



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



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Fire.....	911
Ambulance	911
Sheriff – Non-Emergency	512-974-0845

SCHOOLS

Elementary	
Clayton	512-841-9200
Kiker.....	512-414-2584
Mills	512-841-2400
Patton	512-414-1780
Middle	
Bailey.....	512-414-4990
Small.....	512-841-6700
Gorzycki	512-841-8600
High School	
Austin	512-414-2505
Bowie.....	512-414-5247

UTILITIES

Water/Wastewater	
City of Austin.....	512-972-0101
City of Austin (billing)	512-494-9400
Emergency	512-972-1000
Texas State Gas	
Customer Service	1-800-700-2443
Gas related emergency	1-800-959-5325
Pedernales Electric Cooperative	
New service, billing	512-219-2602
Problems	512-219-2628
ATT/SBC Telephone	
New Service	1-800-288-2020
Repair	1-800-246-8464
Billing	1-800-288-2020
Allied Waste	512-247-5647
Time Warner Cable	512-485-5555

OTHER NUMBERS

Oak Hill Postal Station.....	1-800-275-8777
City of Austin	
Dead Animal Collection.....	512-494-9400
Abandoned/Disabled Vehicles	512-974-8119
Stop Sign Missing/Damaged	512-974-2000
Street Light Outage (report pole#).....	512-505-7617

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Peel, Inc.	512-263-9181
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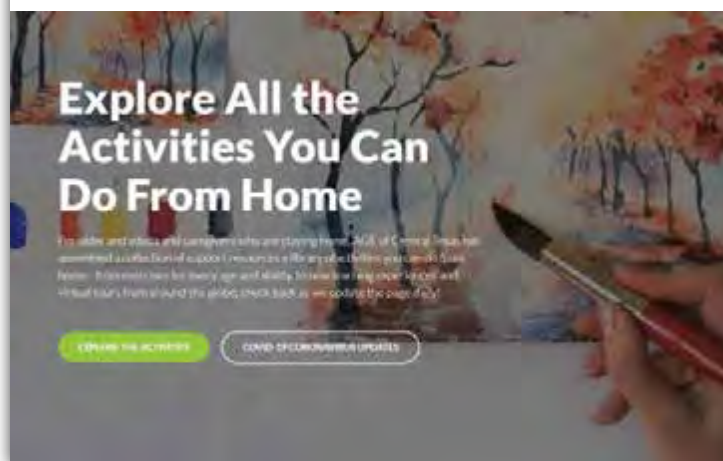
AGE of Central Texas Creates Online Library of At-Home Activities and Resources for Older Adults and Family Caregivers

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.



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.

THE THINKERY

The Thinkery (Austin’s children’s museum) accepts all kinds of creative supplies. Please visit their website for more information:

<https://thinkeryaustin.org/thinkery-material-donations-v3/?fbclid=IwAR0kD9d5ulJbQcbicyn6qnNes9RpSReSsRFJlxG6s010rZjQ1Op3MvyWdXY>



QUESTIONS FROM OUR READERS:

WHAT DO I DO WITH BUBBLE WRAP AND STYROFOAM PACKING MATERIAL? Many mail/shipping stores, like Pak Mail on Balcones, will take these for reuse as long as they are in good condition. Bubble wrap can also go into the plastic collection bins at the grocery stores



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.



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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Dreams Have no Travel Limitations!

Our foreign exchange students have the dream to study in the US, and they HOPE that they can come this fall. Let's keep their dreams alive and show them they are welcome and wanted if it becomes possible for the come.

Now more than ever, is the perfect time to sign up to host an exchange student. Students from around the world are still holding onto their dreams of spending a year in the USA! Help make that dream come true today. It is true we cannot predict the future, but these students are hoping to be able to come in August. It would make them very happy to know someone here WANTED them.

Each of our students is fluent in English, comes with their own spending money and health insurance. Most importantly, they come with a dream to spend a year in the US so they can experience life as an American teenager!

STS Foundation accepts all of host families – from single parents, newly marrieds, empty nesters and same sex couples. In order to host, you would need to meet the following qualifications:

- Host must be 25 years or older
- Pass a background check
- Provide food for 3 meals daily

- Ensure reliable transportation to and from school (bus is ok)
- A bed for your student
- A safe and loving home

STS Foundation is a 501(c)(3) organization that places foreign exchange students with American host families. For more information about hosting, please contact me at 832-455-7881 PM me or email at vicki.stsfoundation@yahoo.com.



SWING Networking Group

Promote your business with local independent business owners. SWING (South west Austin Inclusive Networking Group) has been meeting every Thursday morning from 8AM to 9:30AM at the Waterloo Ice House on Escarpment for 14 years.

We have no dues, no initiation fees, we don't take attendance. Just pay for your own breakfast. The more often you show up the better we get to know you. We are an inclusive group, we will enjoy competition. So, bring your business cards and a good attitude and let's get to know you.

If you want more information, contact Liz Jensen at 512-301-6966 or lizleej@gmail.com or Peter Berardino (The King of SWING) at 512-695-2334 or peterberardino@gmail.com.

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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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SquiresTeam.com

KW KELLER WILLIAMS REALTY

The homes you see on both sides of this newsletter is the Squires Team's current activity in Southwest Austin for the month of April, 2020



6509 Needham Lane in original Circle C is **"JUST LISTED!!"** John just listed this beautiful Newmark Home in the heart of original Circle C Ranch. At approx. 3100 sq. ft., this home has 5 large bedrooms, 3.5 baths and a huge game room, ready for a growing family. Offered at **\$539,000**.

9111 Fainwood Lane in Circle C North is **"JUST SOLD!!"** John sold this listing (Streetman Home) within 3 hours after placing his sign in the yard *before* coming to market. Offered/sold at **\$405,000**. Another great story of John helping a family move to their new future dream home.



10805 Pinkney Lane in original Circle C is **"JUST SOLD!"** John enabled his thrilled buyer family to obtain this dream home by placing the winning bid against 3 competing agents in multiple offers. The buyers have already met with their pool builder! Listed at **\$500,000**. for 2490~ sq. ft.

9100 Sautelle in Villages at Western Oaks is **"JUST SOLD!"** John sold this beautiful Newmark Home listing to the first buyer to visit the home for well over list price! John listed it at **\$549,000**. for 3100~ sq.ft.!



John Squires is the top agent in Southwest Austin and Circle C home sales over the last **23 years** with over **730~** homes sold to date and **1100~** homes sold city-wide. **Only 1 number to call and John Squires answers his phone.** Move-up/down plans, flexible commissions offered. Call for a free, no-obligation market assessment on your valuable home. Only John works directly with all his clients and you will never be handed off to an assistant or another agent. 7 days or nights per week by appointment.

(512) 970-1970



WOUNDED WARRIOR PROJECT



John Squires donates to the 100 Club of Central Texas and The Wounded Warrior Project in support of those that protect our freedoms.

SquiresTeam.com

The homes you see on both sides of this newsletter is the Squires Team's current activity in Southwest Austin for the month of April, 2020

KW
KELLERWILLIAMS
REAL ESTATE

Hey Southwest Austin, the market is still very active right now with fantastic interest rates and market inventory levels are starting to increase daily. Even with the Covid-19 pandemic, it is still "May" and one of the hottest selling times of the year. We have had a few transactions cancel due to the virus, but many others are contract pending. I believe people are starting to venture out again and take advantage of the market with possibly less competition from other buyers. The Squires Team enforces and practices the strictest Covid protocol guidelines when listing homes and showing properties to buyers. If you would like to speak with John Squires to list your home for sale or help you in the purchase of your next home, please call/text him directly at (512) 970-1970.



John's new listing is **8402 La Plata Loop** in Lewis Mountain Ranch. Another unbelievable opportunity to live on over 1.2 acres with un-ending views on your private greenbelt lot. The 1-story home is highly upgraded with bamboo wood floors, remodeled kitchen, fam. rm., master bath, outdoor living area and more! RIGHT behind Circle C off 1826. NO CITY TAXES! (2%) You'll never leave! **\$699,000.**



Call John Squires' real estate 'sell' phone at **512 970-1970** at any time or text for a quick response. Thanks!



11105 Pairnoy Lane in The Arbors of Circle C Ranch is **"CONTRACT PENDING!"** John listed this amazing Streetman Home, 4890-sq.ft. "1-story". 4 bedrooms, 3.5 baths with a massive game room up. Probably the largest 1-story home in Circle C. Listed at **\$799,000.**

11104 Pairnoy Lane in The Arbors of Circle C Ranch is **"CONTRACT PENDING!"** John noticed a sign in the yard and brought his absolutely thrilled buyers to this gorgeous Streetman Home and sold it pre-market within 12 hours. The home was to be listed at **\$655,000.** Epic Transaction!

9111 Ginita Lane John listed this beautiful Scott Felder 4 bedrooms and 2 full baths on a secluded corner street in the heart of original Circle C. Wood floors, custom master bath with quartz and amazing spa shower. Upgraded kitchen and fireplace too! Rock-in' at **\$485,000.**

