

THE BULLETIN

Belterra Community News

May 2020 Volume 2, Issue 5

News for the Residents of Belterra

HOW TO NAVIGATE CHALLENGES TO MENTAL HEALTH DURING SHELTER-IN-PLACE



It is well-known and accepted that mental health and addiction issues can be challenges many face. Whether this is our own journey of challenges, or if we are the family/close friends of one afflicted, it feels that you don't have to look far to come across someone attempting to shoulder such challenges.

The 2018 National Survey on Drug Use and Health found that 67.1 million (1 in 4) Americans 12 or older were binge drinkers, 53.2 million Americans (19.4% of the US) 12 or older were illicit drug users, and that approximately 47.6 million adults (4.2 million adolescents) suffered from a mental illness.

With the recent mandated stay-at-home orders, mental health and addiction experts are unanimous in their concerns that these numbers will increase. This is because our world, our community in essence is experiencing a prolonged traumatic experience. A leading expert and researcher on trauma, Dr. Diana Fosha, explains trauma as being 'the experience of unbearable emotional suffering in isolation'. Dr. Fosha goes on to say that the healing of trauma essentially happens in one's undoing of their aloneness, which is to say isolation.

Sequestered in our respective homes, we are experiencing uncertainty, fear of the unknown, and social isolation from our normal routines and friends and family. Which is to say, we are all experiencing trauma at varying levels. The following are tips for how

we can incorporate into our lives what the research proves works to address challenges to our mental health.

5 Tips for Maintaining Sobriety and Mental Health

- Have a community of support. Seek help from a professional. Mental health therapists and psychiatrists have gone digital. Make sure to have as much digital face-to-face contact as possible with friends and family. Additionally, 12-step recovery groups are easily accessible via Zoom.

- **Have a spiritual practice.** Reconnecting with your faith, a meditation practice, walking outside, journaling. Seeking a way to determine 'HOW' you are to navigate this uncertainty. Recognizing that panic and anger will not help this, and to instead to feel empowered to get intentional with how you are showing up emotionally.

- **Keep to a daily schedule.** Finding a new normal routine and adhering to that. Have this schedule to make room for alone-time and exercise alone or with your family. Fresh air and outdoor time is a must.

- **Reconnect with yourself, loved ones, and your values.** This can be an opportunity to learn to reconnect with what is truly important to you. An opportunity to really identify or reconnect with your value system. Where there is crisis, those who really flourish are those who look for opportunities for transformation and resilience. Perhaps making and sharing a gratitude list with friends or within your family can be a practice.

- **Finding the courage to share honestly.** For those of us who believe that our safety and security is in being ok and having it all together, this pandemic is challenging that defense in an unprecedented way. In mental health and the healing from addictions, it is clearly known that healing ONLY happens by finding the courage to share one's vulnerabilities. It is in sharing our fears, our anxieties, our struggles that we can feel the most connected and supported by one another. And in this way, we also give others permission to share their vulnerabilities and fears.

-Alana Smith, LCSW, LCDC



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EMERGENCY 911
Ambulance / Fire..... 911

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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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AGE of Central Texas Creates Online Library of At-Home Activities and Resources for Older Adults and Family Caregivers

Regional non-profit organization AGE of Central Texas has created an online library of activities, videos links, self-care resources, and virtual tours and webcams from around the globe – all in an effort to help older adults and family caregivers remain connected and active while they “Stay Home, Stay Safe” during the coronavirus pandemic.

“We know from research by the Centers for Disease Control and Prevention that isolation is a major concern among older adults and caregivers, even before the pandemic,” said Annette Juba, Deputy Director for AGE of Central Texas. “We created this resource to help those who are at home to still remain active, both mentally and physically, and have an opportunity to have new virtual experiences.”

The extensive online listing includes more than 100 online experiences – including exercise videos for every ability, online tours and collections from museums from multiple counties, and custom-created videos from Central Texas artists and community members. The resources also include numerous videos and articles from AGE staff and experts to assist family caregivers as they “Stay Home, Stay Safe.” The online library will be updated with new content daily, Juba said, and can be access for free at <http://www.TinyURL.com/AGE-at-home-activities>.

For more information on the programs and resources provided by AGE of Central Texas, visit www.AGEofCentralTX.org or call (512) 451-4611.

TEENAGE JOB SEEKERS

NAME	AGE	BABY SIT	HOUSE SIT	PET SIT	PHONE
Jakob Becker*	15	✓		✓	917-213-6143

+ CPR TRAINING / FIRST AID TRAINING * HAS REFERENCES

If you are a teenager and want to be included on the babysitter/pet sitter/house sitter list or if you are on this list and want to update your information, contact advertising@peelinc.com.

Explore All the Activities You Can Do From Home

For older adults and caregivers who are staying home, AGE of Central Texas has assembled a collection of support resources, a library of activities you can do from home – from exercises for every age and ability, to new learning experiences and virtual tours from around the globe, check back as we update the page daily.

EXPLORE THE ACTIVITIES

COVID-19 CORONAVIRUS UPDATES

CRAPE MYRTLE BARK SCALE



Crape myrtles are a popular landscape tree in parts of Texas, prized for their beauty. While this tree has been relatively maintenance free for years, that is no longer the case now that crape myrtle bark scale (CMBS) has been found in Texas.

Crape myrtle bark scales are small, wingless insects, pinkish in color and covered with a white, velvety covering. When you look at the bark of an infested tree, look for round to oval shaped white velvety insects. If you puncture one with a toothpick, it will exude a pink substance.

When inspecting crape myrtles for CMBS, look along trunks, limbs, as well as smaller twigs and branches found towards the top of the tree. You'll want to look for scale insects and sooty mold. Sooty mold is a black colored fungus that grows on honeydew; honeydew is an excretion from scale insects (and other small, soft-bodied insects such as aphids and mealybugs).

Heavily infested crape myrtles have CMBS that produce copious amounts of honeydew on the tree and surrounding area which leads to growth of sooty mold, turning landscape plants black. Infested crape myrtles produce fewer and smaller blooms which may be difficult to tell unless you have an uninfested tree to compare.

Only male crape myrtle bark scales fly. Others are dispersed by wind, birds, other insects, or landscape maintenance equipment to nearby areas. Long-distance transport occurs via infested material. Once CMBS are in an area, they can move onto to nearby trees.

Control options are varied for CMBS. There are lady bugs that eat CMBS, but this may take time for control as the ladybug population is tied to the population of insects they feed upon. Ensure that if you buy and plant crape myrtles, that you inspect them and not plant any infested trees, or you select a different species of tree or shrub for the landscape.

Pesticide treatment for crape myrtle bark scale can be done with either a contact spray or a systemic. Studies from TAMU discovered that contact sprays should be used when pest numbers are peaking (crawler/ nymph numbers peak mid-April through May), and two treatments should be done with the second treatment taking place 2 weeks after the initial treatment. Insecticides with bifenthrin as the active ingredient tend to work best.

Systemic treatments should be applied earlier, when the leaves are budding out. Systemics such as imidacloprid and dinotefuran are best used as a soil treatment in March so that they are taken up by the tree and in place for the crawler population in April-May. These products should be used when trees are NOT in bloom to protect pollinators.

For a video on how to treat crape myrtles for CMBS, you should go to this link:

<https://citybugs.tamu.edu/2018/08/28/how-to-treat-your-crapemyrtle-for-bark-scale/>

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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Ocean Animal Word Search

Help *Ollie the Octopus* find the words listed below in the puzzle & circle them.

C	Z	V	U	H	F	H	S	H	A	R	K	J	I	N
A	Z	W	G	Z	S	S	I	C	I	O	A	T	T	M
N	E	E	H	L	C	I	L	T	U	Q	L	F	D	U
E	T	V	K	P	F	F	F	B	A	R	C	S	C	T
M	H	O	B	E	F	R	Y	V	G	D	U	G	W	G
O	T	J	B	K	A	A	N	I	G	P	R	I	W	B
N	J	G	A	O	R	T	I	I	O	A	H	V	K	D
E	J	O	U	G	I	S	P	T	H	S	E	A	J	F
S	D	B	N	L	X	X	C	M	I	P	I	O	G	A
Z	X	I	B	O	G	O	Q	F	Q	E	L	E	E	C
S	T	H	A	B	X	Z	Y	A	Q	L	L	O	L	X
S	B	V	I	S	H	L	C	E	E	R	N	A	D	L
L	Y	M	H	T	L	P	T	O	R	K	M	M	H	U
T	K	G	G	E	F	T	H	S	Q	U	I	D	Q	W
X	F	N	J	R	T	U	R	T	L	E	O	S	L	V

ANEMONE
CLAM
DOLPHIN
EEL
FISH

JELLYFISH
LOBSTER
OCTOPUS
SHARK
SQUID

OCTOPUS
STARFISH
STINGRAY
TURTLE
WHALE

THE BULLETIN

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Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

		2						6
		1		7	4			8
			8					
			1		6	9		4
				5		7		
5		8						
	6			3		2		
				6	2			
	5		9				1	

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HAPPY
MOTHER'S
— DAY —

LOVE AT FIRST *Site*



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BACKYARDS | <input checked="" type="checkbox"/>
QUICK-MOVE-IN
HOMES OR CHOOSE
FROM 35+ FLOOR
PLANS TO PERSONALIZE | <input checked="" type="checkbox"/>
ASHTON WOODS JOINS
THE GROUP OF HOME
BUILDERS WITH NEW
FLOOR PLANS | <input checked="" type="checkbox"/>
NATURAL GAS
COMMUNITY SAVES
MONEY ON THE
UTILITY BILL |
| <input checked="" type="checkbox"/>
SPLIT-LEVEL,
INFINITY-EDGE
POOL WITH
PANORAMIC VIEWS | <input checked="" type="checkbox"/>
OVER 8 MILES
OF TRAILS MAKE IT
EASY TO CONNECT
WITH NATURE | <input checked="" type="checkbox"/>
STATE-OF-THE-ART
FITNESS CENTER JUST
A FEW STEPS AWAY | <input checked="" type="checkbox"/>
STARGAZING
AMPHITHEATER
TO EMBRACE DARK
SKY COMMUNITY |

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YOU HAVE QUESTIONS, WE HAVE ANSWERS.
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As we all make adjustments around COVID 19, the real estate market in Austin is still strong for sellers & an excellent investment for buyers.

If you are thinking about listing your home or purchasing your next dream home, let me and my team of trusted vendors walk you through our process. As the #1 realtor in Southwest Austin, we're here to help you & your family meet your real estate goals!

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