

THE RIVER REVIEW



May 2020

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Photo by Mia Sanchez



NEWS FOR THE RESIDENTS OF RIVER PLACE


RISING STARS
Pediatric Dentistry

**WELCOMES
DR. TRACI SIMONS**





Dr. Traci T Simons was born in the Black Hills of South Dakota, but has lived most of her life as a Texan. She spent most of her childhood in El Paso and stayed there to attend the University of Texas at El Paso, majoring in biology. After receiving a Bachelors of Science from UTEP, she continued her education and accepted admission at Baylor College of Dentistry where she received her Doctor of Dental Surgery degree.

During her time in dental school, Dr. Traci held leadership roles and was an active participant in outreach projects. She knew early on that she had a passion for children and wanted to specialize in pediatric dentistry. She went on to complete her 2 year pediatric residency through Baylor College of Dentistry/Texas A&M University System in Dallas. The program included training at Texas Scottish Rite Hospital and Children's Medical Center of Dallas, where she focused on the needs of special needs patients and those medically compromised. She completed her Masters of Science in Pediatric Dentistry in 1999, and moved to Austin. After

a few years in private practice, she was able to volunteer with Faith in Practice to Guatemala to treat underserved children in their community. She has continued to volunteer throughout her 20 year career in various ways to help those in need and less fortunate. She remains active in her church and community and serves on the board of Young Men Service League.

Dr Traci looks forward to building relationships and trust with both her patients and their families. She believes a positive dental experience is an important part of childhood and she is intentional in making this a reality for her patients.

When she is not helping make healthy smiles, Dr. Traci is spending time with her own five children. She absolutely loves being a mom! She enjoys running on the beautiful trails Austin has to offer, and has completed 4 marathons. She likes to travel with her friends and family, spend time at the lake, snow ski, shop and try new restaurants. She is excited to join Rising Stars Pediatric Dentistry in the Steiner Ranch community.

 <https://risingstarsdentalsteinerranch.com/>
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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.

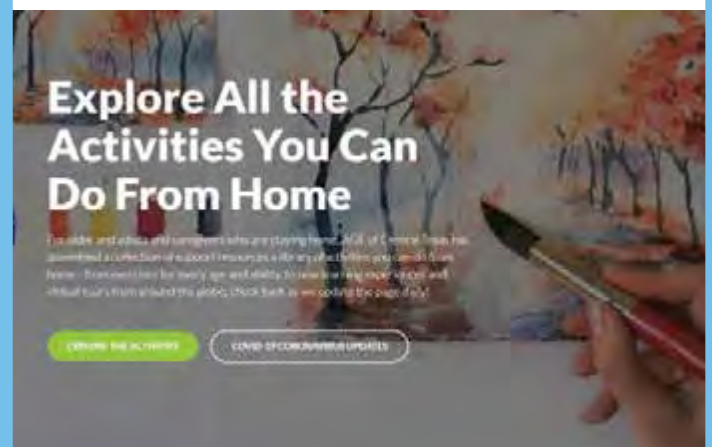
AGE of Central Texas Creates Online Library of At-Home Activities and Resources for Older Adults and Family Caregivers

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.



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 is a licensed psychotherapist in Westlake. She specializes in working with those with addictions and their families. She also has specialty training in addressing and healing trauma. She can be reached at CentralTexasTherapy.com

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 retoss, 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

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AVOID CONTACT
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COVER YOUR NOSE
AND MOUTH WITH
TISSUE OR ELBOW
WHEN SNEEZING



PUT TISSUES
IN THE TRASH BIN
AND WASH HANDS



KEEP OBJECTS AND
SURFACES CLEAN

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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