

THE BULLETIN

Belterra Community News

June 2019 Volume 1, Issue 6

News for the Residents of Belterra

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.

9. 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://txforests.tamu.edu/main/article.aspx?id=8512>



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY 911
Ambulance / Fire 911

SCHOOLS

Dripping Springs ISD 512-858-3000
Dripping Springs Elementary 512-858-3700
Walnut Springs Elementary 512-858-3800
Rooster Springs Elementary 512-465-6200
Dripping Springs Middle School 512-858-3400
Dripping Springs High School 512-858-3100

UTILITIES

Water – WCID # 1 & 2 512-246-0498
Trash – Texas Disposal 512-246-0498
Gas – Texas Community Propane 512-272-5503
Electricity – Pedernales Electric 512-858-5611

OTHER

Oak Hill Post Office 512-892-2794
Animal Control 512-393-7896

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**The Dripping Springs Farmers Market
is each Wednesday from 3p - 6p.**

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.

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 **belterra@peelinc.com**.



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 home-around 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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community newsletters



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.

THE BULLETIN

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Introducing "Get to Know Your NEIGHBORS"

We are all very fortunate to call Belterra home. But, Belterra 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 Belterra 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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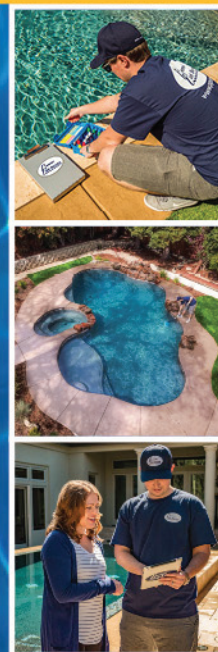
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