

THE RIVER REVIEW

June 2019

Volume 13, Issue 6

Photo by Mia Sanchez



NEWS FOR THE RESIDENTS OF RIVER PLACE

RISING STARS *Pediatric Dentistry*

BECAUSE YOUR CHILD
DESERVES THE BEST.



Dr. Zehra Zaid



DR. ZEHRA ZAID WAS BORN IN MANCHESTER, ENGLAND, BUT CONSIDERS HERSELF A PROUD TEXAN AS SHE GREW UP IN SUGAR LAND, TEXAS. SHE STARTED HER COLLEGE CAREER AT 16 WHERE SHE ATTENDED THE TEXAS ACADEMY OF MATH AND SCIENCE AT THE UNIVERSITY OF NORTH TEXAS IN DENTON, TEXAS. SHE THEN WENT ON TO THE UNIVERSITY OF TEXAS AT AUSTIN, GRADUATING SUMMA CUM LAUDE IN 2011 WHILE MAJORING IN SOCIOLOGY AND MINORING IN BIOLOGY. DR. ZAID SPENT 2012 AS A MATH AND SCIENCE TEACHER AT SUGAR LAND PREPARATORY ACADEMY. WHEN CONSIDERING DENTAL SCHOOLS, DR. ZAID WANTED TO DEVOTE HER TIME TO HELPING UNDER SERVED POPULATIONS AND ACCEPTED ADMISSION INTO THE UNIVERSITY OF DETROIT MERCY SCHOOL OF DENTISTRY WHERE SHE RECEIVED HER DOCTOR OF DENTAL SURGERY DEGREE IN 2016.

DURING HER TIME IN DENTAL SCHOOL, DR. ZAID HELD NUMEROUS LEADERSHIP ROLES, PARTICIPATED IN MANY OUTREACH PROJECTS INCLUDING EXTENSIVE INVOLVEMENT WITH SPECIAL NEEDS PATIENTS, AND WAS A BIOMEDICAL SCIENCES TUTOR TO DENTAL STUDENTS. SHE WAS THE 2014 RECIPIENT OF THE

DEMLER H. EICHLER SCHOLARSHIP, 2015 FELLOW FOR THE ACADEMIC DENTAL CAREERS FELLOWSHIP PROGRAM, AND THE 2016 RECIPIENT OF THE CLINICAL PEDIATRIC DENTISTRY AWARD; ALL WHILE SPENDING 4 YEARS ON THE DEAN'S LIST. SOME OF DR. ZAID'S MOST MEMORABLE ACCOMPLISHMENTS INCLUDE FOUNDING THE ANNUAL MISSION TRIP FOR THE AMERICAN STUDENTS DENTAL ASSOCIATION TO CHICHICASTENANGO, GUATEMALA AND GROWING THE PEDIATRIC DENTISTRY CLUB FROM JUST A FEW MEMBERS TO A GROUP OF OVER 40 ACTIVE MEMBERS TODAY. DR. ZAID EVEN PUBLISHED AN ARTICLE IN "PEDIATRIC DENTISTRY TODAY" HIGHLIGHTING THE CLUB'S ACCOMPLISHMENTS DURING HER TERM AS PRESIDENT. WITH HER PASSION AND PATIENCE FOR WORKING WITH CHILDREN, DR. ZAID WENT ON TO COMPLETE A MASTER OF SCIENCE IN PEDIATRIC DENTISTRY AT THE UNIVERSITY OF MICHIGAN IN 2018 (CURRENTLY RANKED AS THE #1 DENTAL SCHOOL IN THE COUNTRY, AND #3 IN THE WORLD). DR. ZAID'S MASTER'S THESIS EXPLORED SILVER DIAMINE FLUORIDE AND IT'S USE AS A CARIES ARRESTING MATERIAL IN BABY TEETH.

AFTER SEVEN MEMORABLE YEARS IN MICHIGAN, DR. ZAID RETURNED TO HER HOME STATE TO BE CLOSER TO HER FRIENDS AND FAMILY. DR. ZAID BELIEVES THAT EVERY CHILD DESERVES THE OPPORTUNITY TO HAVE A SMILE ON THE SURFACE THAT MATCHES THE BEAUTY OF A SMILE WITHIN. SHE HAS A STRONG PASSION TO EDUCATE, RELIEVE DISCOMFORT, AND GAIN TRUST IN EVERY PATIENT.

WHEN DR. ZAID IS NOT WORKING, YOU CAN FIND HER LAUGHING AND SPENDING TIME WITH HER FRIENDS AND FAMILY. DR. ZAID IS AN ASPIRING YOGI AND HAS COMPLETED TWO HALF-MARATHONS. SHE LOVES TRAVELING, EXPLORING THE OUTDOORS, SHOPPING, AND IS A HUGE FOODIE. DR. ZAID IS EXCITED TO BE BACK IN HER UNDERGRADUATE (HOOK EM' HORNS) CITY AND IS UNIQUELY EQUIPPED TO EMBARK ON THIS JOURNEY AS PART OF THE RISING STARS COMMUNITY KEEPING THOSE SMILES FOR CHILDREN OF ALL AGES BEAUTIFUL, BRIGHT AND HEALTHY! SHE LOOKS FORWARD TO MEETING YOU AND YOUR YOUNG ONES SOON!



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In and Around River Place

New Development on 620 Near Chase Bank: In addition to the Four Points Parke 27 Development Project (across from Rudy's) with its 14 building complex including restaurants, a car wash and a hotel, there is now a new development up 620 just a bit near Wilson Parke, where Chase Bank is on one corner.

Austin has rezoned this 94 acre tract into general office, construction expected to occur in 2020. Apparently, about 362,000 square feet of office space is planned but the developer will be assisting with the cost of improvements to traffic lights and traffic lanes to accommodate the traffic growth demands.

The Four Points area is definitely expanding by leaps and bounds now and we can only hope that the developers and the City will continue to work together to keep our area safe and efficient. Of course we will need to allow ourselves more time as we head down 620 to Lakeway or north toward the Lakeline Mall. On the positive side, the area will offer more benefits and services that we had to travel further for before. There's always a trade-off, right? We're growing!

Update on Our New Natural Gas Rate Increases: Last month we discussed new gas rate increases: "Texas Gas Company has recently notified us of two separate rate increases, beginning in April 2019. The lesser increase, implemented to recover the cost of pipeline testing required by law, looks to be about .8%, if our calculations and assumptions are correct.

The larger increase, effective April 30, is to recover additional capital investment not previously addressed that was made during the year 2018. It amounts to 8.4%. So, it appears we're looking at nearly a 10% total increase to our monthly bills."

We took a look at our current bill vs. the April bill. The Pipeline Safety charge hit the May 8 bill but the capital recovery charge will not show until the June bill. There is a new charge showing on the May bill which is described (we called) as a onetime annually CCR Safety and Regulatory Program charge for \$1.00. This charge somehow relates to the pipeline fee but we couldn't quite determine how.

So, our bill rose slightly (3.9%) but the full effect is yet to come.

And part of this was due to the CCR annual fee mentioned above. Stay tuned; more to come.

3M to Finally Make Its Move: Having been located here in Four Points on River Place Blvd. for 30 years, 3M plans to move most employees into its new location on June 13. One retired 3M employee tells us that, unfortunately, many employees are not so happy about the move since they live and have children attending schools in this area. The new location is on East Parmer Lane, quite a distance away. Hopefully that situation will work itself out as time passes.

A farewell party was hosted by 3M on May 7 with food trailers, live music and various forms of entertainment. Hundreds of local employees attended. The reason behind the move from this 11 building, 156 acre location is complicated but apparently it boiled down to some expansion plans being changed such that the amount of space acquired was just not needed.

The move affects approximately 800 employees including R & D types, engineers, design and marketing positions. The World Class Property Company will take possession of the facility on June 13.

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ARTICLE INFO

The River Review is mailed monthly to all River Place residents. Residents, community groups, churches, etc. are welcome to include information about their organizations in the newsletter. Personal news for the Stork Report, Teenage Job Seekers, recipes, special celebrations, and birthday announcements are also welcome.

To submit an article for the River Review please email it to riverreview@peelinc.com. The deadline is the 15th of the month prior to the issue.

Heads Up...From Around the City

Kristen Dark, Travis County Sheriff's Office AGENCY TCSO Second Annual Junior Deputy Camp

We're gearing up for our second annual Jr. Deputy Summer Camp! Registration opens a month from today: JUNE 3 at 9:00 am. Slots are limited! "The week-long summer camp is divided into two sessions for children: SESSION I | 11-13 years of age and SESSION II | 8-10 years of age.

Campers will have a positive exposure to the daily workings of the TCSO Law Enforcement and Corrections Bureaus. During the week, campers will have the opportunity to attend presentations from multiple, specialized units within the agency such as SWAT, K-9, Estray, and Lake Patrol.

Some of these units will also have hands-on experiences that will teach campers about their daily routines."

<https://www.tcssheriff.org/community/events/518-jr-deputy-summer-camp>

Kristen Dark, Travis County Sheriff's Office AGENCY April Newsletter

Here's a link to our April Newsletter. https://www.tcssheriff.org/images/about/docs/Newsletter_APR19.pdf

TxDOT Loop 360 Program

LOOP 360 AT WESTLAKE DRIVE PROJECT PUBLIC WORKSHOP RECAP

Thank you to the more than 75 community members who participated in the public workshop and provided feedback on the updates to the Loop 360 at Westlake Drive project on Tuesday, April 23.

The project includes removing the traffic signals on the Loop 360 mainlanes and routing the mainlanes **under** Westlake Drive and Cedar Street, where bridges will be constructed. The project also includes non-signalized U-turns at Westlake Drive, and a shared-use path and sidewalks within the project limits to improve bicycle and pedestrian accommodations.

Since our first Westlake Drive workshop in September 2018, several new or modified features have been incorporated into the design in response to public input. The proposed improvements now include dedicated right-turn, U-turn, and through lanes at Westlake Drive, and an additional left-turn lane at Cedar Street. TxDOT also partnered with the City of Austin, Eanes ISD, and Safe Routes to School to enhance the bicycle and pedestrian accommodations in the area, including adding a shared-use path and extended sidewalk at Cedar Street to provide access to Bridge Point Elementary School, and extending the shared-use path at the Loop 360 Boat Ramp to connect with the existing sidewalk on the Pennybacker Bridge.

At the workshop, the project team heard a number of comments

(Continued on Page 5)

Tennis Tip of the Month: The Service Toss Basics



If you've taken lessons or searched on YouTube, I'm sure you've heard the pro say, the serve is all in the toss." While that may not be totally true, it makes perfectly good sense that, if you have to correct your serving positioning and stroke because of an errant toss, you might be serving inconsistently and have

room for improvement.

So today we will provide some solid tips to help you maximize your serving opportunity by beginning with a good toss. And if you have to re-toss, this information should help you tremendously.

Tennis Tip(s): In the toss there are certain things to realize/remember. As the tossing arm dips (only slightly) and then goes upward, it should be straight as an arrow, and locked at the elbow. It should be held in the first three fingers of the tossing hand, palm facing upward so you are actually holding the ball in a lifting position. Do not fling the ball or roll the wrist. Avoid spinning the ball. You want to just place it in the spot just above where you will make contact with it.

If you can imagine a three story building, you want to release at the third floor, not before. Keep the tossing arm extended upward for balance as you enter the trophy position. Let it come down naturally toward your chest as you hit the ball.

If you're right handed, your placement should be in the 1 o'clock position and perhaps a foot into the court; and closer to 12 for a spin or second serve. (You would be facing the clock if you were looking straight down the court.)

Try to see the ball toss or lift as an extension of your arm so that the ball is lifted vertically and, if not hit, will come straight down to land in your hand. Practice this at home until you become perfectly comfortable with the motion. Keep it simple at first and then gradually include the knee bend and the racquet take back to the trophy position.

If you can master this simple beginning of the service motion, you will soon be quite surprised at the control you have and the increased number of first serves landing in the opponent's service box! And more importantly, how it will win you points!

If you have a question on any of these techniques, feel free to call or text me.

Walter: 512-497-9971

"Talk with your racquet; play with your heart"

(Continued from Page 4)

and suggestions from nearby residents and commuters. We welcome the input and will take it into consideration as we move forward with the design process. Here are a few things we heard:

- Support for TxDOT's recommendation to move forward with the underpass option at Westlake Drive and Cedar Street
- Support for the modifications to the project since the first public workshop
- Questions about traffic patterns during construction
- Requests for TxDOT to further evaluate the position of the shared-use path currently proposed for the southeast side of Loop 360 at Westlake Drive

• Support for completing the project as quickly as possible
Official written comments will also be received and accepted by the project team via email at cwotip-c@txdot.gov or by mail at:

Crystal Wotipka

TxDOT Austin District Office

Attn: Loop 360 Project

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Homeowners Corner

3 Must-Do's Before Listing Your House For Sale

When it comes to first impressions, the little things make all the difference.

Planning to sell your house this year? Now's the perfect time to prep it for listing!

Set aside a couple of weekends to do the work, and follow these three steps. Then, get ready to make a great impression on potential buyers and cinch the deal.

Step 1: Clean and De-clutter

It may sound obvious, but the importance of cleaning and de-cluttering cannot be overstated. Here are some ideas to make this process nearly painless.

- **Eliminate clutter before cleaning:** This is the time to purge your house of unwanted and unnecessary items. In addition to donating items to charity, consider giving them away through Craigslist or neighborhood sharing groups. Recyclers are often willing to pick up and haul away large metal items for free.

- **Deep clean your house:** This step will probably involve the biggest time investment. Get the whole family involved if you can! Think of this as a pumped-up spring cleaning. Pay special attention to kitchens and bathrooms, and clean the inside and outside of your windows — this makes a striking improvement in the overall appearance of your house.

- **Organize closets, cabinets and drawers:** In this case, out of sight is not out of mind. Many potential buyers will open cabinets and closets, because they are thinking about storage space. Clean and organized storage areas signal to buyers that you take care of the house.

Step 2: Make Small Repairs

Take care of these problems before you show the house for the first time. These are all fixes that you can do yourself.

- Fix any leaking faucets and running toilets. Make sure drains are clean.

- Replace caulking around tubs, showers and sinks.

- Freshen up or repair grout as needed.

- Repair walls and repaint them in a neutral, generally pleasing color that complements your home.

- Fix cracked or broken windows.

- Replace or repair damaged window screens.

- Replace burned-out light bulbs.

Step 3: Go For Curb Appeal

You want potential buyers to be charmed by the outside of your house so they look forward to coming inside. Extend your pumped-up spring cleaning to the outside of your house too.

- Trim bushes, shrubs and trees. Make sure vegetation isn't touching your roof or siding.

- Repair broken downspouts and gutters. Clean gutters.

- If it's appropriate for your yard, apply new mulch, river rock and/or pea gravel. This can do wonders for your landscaping and provide immediate curb appeal.

- Clean and repair concrete areas, such as driveways and walkways. Eliminate any oil or grease stains, and clean out any weeds coming up through the cracks.

- If it's seasonally appropriate, put out some pots of annuals, which will maintain their color for the season. Freshen up your doorstep with a new welcome mat and make sure the house numbers are easy to see.

- Consider re-painting or staining your front door and/or garage door. This can make a huge difference in viewing your house from the street.

With just a moderate amount of effort, you can make your house beautiful and welcoming, both inside and out. Article from Zillow.

River Place (Maybe Not So) Clever Quips of the Month

If you're feeling overweight, there's no need for diet or exercise. Just fall in love with the wrong person.

My wife and I have an understanding; if we disagree, we do what she wants. If we agree, we do what I want.

I think I've still "Got It." I just can't remember where I put it.

Apparently if you smoke, you get an extra 10 breaks at work.

You'll always be my best friend; you know too much.

Every woman has at least one challenge in life. Either she marries it or gives birth to it.

Jesus loves you but I'm his favorite.

Cat lady T-Shirt Logo: Yes, I really do need all these cats.

I was so ugly when I was born that the doctor put me down and slapped my mother.

Before coffee: Hates everybody. After coffee: Feels good about hating everybody.

When God made me, he went "Ta Da!"

Never in the history of calming down has anyone ever calmed down by being told to calm down.

At a funeral a man asks the widow if he can say a word. She said, "Sure." He said, "Plethora." She said, "Thanks, that means a lot."

I never said half of those things. —Confucius

Be the person you're looking for is looking for.

Just because you're paranoid doesn't mean they aren't after you. —from Catch 22.

Those who can imagine anything can create the impossible. —Alan Turing



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Herb and Supplement Research Updates to Help You Plan: Part II

Joint Care Supplements: Glucosamine & Chondroitin: These are the primary ingredients included in nearly any joint care supplement combinations so here we will focus on just their benefits. It goes almost without saying that nourishing our joints, especially as we age, is one of the most important things we can do.

Clinical evidence has shown that certain glucosamine supplements may help slow the effects of aging on cartilage within our joints and support joint mobility and flexibility. According to the Mayo Clinic, enough evidence exists to encourage people who are concerned about joint health to consider trying a glucosamine supplement.

Chondroitin is a water loving molecule and therefore helps draw fluid into the joint, supporting the cushioning qualities of cartilage. A clinical study of 800 mg of chondroitin sulfate per day found a significant reduction in cartilage loss with supplementation.

It isn't surprising that joint care supplements are increasingly popular. The nice thing about the above two is that you can conveniently find them combined in a single capsule.

Recap on Turmeric Benefits: Yes, we've discussed the benefits of Turmeric previously but a list of beneficial supplements would not be complete without at least a recap. Therefore, we won't go into its nature as a root here or how it's harvested or prepared. It's familiarity as a spice is widely known but its health benefits not so much.

1.4 grams of turmeric extract in 2 divided daily doses was shown in studies to support healthy blood lipid levels in the normal range. Turmeric is good for your skin when taken as a supplement because of its antioxidant effects. In research studies, 1,500 mg of turmeric in 3 divided doses daily for 8 weeks has been used to support skin health.

A review and meta-analysis of randomized clinical trials suggests the use of curcumin, the active component of turmeric, as a dietary adjunct may support joint health and combat age-related joint health concerns.

Some research suggests that taking turmeric by mouth 4 times daily for 7 days may help improve an upset stomach. And according to a recent study from the University of California, curcumin may offer significant cognitive benefits that support memory, mood and attention.

The benefits of turmeric or curcumin are said to be greatly facilitated by taking it with black pepper, by as much as 2,000% believe it or not! You could mix it yourself, perhaps 50/50 (as we do,) or just purchase it already combined. Perhaps best would be to purchase your turmeric in already prepared capsules, following the suggested dosages. While it is considered safe, it's always better to consult with your doctor before considering any supplementation routine.

Detox and Harmonize the Mind and Body: Meditation, exercise, and deep breathing are all well known methods to reduce stress and anxiousness, relax and give your brain a healthy dose of oxygen. Here are a few additional things you might consider in this worthwhile endeavor.

Look for cleanse and detox plans that include a variety of vegetables and fruit juices as well as balanced nutrients. Apple cider vinegar is fermented juice from crushed apples. It contains many vitamins, minerals antioxidants. It is often included in cleanses.

Dandelion root contains a compound known as chicoric acid which has a natural diuretic effect to help flush toxins from the liver. Milk thistle is a popular liver detox that also supports kidney function and a healthy spleen.

It's full of powerful antioxidants that benefit liver tissues.

Senna leaf is a traditional favorite in northern Africa and southwest Asia. It promotes digestive health and stimulates healthy bowel function. Bottom line: Look for liver detox diets that remove processed foods, hydrogenated oils, added sugars, alcohol and other substances from your diet, but add in plenty of fresh organic vegetables, fruits and whole foods.

Ginger, Another Spice With Great Health Benefits: This is the last supplement we will cover in this series but be assured it is not the least. Well known as a culinary herb, ginger root is an excellent stomach-soother and digestive system tonic. It has been helping settle stomachs for thousands of years, from Hippocrates to the expectant mothers of today!

Your gastrointestinal tract is like the garbage truck of your system. Everything that enters your body through consumption reaches digestion eventually, and at that stage, all of the malign chemicals from contemporary food types dissolve into your system. It's proven over and over that people with weak metabolism are more prone to terminal diseases. Ginger contains various benign ingredients that will cleanse the walls and core of your intestines and liver. By ingesting ginger in any form on a regular basis, you are substantially reducing chances of having indigestion and toxic residue in your GI tract.

Consuming ginger may lower the risk of having a stroke or a heart attack, as well as improve a healthy heart's condition. These incidents happen due to the clotting of the arteries, and when your heart doesn't get enough blood, it abruptly discontinues functioning. Ginger is known to help remove clots in the cardiovascular system.

Ginger has been shown successful at ridding the body of cancer or tumor, especially those occurring in the breasts. There is evidence that it can also reduce ulcers.

A scientific study from Nigeria confirms the potency of ginger and its ability to fight two of the critical invasive bacteria. It was concluded that the antibacterial properties of ginger are so strong that they outdo any antibiotic.

Ginger has shown to reduce tension in your stomach muscles or their lining. The result: the contents inside can usually continue into your intestines. As a result, stomach aches may be relieved in a relatively short time, and your stomach maintains its unimpaired functioning.

Lastly, there is some evidence ginger might improve and possibly even reverse diabetes. Sorbitol is a large part of every diabetic's issue. Ginger intake is known to suppress sorbitol overproduction and thereby improve a diabetic's condition.

Ginger is also a good supplement to combine with turmeric and black pepper. If you have the energy and motivation, try combining them yourself after purchasing them in the larger quantities sold at stores like Costco. It's much less costly for sure. Suggested proportions: Four teaspoons of turmeric with 3 teaspoons of black pepper with one teaspoon of ginger. Spooned into a container you can sprinkle with, this makes an excellent healthy, spicy supplement you can easily add to about any dish, even pizza. Spooned into a juice such as pomegranate, it's also a great way to take a daily dose.

As always, before supplementing your diet, we suggest you check with your doctor to make sure it's right for you. Remember also to eat healthy, exercise and find ways to relax and clear the mind. You'll feel much better and maybe live a lot longer!

Not All Senior Living Created Equal

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

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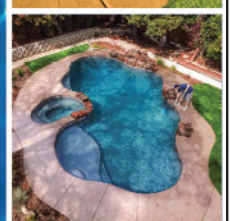
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sauce without ruining the flavor. Does the community lean heavily on fillers like pastas, breads, and other complex carbohydrates? Try to find a community that offers a cornucopia of organic fruits and vegetables and quality sources of protein. Communal 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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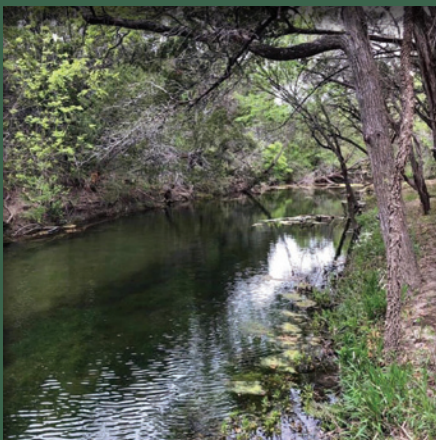


3182 CR 202, Burnet, TX 78611

74.65 Acres: \$735,000 | 40 Acres: \$399,000 | 35 Acres: \$349,000

- 1 hour from Bee Cave
- 1 hour from Round Rock
- **LIVE WATER**
- Owner just selectively cleared and seeded property
- Wildlife Exempt for Low Tax Ownership
- Hunting - Deer, Dove, Turkey & Hogs
- Three Underground Aquifers with Full Water Rights
- Electricity Across Homesites
- North San Gabriel River
- Paved Road Frontage
- Optimal Soil for Livestock and Wildlife
- All Owned Mineral Rights Convey
- Several Cleared and Flat Build Sites
- Water Draws (for future stock tanks)
- Fully Fenced (except river frontage)
- Wildlife Sanctuary
- Burnet County
- **AND MORE!**

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