

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



ADAM LOEWY

Philanthropist · Personal Injury Lawyer · Community Leader

LOEWY LAW FIRM

HELPING INJURED TEXANS



LoewyFirm.com
(512) 280-0800

IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire.....	911
Ambulance.....	911
Police Department	512-975-5000
Sheriff – Non-Emergency.....	512-974-0845
Animal Services Office.....	311

SCHOOLS

Austin ISD.....	512-533-6000
Casis Elementary School	512-414-2062
O. Henry Middle School.....	512-414-3229
Austin High School.....	512-414-2505

UTILITIES

City of Austin.....	512-494-9400
Texas Gas Service	
Custom Service.....	1-800-700-2443
Emergencies.....	512-370-8609
Call Before You Dig.....	512-472-2822
Grande Communications.....	512-220-4600
AT&T	
New Service	1-800-464-7928
Repair	1-800-246-8464
Billing.....	1-800-858-7928
Time Warner Cable	
Customer Service.....	512-485-5555
Repairs.....	512-485-5080
Austin/Travis County Hazardous Waste	512-974-4343

OTHER NUMBERS

Ausitn City Hall.....	512-974-7849
Ausitn City Manager.....	512-974-2200
Austin Police Dept (Non Emergency).....	512-974-5000
Austin Fire Dept (Non Emergency).....	512-974-0130
Austin Parks and Recreation Dept.....	512-974-6700
Austin Resources Recovery	512-494-9400
Austin Transportation Dept.....	512-974-1150
Municipal Court	512-974-4800
Post Office.....	512-2478-7043
City of Austin.....	www.AustinTexas.gov

NEWSLETTER PUBLISHER

Peel, Inc.	512-263-9181
Editor.....	tarrytown@peelinc.com
Advertising.....	advertising@peelinc.com

STEVE'S PLUMBING REPAIR

Master License: M-39722

- Water Pressure Problems
- Sewer & Drain Service
- Fiber Optic Drain Line Inspections
- Free Estimates
- Satisfaction Guaranteed

Steve Brougner

512.276.7476

2605 Buell Ave

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.

Explore All the Activities You Can Do From Home

To make and access and convenient while staying home, AGE of Central Texas has assembled a collection of resources on a library web site for older adults and family caregivers. Resources are available for every age and ability. To view the full range of activities and virtual tours from around the globe, check back as we update the page daily.

[VIEW THE ACTIVITIES](#) [COVID-19 CORONAVIRUS UPDATES](#)

RECYCLING AT AUSTIN-BERGSTROM INTERNATIONAL AIRPORT – PART 2

Below is the continued story of some of the wonderful initiatives in the field of recycling and reuse that are happening at Austin-Bergstrom International Airport (ABIA). This information is from an interview with B. J. Carpenter, the Sustainability Program Coordinator at the airport.

- **COMPOST COLLECTION** – Many airport restaurants and coffee shops have begun providing compostable containers for their customers. These containers can be put directly into the compost collection bins now provided at ABIA (even with food product in them). Please make sure the containers are labeled “BPI certified compostable”.

- **AIRPLANE WASTE AND RECYCLING** – Your plane is about to land and the flight attendants come around to collect your trash and recyclables in separate bags. What happens to those bags? Since most planes are not designed with separate built-in receptacles for trash and recyclables, much of the time both bags are dumped in a single large bag in the waste container at the back

of the plane. When the cleaning staff come on board to clean the plane, they don’t know whether to throw that bag in the trash cart (with the black lid) or the recycling cart (with the blue lid).

To address this problem, all the collection bins at all airline gates had their lids changed from black (trash) to blue (recycling) so that now everything goes to the Texas Disposal System’s (TDS) recycling facility. TDS has made a special arrangement to pull the recyclables from this material and therefore keep them from going to the landfill.

Incidentally, cans and bottles that the flight attendants use to serve your drinks and then return to the airline serving carts go to the airline’s “hub” airport (not ABIA). For example, American Airlines planes could be serviced at DFW.

PLEASE REMEMBER – WHEN IN DOUBT, THROW IT OUT!!!

Here is a very informative City of Austin recycling website: <http://www.austintexas.gov/what-do-i-do>.

Stay tuned for future tips that will include creative ways to recycle or reuse. If you have any questions or recycling ideas, please send them to: recycling@hpwbana.org.



Free Estimates on New A/C Systems
Fast 7-Day A/C Repairs
Energy Audits • Weatherization
Duct Repair & Replacement

Home & Handyman Repairs
Remodels & Additions
Senior Accessibility Upgrades
Painting / Staining
Drywall & Popcorn Removal
Decks & Fences / Install & Repairs

"We have been keeping Austin comfortable for over 40 years." – The Yamin Family

TACL #BS235C

A+

A-PLUS AIR CONDITIONING & HOME SOLUTIONS
Cooling • Heating • Home Repairs • Remodels
512.450.1980 • www.AplusAC.com

\$20 off ANY A/C Repair or Handyman Service!

Cannot be combined with other offers. Check our website for additional coupons & discounts.

TARRYTOWN REAL ESTATE market report update

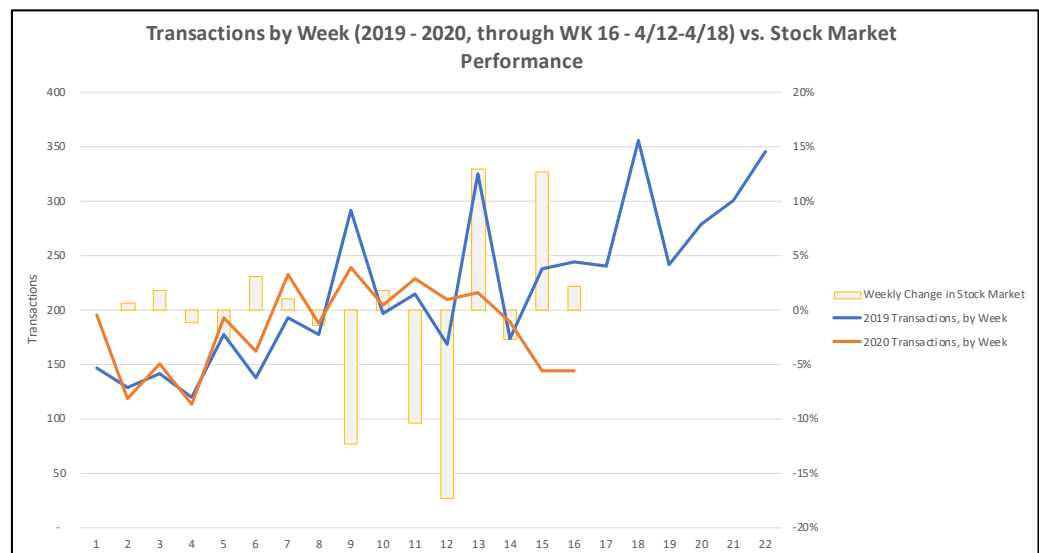
May
2020

by **Trey McWhorter**

At the time of writing the shelter in place orders for Austin and Travis County have just been extended to May 8th. Real estate activity in the neighborhood, Austin, and nationally has declined over the past several weeks. Rather than look at Tarrytown this month, I have put together a graph of Austin MLS transactions by week, comparing 2020 to 2019, and including the weekly change in stock market (DJIA) value.

A few comments:

- From WK9 (2/23-2/29) was the first big drop in the stock market. I'm using it as the week where the economic disruption was starting to sink in.
- With closings typically taking ~30 days, one could look to WK13 (3/22-3/28) for the first signs of impact to the real estate market:



- o It is the week after Spring Break (for many) and last year's spike probably reflects closings scheduled after that
- o It is also when the shelter in place orders were issued for Austin and Travis County
- The Austin market was very strong going into the pandemic, and since then the impact of the pandemic is evident. March transactions in 2020 were down -5% vs. 2019, and April (first 2 weeks) -24%.
- At the time of writing, we still probably haven't necessarily seen the full impact of the shelter in place orders on sales, but should in the next two weeks.

The good news is that there are still buyers in the market and sellers that want to sell, and activity continues to occur. If you are thinking about selling your home and you want to make sense of what's going on in this unprecedented market or get a better understanding of what your home may be worth, or would like to put together a plan to sell your home, please contact me and I'd be happy to help you.

You can also find additional analysis and updates to this article on treymcwhorter.com.

Note: All data comes from the Austin Board of Realtors' MLS report, reflecting activity through April 15, 2020.

TARRYTOWN

The Tarrytown Newsletter is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Tarrytown Newsletter's 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.

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.

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

© 2007. Feature Exchange

A New Invisalign Offer - Now Only \$3499

BOOK YOUR APPOINTMENT

Our doctors at Shoal Creek Dental will walk you through your customized plan.

SEE YOUR NEW SMILE

With our Digital 3D scans, you'll see your future smile in minutes.

SMILE ON

Experience innovation that will leave you grinning and get that healthier, straighter smile!

Call today to begin your journey towards a straighter smile!



Shoal Creek Dental Care
8015 Shoal Creek Blvd., Suite 120
512.453.8181
www.shoalcreekdental.com





IN PARTNERSHIP
WITH



TRANE

It's Hard To Stop A Trane.



GOOD

XR16

Energy Star

- Single Stage AC
- Wifi thermostat
- 10 year parts limited warranty
- 3 year labor limited warranty (with maintenance agreement)
- 1 year FREE maintenance

SAVE UP TO **\$1,150**

BETTER

XR17

Energy efficient comfort

- 2 speed AC
- Wifi thermostat
- Whole air cleaner
- 10 year parts limited warranty
- 3 year labor limited warranty (with maintenance agreement)
- 1 year FREE maintenance

SAVE UP TO **\$1,450**

BEST

XV20

True comfort variable speed

- Wifi thermostat
- Whole air cleaner
- 10 year parts limited warranty
- 3 year labor limited warranty (with maintenance agreement)
- 1 year FREE maintenance

SAVE UP TO **\$1,750**

\$69 HVAC TUNE UP

\$50 OFF ANY HVAC REPAIR

Commercial and Residential

512.339.7700

Info@ArrowServiceCenter.com

www.ArrowSvcCenter.com





PEEL, INC.

1405 Brandi Ln
Round Rock, TX 78681

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

TRY

INSTANT CURB APPEAL

COMING SOON



CHRISTIE'S
INTERNATIONAL REAL ESTATE

TREY MCWHORTER
512.808.7129

moreland.com

Let me plant something **green** in your yard this spring.

Trey McWhorter
REALTOR®

512-825-6503 cell

trey.mcwhorter@moreland.com



Read my market update inside.

I do not currently work with another Realtor, and I am not intended to sell my own business.