafting a blueprint to follow. A path of peace for both your parents and for you.

## Millipedes



Millipedes are often mistaken for worms. While millipedes have elongated bodies similar to worms, they have lots of legs

which worms lack. Millipedes have a long, cylindrical body, a pair of antennae and two pair of legs on each segment of their body. They often curl into a spiral as a way to protect themselves when threatened.

Millipedes live in moist environments such as soil, leaf litter, and compost piles, under mulch, rocks or wood. Millipedes most often feed on decaying organic matter, though some are carnivorous. They are not typically thought of as pests, but more of a nuisance although they may occasionally damage seedling plants by feeding on stems and leaves.

Large numbers of millipedes may move into structures after heavy rainfall or during periods of drought. If millipedes do wander indoors, they usually die quickly due to lack of moisture.

#### Tips to prevent millipedes from moving indoors:

- Move objects providing harborage (compost piles, firewood, stones) away from structures
- Create a band of gravel between the home foundation & landscape beds
  - Adjust watering schedules if overwatering

- Turn mulch so it dries out
- Seal accessible areas where millipedes can move into the homearound doors & windows; pipe penetrations, etc.
  - Ventilate crawl spaces to allow for air flow

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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## **Not All Senior Living Communities are Created Equal**



If you are new to the concept of Senior Living or Senior Care, all the different options can be overwhelming. First, there are retirement communities for the extremely active 55+ crowd. Next, there's Independent Living, which is like an apartment complex for seniors who want more in-house options like a cafeteria, a hair salon, a game room, and maybe a gym. Once regular help with basic activities is needed, such as laundry, cooking, medication management, and bathing, it's time to choose Assisted Living. And if you need serious ongoing medical intervention, such as daily dialysis, a Skilled Nursing Facility is the best solution.

This summary is a helpful start, but there is so much more you will want to consider--and ask--when determining what is truly best for your loved ones, especially when care and attention are your major concerns. Let's lift the lid and see what's hidden inside.

#### Who is caring for your loved ones?

The ratio of caregivers-to-residents is the most important formula to know. Many assisted living (AL) communities will have a single caregiver responsible for 20 or even 30 residents on their shift. That translates to your mom waiting for what seems like forever when she presses her call button. To assure the high level of care she deserves, you will want to look for an AL that boasts one care aide for every six residents. That ratio is rare, but it does exist. You'll also want to ask if the aide-to-resident ratio is the same on overnight shifts versus day, or weekends versus weekdays.

Furthermore, aides can have a variety of backgrounds. Some might be Certified Nursing Assistants (CNAs) and others Medication Technicians (Med-Techs). Most aides have no certification, but are trained on-the-job or through in-house training programs. It's worth your time to unearth how each community not only trains new staff, but also continues education throughout their employment. For example, a community that retains a registered nurse for medication delegation training is taking medication management seriously. Also, quick turnover is the senior living norm, so ask what programs are in place for caregiver retention. Just remember, if your parents rarely see the

the same aides, how can their favored routines ever be followed?

Food Is Medicine and So Much More

Large commercial (and some small residential) communities employ chefs, but if it's important for your family to deviate from the Standard American Diet, you'll want to gather some extra data. Do the chefs understand common ailments of the elderly, like IBS and G.E.R.D.? Are they willing to research ways to make a cake without wheat flour (No Gluten!) or reduce the acidity of marinara sauce without ruining the flavor. Does the community lean heavily on fillers like pastas, breads, and other complex carbohydrates? Try to find a community that offers a cornucopia of organic fruits and vegetables and quality sources of protein. Communal meals are often the highlight (or biggest letdown) of the day. Vibrant colors and textures delight the senses. Your mom might not be able to travel the world with her feet anymore, but she can still be transported by enlivened taste buds.

#### The Art of Design Isn't Just About How It Looks

When choosing a community for your mom, you must first put yourself in her shoes. You might think a big apartment with a kitchenette and a bathroom are exactly what she needs. But pause for a moment... can she cook for herself or go to the bathroom without assistance? How far is it from her suite to the dining area? Will she have to stop several times to catch her breath along the way? She might simply avoid the communal areas. It would be a shame to find her more isolated in a community of a hundred than when she lived alone in her house. Surprisingly, some smaller, homelike communities offer a more vibrant, socially connected atmosphere.

#### Bringing It All Together for Exceptional Care

A few of the smaller, state-certified assisted living homes are like a boutique hotel, a farm-to-table restaurant, and a healthcare spa all in one gorgeous package. Here, managers and staff act as advocates for their residents' wellbeing and will do whatever it takes to address family concerns quickly. They bring together a team of vetted healthcare providers who make house calls, including Geriatric specialists, Home Health therapists, Hospice/Palliative care, Podiatrists, Dentists, and Audiologists. When done right, you'll feel like you have a personal concierge who proactively attends to all your needs and keeps communication flowing between family, doctors, therapists, labs, and pharmacist to ensure you always experience the highest level of service.

To learn more about residential assisting living in Austin, please visit SilverleafEldercare.com or call (512) 831-5600.

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## Is Acupuncture Real?



Acupuncture is one of the oldest, most commonly used medical procedures in the world. It is a component of the health care system in China that can be traced back for at least 3,000 years. President Nixon introduced acupuncture to

mainstream healthcare in the U.S. in 1972, after returning from a trip to Beijing, China. Many people, especially the critics, have concerns about if acupuncture is a real medicine or just some placebo. Before we address the critics, let's first define what real medicine is. Is it safe to say that a medicine that withstands the test of time is 'real medicine'? Is it safe to say that a medicine that has little to no fluctuation in its theory or basis real? For example, since thetheory of bacteria was first discovered it has not been disproven since. No new research shows that bacteria no longer exists; in fact, we can actually see bacteria via a microscope. The theory of bacteria has withstood the test of time. Now what if I told you that there's a 3000 year old medicine that's being used by a country that has the largest population in the world, and this medicine still uses the same theory and methods today that were used 3,000 years ago, would you consider that medicine a real medicine? I would hope so. Acupuncture is that medicine. Is 3,000 years enough time to prove to you that it works? The US has been slow in integrating acupuncture into its medical system, and what are the consequences? The US spends the most money in upgrading its healthcare system compared to the rest of the world. What do you think the US should rank in terms of healthcare effectiveness and the health of its citizens compared to the rest of the world? You would think the US should be #1, right? The World Health Organization listed the US at #37. A small country, I've never heard of, called Oman ranked at #8. Do you think there's something wrong with the healthcare system in the US? When I talk to people in the public, I hear comments like "I only do treatments approved by theFDA, scientifically based and is covered by my insurance. Because anything outside of that is experimental, not real medicine, and is a scam". These statements befuddle me. The insurance approved medical treatments here in the US only get you the 37th best healthcare in the world. Is that what you want for yourself and your family, the 37th best healthcare in the world? Or would you want the best? Now I'm not talking about catastrophic care. I'm talking about health-care, the type of care that will prolong your life and improve the quality of your life. Insurance covers phenomenal catastrophic care, but it doesn't provide Health improvement care, at least not here in the US. So what type of care do you want for you and your family? For more information about how acupuncture can help get rid of your chronic pain and neuropathy please contact: Achieve Integrative Health at (512) 260-1710 or info@achieveih.com. You can also visit www.achieveih.com.

## Flooding: How to Protect Your Family & Finances

In many areas, flooding is the most common and costly natural disaster—and it can happen here. Just one inch of water in your home or office can cost thousands of dollars in cleanup and replacement costs, including drywall, baseboards, floor coverings and furniture. You may think you're covered, but many homeowners' insurance policies do not cover flooding.

Here are several reasons to talk to an insurance agent now about flood insurance.

- There is usually a 30-day waiting period before coverage begins.
  - Coverage is relatively inexpensive.
- Renters can buy flood insurance .for personal belongings or business inventory.
- Basement coverage includes cleanup expense and repair or replacement of items such as furnaces, water heaters, washers, dryers, air conditioners, freezers and pumps.
- You do not have to repay flood insurance benefits as you do with disaster-related assistance loans.
- You can receive payments for flood-related losses even if no disaster was declared.

Learn more about flood insurance at www.floodsmart.gov. There are things you can do to prepare your home and family now for flash floods:

- Make a family emergency plan. Emergency preparedness is everyone's responsibility. Write down your plan. Decide ahead of time where you will go if you have to leave and where family members will meet up. Identify an out-oftown emergency contact.
- Get supplies for an emergency kit. Start with three days' water and three days' packaged and canned food. Add a battery-powered radio and extra batteries. Store in waterproof containers with wheels or that you can lift so you can take them with you. For details about preparing an emergency kit, visit www.ready.gov/america/beinformed/floods.html
- Stay informed about what could happen. During storm season, listen to local media for up-to-date reports on weather watches and warnings. Keep a battery-powered portable radio—with a NOAA weather band—handy in case the power goes out. Choose one.

Learn more about preparedness at www.ready.gov/america/beinformed/floods.html.

## **Adding Yoga to Your Workout Regime can Improve Health**

Implementing yoga into a workout routine can provide unique health benefits, said a Baylor College of Medicine physician and yoga enthusiast.

Yoga is a broad philosophy containing many different paths to achieve the goal of physical, mental and spiritual well-being, said Dr. Bobby Kapur, assistant professor of medicine at BCM and associate chief for emergency medicine at the Harris County Hospital District's Ben Taub General Hospital. In physical fitness, yoga is the practice of physical postures and breathing exercises that allow a person to strengthen the body and at the same time enter a meditative and relaxed state of awareness.

Yoga entails various positions, stretching and deep breathing. Practicing yoga can help a person improve flexibility, balance, limberness, blood circulation, and it can also relax muscle tension and fight infection, Kapur said.



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## SKIN CANCER

## THE SAD TRUTH

Every year, **5.4 million new cases** of skin cancer are diagnosed, making skin cancer more prevalent than any other cancer. 1 in 5 Americans will develop skin cancer in their life. The saddest part is that skin cancer is one of the most **easily preventable** and diagnosable cancers, and, if detected early, has one of the highest treatment rates. Yet, the public is still ill-informed on such a common cancer.



## WHAT CAN YOU DO TO REDUCE YOUR RISK

## **PROTECT**

Apply sunscreen and wear long-sleeves & hats under the sun.





## **PREVENT**

Avoid direct sun exposure between the hours of 11:00 am and 4:00 pm. Never use tanning beds.



## DETECT

Look out for abnormal moles or skin patches on your skin and regularly get physical examinations.











Oddly shaped, discolored, large, and evolving moles are potentially malignant

#### **Wash Your Hands**

Reducing Spread of Disease While at Home and Work

By: Concentra Urgent Care

The Centers for Disease Control and Prevention (CDC) say that nearly 90,000 patients die in U.S. hospitals each year due to a preventable disease – many could be avoided if everyone properly washed their hands.

From germs on office equipment to sick colleagues who decided to come into work anyway, people face the same dangers in the workplace. The same simple fact holds true: Washing your hands regularly is an effective way to prevent yourself from catching or spreading a preventable disease or illness.

#### When to wash your hands

The CDC recommends washing your hands every time you:

- Prepare or eat food
- Use the restroom
- Tend to someone who is sick; both before and after
- Blow your nose, cough, or sneeze
- Handle garbage
- Treat a cut or wound
- Change a diaper or clean up after children
- Handle an animal or animal waste

#### Hand washing basics

The CDC has issued specific guidelines about effective hand washing:

- Wet hands with water
- Use plain bar or liquid soap

- Create a lather by vigorously rubbing hands together for 15-20 seconds—about the amount of time it takes to sing "Happy Birthday" twice
- Be sure to wash palms, back of hands, fingers, and nails (clean nails by gently scratching nails down your opposing soapy palm)
  - Rinse off soap under a stream of water

#### What else can you do?

- Focus on hand washing in the lunch and/or break room
- Be careful when using sponges and dish towels. These are ideal sites for bacterial growth. Always wash your hands after using these items.
- Maintain a clean work area; regularly clean any office equipment, especially shared items such as phones and keyboards.
- Remind your colleagues of the importance of hand washing, particularly when you witness someone neglecting to wash his or her hands.

#### For more information

To learn more about how washing hands regularly can help prevent disease, ask your health care provider, or visit the CDC's creative Web site dedicated to raising awareness of the importance of hand washing at www.henrythehand.com.



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