



# Lakeshore

on Lake Houston

November 2019

Official HOA Newsletter for Lakeshore

Volume 5, Issue 11

## A Focus on Influenza: What You Should Know About the Flu



The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each year. Every year in the United States, on average:

- 5% to 20% of the population gets the flu
- More than 200,000 people are hospitalized from flu complications
- About 36,000 people die from flu

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

### Complications of flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

### How flu spreads

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then

touching their mouth or nose. Apparently healthy adults may be able to infect others beginning one day before symptoms develop and up to five days after becoming sick. That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.

### Key facts about seasonal flu vaccine

The single best way to protect against the flu is to get vaccinated each year. There are two types of vaccines:

The “flu shot”: an inactivated vaccine (containing killed virus) that is given with a needle, usually in the arm. The flu shot is approved for use in people older than 6 months, including healthy people and people with chronic medical conditions.

The nasal-spray flu vaccine: a vaccine made with live, weakened flu viruses that do not cause the flu (sometimes called LAIV for “Live Attenuated Influenza Vaccine”). LAIV is approved for use in healthy people two to 49 years of age who are not pregnant. The viruses in the vaccine change each year based on international surveillance and scientists’ estimations about which types and strains of viruses will circulate in a given year. About two weeks after vaccination, enough antibodies build up to provide protection against the influenza virus.

### Symptoms of the flu

- Fever (usually high)
- Headache
- Fatigue (can be extreme)
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting (more common among children than adults)

*(Continued on Page 3)*

# THE LAKESHORE REPORT

## IMPORTANT NUMBERS

### LAKESHORE COMMUNITY ASSOCIATION BOARD OF DIRECTORS CREST MANAGEMENT CO.

#### Community Manager

..... dana.mohler@crest-management.com  
.....281-579-0761

#### On-site Property Manager

.....Brittani.Bustamante@Crest-Management.com  
.....281-458-3345

### EMERGENCY INFORMATION FIRE, MEDICAL OR LIFE THREATENING Emergency

.....9-1-1  
Constable Dispatch.....281-376-3472  
Humble ISD Police (Schools).....281-641-7900  
Harris County Animal Control.....281-999-3191  
Texas Poison Control Center.....800-222-1222

### UTILITIES

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Power Outages.....713-207-7777  
Street Light Outages.....713-207-2222  
U.S. Water Utility Group.....832-756-2143  
Gas, Centerpoint Energy.....713-659-2111

### SCHOOLS

.....281-641-1000  
..... www.humble.k12.tx.us  
Lakeshore Elementary.....281-641-3500  
Woodcreek Middle School.....281-641-5200  
Summer Creek High School.....281-641-5400

### NEWSLETTER PUBLISHER

Peel, Inc.....888-687-6444  
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Advertising.....advertising@peelinc.com

### COMMITTEE INFORMATION

#### Community Watch

James Furr..... jfurr40@yahoo.com

#### Garage Sales

Lakeshore Clubhouse:..... lakeshore-ca@sbcglobal.net

#### Landscape Committee

Rex Spikes:..... rexaspikes@sbcglobal.net

#### Pool Committee

John Criswell:..... john.criswell@outlook.com

#### Social Committee

Elna Ermel:..... ronelna@comcast.net

To volunteer, please email lakeshore-ca@sbcglobal.net



## Help Keep Our Neighborhood Beautiful!

### COMMITTEE INFORMATION

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To volunteer, please email lakeshore-ca@sbcglobal.net

## LAKESHORE CLUBHOUSE

281-458-3345

### ONSITE MANAGER HOURS

WEDNESDAY & FRIDAY: 10:00AM - 2:00PM

TUESDAY & THURSDAY: 2:00PM - 7:00PM

CLOSED

SATURDAY, SUNDAY AND MONDAY

*(Continued from Cover)*

Having these symptoms does not always mean that you have the flu. Many different illnesses, including the common cold, can have similar symptoms.

## Diagnosing the flu

It is very difficult to distinguish the flu from other infections on the basis of symptoms alone. A doctor's exam may be needed to tell whether you have developed the flu or a complication of the flu. There are tests that can determine if you have the flu as long as you are tested within the first two or three days of illness.

If you develop flu-like symptoms and are concerned about your illness, especially if you are at high risk for complications of the flu, you should consult your health care provider. Those at high risk for complications include people 65 years or older, people with chronic medical conditions, pregnant women, and young children.

## Good health habits for flu prevention

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your mouth when you cough and washing your hands often can help prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu.

- Avoid close contact with people who are sick.
- Stay home when you are sick.
- Cover your mouth and nose when you cough or sneeze.
- Clean your hands.
- Avoid touching your eyes, nose or mouth due to the spread of germs.
- Practice other good health habits:
- Get plenty of sleep
- Be physically active
- Manage your stress
- Drink plenty of fluids
- Eat nutritious food



## LAKE HOUSTON LADIES CLUB NOVEMBER MEETING

The Lake Houston Ladies Club's next luncheon will be held on Tuesday, November 19, from 10:00-12:30 at the Walden Country Club, 18100 Walden Forest Drive in Humble, TX 77346. The cost of the luncheon is \$20 per person and includes lunch and entertainment.

This month, a duo from The Honky Tonk Revivalists will entertain our members. The Honky Tonk Revivalists is a local band from Kingwood and they are great! One reviewer stated, "If George Strait had a cover band, this would be it." So, plan on joining us to get your blood pumping and enjoy some country western music.

The Lake Houston Ladies Club is a social organization dedicated to connecting women through monthly luncheon meetings and social activities. The club welcomes new members from all surrounding areas. Many interest groups are available including Tea Time, Hand Knee and Foot, Shooting Club, Scrabble 'N Babble, Artsy Smartys, Movie Group, Mah Jongg, Lunch 'N Look, Supper Club, Mexican Train, Reader's Choice, Bridge, Game Day and Bunco. There are also events during the year that include spouses or significant others. The club is an excellent way to meet new people and make new friends.

Please join us. New members are always welcome. For more information about the club and for luncheon reservations, please go to the club web page at <http://www.lakehoustonladiesclub.com> or call Karen at 281-900-5584 by Monday, November 11.



# THE LAKESHORE REPORT

## The Clubhouse

Looking for a place to host your next event? Well look no further the Lakeshore Community Clubhouse is available for rent. We have a capacity of 100 people as well as tables and chairs to help make your event successful. Enjoy full use of the kitchen and two spacious Great Rooms. Stop by during normal business hours for a tour and more information.



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## Excluding Pests



When the weather turns towards autumn and leads into winter, many pests start looking for a cozy place which can often lead them inside your home. By performing a thorough inspection, you can locate areas where these pests may enter and stop them before they become a problem.

Inside the home, look around doors and windows and if you see light around them it's a sign there isn't a good seal and weather stripping should be replaced. Inspect the attic for holes or entry points for small mammals such as rats, mice, and squirrels. Attic vents should be covered with stainless steel screening to block animals from entering. Outside, inspect the perimeter of the home for cracks and crevices in the foundation that should be sealed. Locate pipe and wire penetrations that enter the structure and seal areas that allow pests to enter.

Ideas on how to exclude pests from your home:

- Trim back or prune any trees and shrubs that touch or overhang the home
- Seal pipe & wire penetrations with copper mesh, sealant, or expanding foam

- Replace weather stripping around doors and windows if there is not a good seal
- Repair or replace window screens with holes
- For homes with brick or stone facades, stuff weep holes with copper mesh
- Clean debris from gutters to reduce harborage areas for pests
- Inspect all furniture, boxes, and bags for pests before carrying them into the home
- Inspect all plants for insect pests before bringing them into the home
- Do not store firewood inside the home, against outside walls, or near doors
- Use sheet metal, hardware cloth, or steel wool to seal any areas where animals have chewed to enter the home\*\*

\*\*make sure animal is not in the home or you'll seal it inside!

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](http://www.urban-ipm.blogspot.com)

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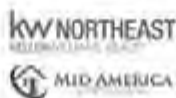
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## THREE BILLION LOST

By Cheryl Conley, TWRC Wildlife Center

Recently, the journal Science published a study showing that we have lost more than 1 in 4 birds from the United States and Canada since 1970. That's 3 billion! The study was conducted by scientists at the Cornell Lab of Ornithology along with six other institutions. "Birds are excellent indicators of environmental health. Severe declines in common birds, like those shown in this study, tell us something is wrong and underscores the need to become better stewards of the planet," said Dr. Nicole Michel, senior quantitative ecologist with Audubon.

The study doesn't address why we're losing birds in such great numbers but as with many wildlife species, habitat loss has to be at the top of the list. Other reasons are as follows:

- The use of pesticides – it is estimated that the United States uses 20% of all pesticides used globally every year. That's a staggering 1.2 billion pounds. Pesticides are used for agricultural purposes, forest and rangeland management and golf courses. They are also used in and around our homes.
- Climate change – Audubon conducted a study of 588 bird species and discovered that more than half are in trouble. Three hundred fourteen bird species will lose more than half of their climatic range

by 2080. To read the full report, go to <https://climate.audubon.org>.

- Cats – According to a study by the Smithsonian Conservatory Biology Institute, over 2.4 billion birds are killed by cats, both pets and feral, in the U.S. every year.
- Collisions - windows, wind turbines, and other structures. According to the American Bird Conservancy, up to one billion birds die every year in the US when they hit windows and other structures. The Smithsonian estimates that wind turbines account for up to 328,000 bird deaths annually.

So what can we do to be better stewards of the environment? Use organic pesticides. Keep your pet cats indoors. In some cities and communities it is illegal to let your pet cat roam free outside. Use decals or tape on your windows to prevent bird collisions. These are just a few of the many things we can do to help our environment. Let's all learn to live in harmony with the animals we share our world with.

TWRC Wildlife Center is a 40-year-old non-profit organization located in Houston. Over 5,000 ill, injured, or orphaned animals are brought to us every year in need of medical care. Be sure to follow us on Facebook and refer to our website for helpful wildlife information—[www.twrcwildlifecenter.org](http://www.twrcwildlifecenter.org).

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## COOKING SUBSTITUTIONS AID IN CALORIE REDUCTION

When looking to make permanent changes to a diet, consider using ingredient substitutions, said Roberta Anding, registered dietitian at BCM and Texas Children's Hospital.

Modifying the fat content in recipes gives the biggest calorie reduction, said Anding. Many times, applesauce can replace butter and oil in baking recipes, and Greek yogurt can replace sour cream.

Learning what substitutions work best does take some time and experimentation with cooking time and temperature, but reducing a diet by 100 calories per day can result in a 10-pound weight loss in one year, said Anding.

Other substitution options include switching to a low-fat cheese rather than a whole-fat cheese and switching from white bread and rice to wheat bread and brown rice. Not only is there a benefit in amounts of fiber, but also in magnesium, which can decrease the risk of type 2 diabetes.

"Don't look for extreme changes to your diet. Look for the common sense changes that you can make permanent," said Anding.

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