

MERIDIAN *Community Monitor*

NEWS FOR THE RESIDENTS OF MERIDIAN

Baldwin Elementary PTA News

Submitted by: Jacquelyn Waldrop, Baldwin PTA Board

Baldwin Bash: Enchanted Forest -- A BIG Success

Thank you, Baldwin community and our Meridian neighbors! You showed up big to the 2019 Baldwin Bash! Fund raised will support our numerous Baldwin Elementary PTA efforts to improve the quality of education for our students, including technology enhancements to every classroom; aid in beautifying our campus while offering new ways to instruct outdoors; allow us to supplement classroom instruction by fulfilling wish lists from our dedicated teachers and staff; and plan for the future of our school community. *We appreciate your support!*

SAVE THE DATE: **Incoming Kindergarten/Fall 2019** **Playdates**



Meet and mingle with future Bobcat cubs and parents at our summer playdates.

Wednesday, June 12 @ Baldwin from 5-6pm

Library Story Time, followed by popsicles on the playground. Siblings welcomed and encouraged!

Additional playdates to be announced soon! Need more info: Kristi Jackson Campbell / kristi.jackson@gmail.com

Save the Date: **What's Happening in** **Meridian? Social Events** **& HOA Board Meetings**

June

4 ~ HOA Board Meeting

14 ~ Food Truck Night & Pool Party

July

4 ~ Neighborhood 4th of July Parade

August

6 ~ HOA Board Meeting

15 - Middle School Pool Party w/DJ

23 ~ Back to School Food Truck Night
& Pool Party

September

2 ~ Ice Cream Social

October

1 ~ HOA Board Meeting

26 ~ Fall Neighborhood Garage Sale

November

16 ~ Chili Cook-off

December

3 ~ HOA Board Meeting

14 ~ Holiday Lights / Snow Spectacular

* All dates subject to change and new events may be added. Annual homeowners meeting will be scheduled in May 2019. Goodwin Mgt will be sending out information soon. For more information, the Meridian HOA Board can be reached at: MeridianHOABOD@gmail.com

THE MONITOR

WELCOME

A Newsletter for Meridian residents

The Monitor is a monthly newsletter mailed to all Meridian residents. Each newsletter is filled with valuable information about the community, local area activities, school information and more. If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it meridian@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome. Our goal is to keep you informed!

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PUBLISHER

Peel, Inc. www.PEELinc.com, 512-263-9181

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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

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.

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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.

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.

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 the theory 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 the FDA, 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.

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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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-of-town 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.



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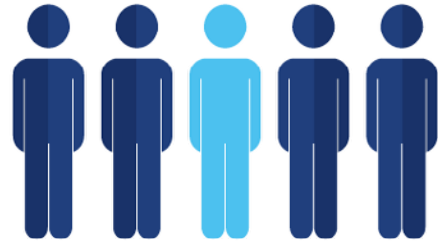
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SKIN CANCER

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



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