

## *Silvercrest PTA*

As we come to the close of another wonderful, yet different school year we are still reminded of the wonderful service our school staff and teachers have given to us and thank them for their love. We are grateful for their dedication to continue the education of our children even though we are going through trials we never expected. As a PTA we acknowledge that the school year ended in an unexpected way, and know this has brought about many challenges for our families. Our hearts go out to all those affected by this. Please visit [www.silvercrestpta.org](http://www.silvercrestpta.org) for updates for the next school year; including school supply orders, areas where volunteers may be needed, calendar updates, exciting news and any additional updates. Enjoy your summer and we look forward to seeing familiar faces as our school year gets started up again in August.

## *School Supplies for 2020-2021*

Order your student's school supplies for the 2020-2021 school year today! Go to <http://www.educationalproducts.com> and use our school code **SIL033**.

**Deadline to order is June 14th!** Each pack is customized to the teachers of Silvercrest Elementary. School supplies will be sent directly to students' homes in a convenient carrying case. For questions, please contact Shana Kutac at [lsu\\_girl99@att.net](mailto:lsu_girl99@att.net) or 979-236-2090.

## *Box Tops*

The next generation of Box Tops is here! You can continue giving back to your school all summer long by downloading the mobile app and taking pictures of your receipts. Visit [www.bxotops4education.com](http://www.bxotops4education.com) for more information.

Traditional Box Tops clips are being phased out of production, but may continue to be found on many products throughout the store. You can still clip and send them to school in the Fall.

Thank you for your continued support.



## IMPORTANT NUMBERS

Police/Fire/Ambulance Emergency.....911  
 Brazoria County Sheriff Non-Emergency.....281-331-9000  
 Poison Control.....800-222-1222  
 Texas Pride Disposal Waste Mgmt.....281-487-5000  
 .....www.texaspridedisposal.com  
 SiEnvironmental (Water - MUD 3 & 6) .....832-490-1600  
 Severn Trent (Water - MUD 2) .....281-578-4200  
 Center Point Energy (street lights need 6 digit #)...713-207-2222  
 .....www.centerpointenergy.com/outages  
 Brazoria County Mosquito Control.....281-331-6106 Ext. 1532  
 Brazoria County Animal Control .....281-756-2265  
 Brazoria County Road & Bridge (street & curb repairs) .....  
 .....281-331-3197  
 Call Before You Dig.....800-245-4545  
 Center Point Energy (gas) .....713-659-2111  
 Pearland Post Office.....281-485-5278

## SILVERLAKE HOA INFO

Daniel, CMCA, AMS - Community Manager  
 Crest Management Company Silverlake office location  
 10100 Broadway St #110  
 Pearland, Texas 77584  
 daniel@Crest-Management.com  
 281-272-6377 Office  
 www.crest-management.com

**HOA website: [www.SilverlakeHOA.com](http://www.SilverlakeHOA.com)**

Nathaniel- Assistant Manager  
 281-272-6375

nathaniel@crest-management.com

**Clubhouse Rentals contact**

**Silverlake Onsite Office at [SilverlakeHOA@crest-management.com](mailto:SilverlakeHOA@crest-management.com)**

## NEWSLETTER INFO

### EDITOR

To Submit Articles/News.....sylviaskotak@gmail.com

### PUBLISHER

Peel, Inc .....www.peelinc.com, 888-687-6444

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

### ARTICLE INFO

The Silverlake News is mailed monthly to all Silverlake HOA residents. Residents, community groups, schools, etc., are welcome to submit information. Personal news is also welcome. All submissions will be reviewed for content and approved by the Board of Directors and Newsletter Committee Chair. The deadline for submission is the 8th of the month before publication.



*Help Keep Our  
 Neighborhood  
 Beautiful!*



### 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

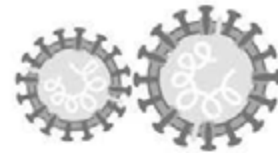
JELLYFISH  
 LOBSTER  
 OCTOPUS  
 SHARK  
 SQUID

OCTOPUS  
 STARFISH  
 STINGRAY  
 TURTLE  
 WHALE

# CORONAVIRUS 2019-nCoV

SAFETY ADVICES AND TIPS

UPDATED



## SYMPTOMS



FEVER



COUGH



SHORTNESS  
OF BREATH



SORE THROAT



HEADACHE

## PREVENTION



WASH HANDS WITH  
WATER AND  
SOAP/SANITIZER,  
AT LEAST 20 SECONDS



AVOID CONTACT  
WITH SICK PEOPLE



DON'T TOUCH EYES,  
NOSE OR MOUTH WITH  
UNWASHED HANDS



WEAR A MASK



AVOID  
CROWDED PLACES



AVOID CONTACT WITH  
ANIMALS AND ANIMAL  
PRODUCTS



DO NOT SHARE  
EATING UTENSILS  
AND FOOD



DON'T EAT RAW FOOD,  
THOROUGHLY COOK  
MEAT AND EGGS



AVOID TRAVELLING TO  
AFFECTED AREAS  
UNLESS NECESSARY



IF YOU BECOME SICK  
SEEK MEDICAL CARE  
IMMEDIATELY

## IF YOU ARE INFECTED



STAY AT HOME



AVOID CONTACT  
WITH OTHERS



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

# Play Sudoku!

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

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



*Selling Silverlake  
Home Since 2001!*

**KELLI  
DILLING**  
EXPERIENCE THAT WILL  
... MOVE YOU ...

## INTEREST RATES ARE IDEAL FOR BUYING A HOME OR AN INVESTMENT PROPERTY!

Did you also know I have resources who are experts in college town investments, land or other areas, as well? Call me, and let's talk about how I can help buy or sell property almost anywhere.



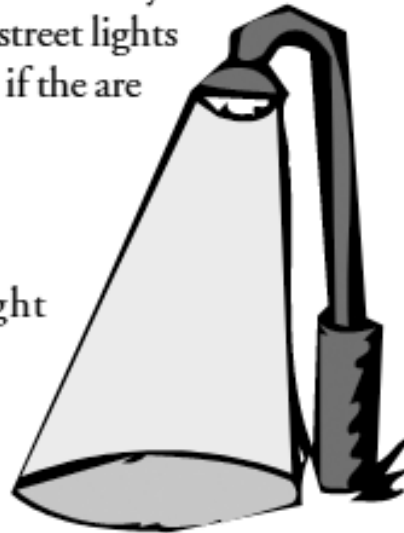
**281-827-8751**

[www.kelliwithkeller.com](http://www.kelliwithkeller.com) / [kdilling@gmail.com](mailto:kdilling@gmail.com)  
2734 Sunrise Blvd, Ste 208, Pearland 77584

## Street Light Out?

If you notice a street light out Please report it to Centerpoint Energy. Please be aware that a portion of you maintenance assessments pay for all of the street lights in the subdivision, every month, regardless if the are illuminated or not! Follow these steps:

- Dial (713) 207-2222
- Choose a language preference
- Selection option "4" (for street light outages)
- Provide the 6 digit number (located approximately 5 feet up the pole), street name and closest address



## AFFORDABLE SHADE PATIO COVERS

*Creating Comfort for Outdoor Living...  
with Affordable Shade.*



We obtain City Permits,  
TDI Windstorm Certification,  
and help with HOA Approvals.

*Call to schedule a free estimate.*

**713-574-4648**

Visit our website to view more designs.

**AffordableShade.com**

Custom Patio Covers

Cedar & Treated Pine Shade Arbors

Aluminum Patio Covers & Arbors

Palapas & Tiki Huts & Screen Rooms

Decorative & Structural Concrete



**Financing Available\* with Payments as Low as \$250**

*\*Subject to Credit Approval*





## Thinking Of Doing A Home Improvement?

Before making any improvements/repairs or additions to your home you must have A.R.C. Approval. Please visit [www.silverlakehoa.com](http://www.silverlakehoa.com) to obtain a home improvement form and A.R.C. Guidelines. As a reminder Silverlake CCR's prohibit stained or painted fences and portable basketball goals.



At no time will any source be allowed to use The Silverlake News contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc. and the Silverlake HOA.

**DISCLAIMER:** Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

\* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

\* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

\* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

**WIRED GENERATORS**  
ELECTRICAL SERVICES *by WIRED*

Residential & Commercial  
Family Owned & Operated

**Generac Home Standby Generators**  
24/7 Automatic Power Protection

Sales • Installation • Maintenance • Repair & Parts

**\$20  
OFF**

**Your Next  
Service Call!**

Not to be combined with any  
other discount or offer.  
Expires 6/1/20

Call us today for a FREE quote.

**713-467-1125**

[generatorsbywired.com](http://generatorsbywired.com)

**GENERAC**

**SALES & SERVICE DEALER**



Master #100304 TECL # 22809

**let us  
manage  
your  
online  
presence.**



**PEELINCMEDIA.COM**

## 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



PEEL, INC.

1405 Brandi Ln  
Round Rock, TX 78681

PRSR STD  
U.S. POSTAGE  
PAID  
PEEL, INC.

SLV

## THE CINDY CRISTIANO TEAM



*Allison Ator*

REALTOR, BUYER SPECIALIST  
**281-731-8593**

*Cindy Cristiano*

TEAM LEADER, REALTOR  
**713-818-8183**

*Yvonne Pirnik*

REALTOR ASSOCIATE  
**832-512-0496**

**The Strength of Teamwork...The Reputation For Results!**

Helping Sellers and Buyers since 1991 • [www.MoveWithCindy.com](http://www.MoveWithCindy.com)