

STONE FOREST

Flyer

July 2013

Volume 3, Issue 7

HOA BOARD ELECTIONS

Written By Eric M. Holdt

Attention: Members of the Stone Forest Homeowners Association, we will be having elections for the Board in July at Trinity Lutheran Church. As fellow neighbors we are looking for candidates who are objective, reasonable, knowledgeable, and informed to represent us on the HOA board. With that being said, this upcoming July 16th we will have three positions up for election. Our good friend and long time standing President of the Board, Bob Wise, is stepping down and not running for re-election. We will all miss him dearly but at least he will still be close by. Current board members Richard Leonard (you may know him as Dick) and Robin Jones will be running for re-election. Any member of the community is permitted to run for a seat on the HOA board.

I am Eric M. Holdt of Young Oak, a member of our community since 2009 and a board member since early 2012. Tod Bisch and I make up the rest of the board and we would like to invite you to July's meeting so that you can ask questions during the open meeting session and make any appropriate comments or suggestions. During this time you will have the opportunity to meet some of your neighbors. We are all on the board because we care about the community and want to do whatever we can, within our power, to make it the most attractive community in the area to live in.



VIRUSES STILL PRESENT DURING SUMMER

Many viruses are still frequent in the summer so good hygiene remains important, said Dr. Gail Demmler Harrison, professor of pediatrics-infectious diseases at BCM. Some viruses present in the summer include:

- Enteroviruses can cause symptoms such as sore throat and diarrhea, and can even lead to viral meningitis and inflammation of the heart and liver.
- Hand, foot and mouth disease, is characterized by ulcers in the back of the throat and a rash on hands and feet. This is common in babies and young children.
- Adenovirus, which can cause respiratory problems.
- Parainfluenza can cause croup, a loud cough; bronchiolitis, swelling and mucus in the small air passages in the lungs; and bronchitis, inflammation of the main air passages to the lungs.

These viruses cannot be treated with antibiotics, but it's important to get enough fluid and rest. Seek treatment immediately for high fever for more than three days, vomiting for over 24 hours, diarrhea, severe headaches or chest pain. Those with weak immune systems should consult their physician if they have any symptoms associated with these viruses.



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Quality Of Meals Should Not Change During Summer

Students shouldn't close the door on healthy eating habits during the summer, says a Baylor College of Medicine pediatrician.

"Certainly it is just as important to eat healthy over the summer as it is any other time of the year," said Dr. Teresia O'Connor, assistant professor of pediatrics – nutrition at BCM.

She offers the following tips for health summer eating:

- Incorporate fruits and vegetables in all meals.
- A healthy summer lunch should include a fruit, a vegetable, some form of protein and whole grains.
- Don't skip breakfast.
- Eat three meals a day with one to two snacks.
- Stay hydrated - water is the best and healthiest way to stay hydrated.
- Be aware of how much sugar is in beverages. While it's okay to drink a small amount of these beverages, primary drinks should be water and low-fat or skim milk.

Encourage children and teens to help prepare their own meals so they become responsible for their own healthy eating.

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PROTECT EYES THIS SUMMER

Take precautionary measures to protect your eyes during the summer to prevent long-term damage to eyesight, said a Baylor College of Medicine ophthalmologist.

"Ultraviolet light, or UV exposure, has been linked to the development of macular degeneration, cataracts and other vision-loss problems," said Dr. Elizabeth Baze, assistant professor of ophthalmology at BCM.

Baze offered tips you can practice to help protect your eyes from sun damage this summer.

- The more the sunglasses wrap around and shield your eyes and the skin around the eyes, the more protection you have.
- Sunglasses need to provide 99 to 100 percent UV protection.
- Sunblock is a must, including the skin around the eyes.
- A broad-brimmed hat can add extra protection.

If you have an existing eye condition like macular degeneration or cataracts, protecting your eyes from the sun should be a top priority during the summer, she said.



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A FOCUS ON HEAT EMERGENCIES

Healthy Tips To Stay Cool In Extremely Hot Weather

By: Concentra Urgent Care

Heat emergencies fall into three categories of increasing severity:

Heat Cramps, Heat Exhaustion, and Heatstroke.

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

SIGNS AND SYMPTOMS:

Heat Cramps

- Sweating
- Pain in arms, legs, and abdomen
- Heat Exhaustion
- Moist, pale skin
- Fatigue and fainting
- Dizziness and lightheadedness
- Headache and confusion
- Nausea and vomiting
- Rapid pulse and breathing

Heat Stroke

- No sweating
- Dry, hot, red skin
- Confusion/loss of consciousness
- Rapid pulse
- Temperature over 103° F
- Seizures

CAUSES:

The following are common causes of heat emergencies:

- High temperatures or humidity
- Dehydration
- Prolonged or excessive exercise
- Excess clothing
- Alcohol use
- Medications, such as diuretics, neuroleptics, phenothiazines, and anticholinergics
- Cardiovascular disease

WHAT TO DO IN HEAT EMERGENCIES...

First Aid

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.
2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.
3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.
4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.
5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

DO NOT:

- DO NOT underestimate the seriousness of heat illness, especially

if the person is a child, elderly, or injured.

• DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.

• DO NOT give the person salt tablets.

• DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.

• DO NOT use alcohol rubs on the person's skin.

• DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

PREVENTION:

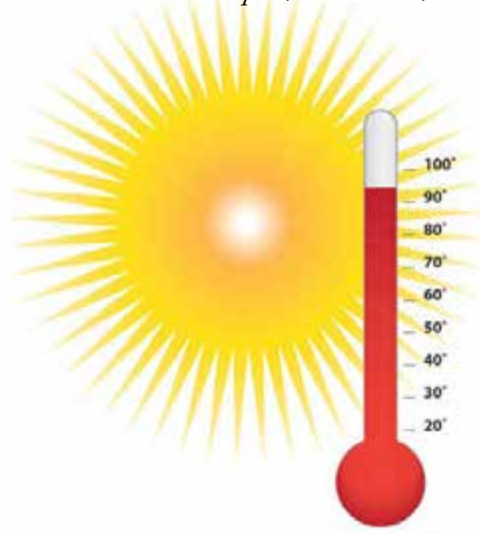
- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.
- Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.
- Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.
- Be careful of hot cars in the summer. Allow the car to cool off before getting in.
- Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www.cdc.gov/niosh/topics/heatstress/

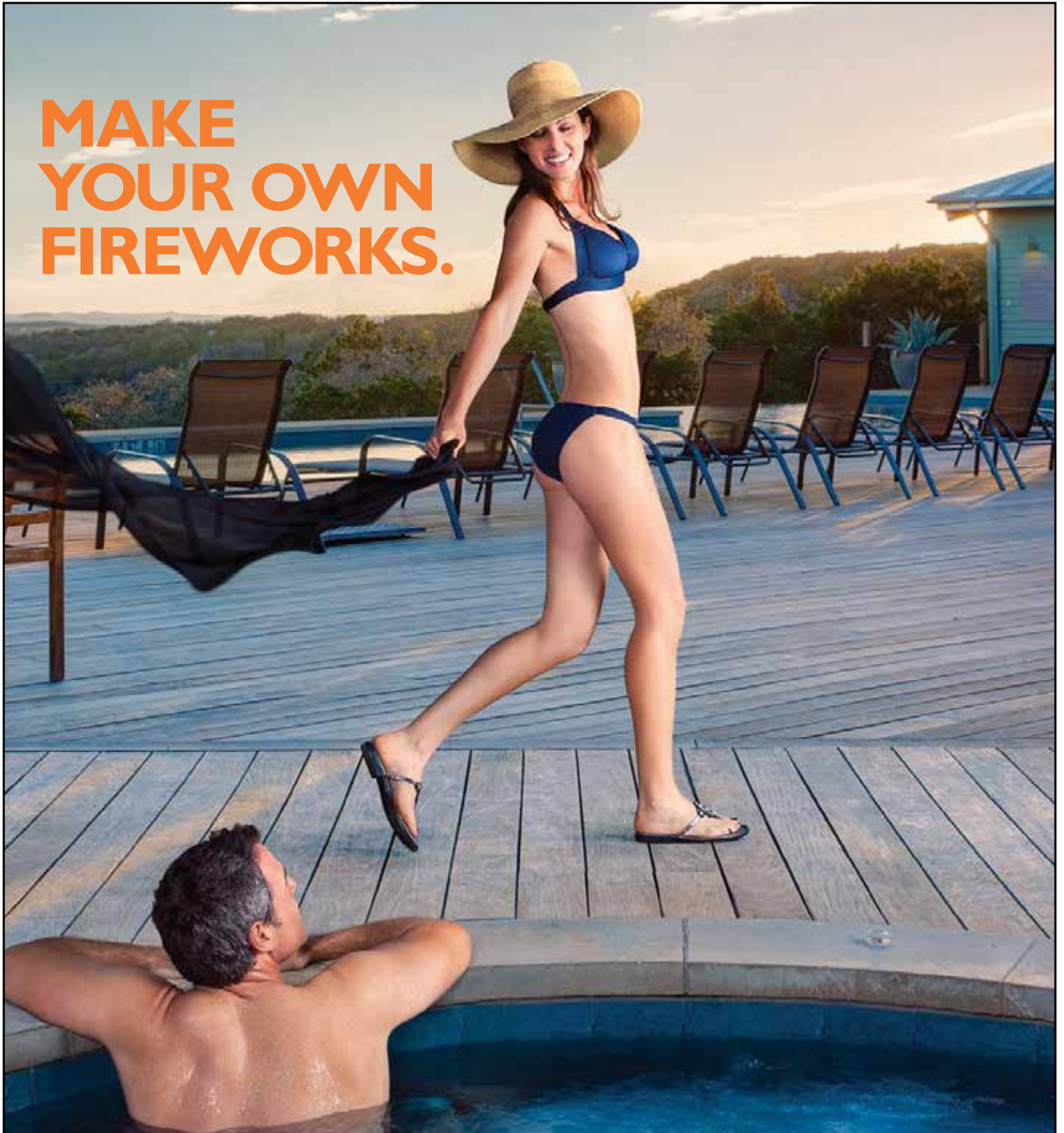
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Physical Symptoms Could Be Sign Of Depression

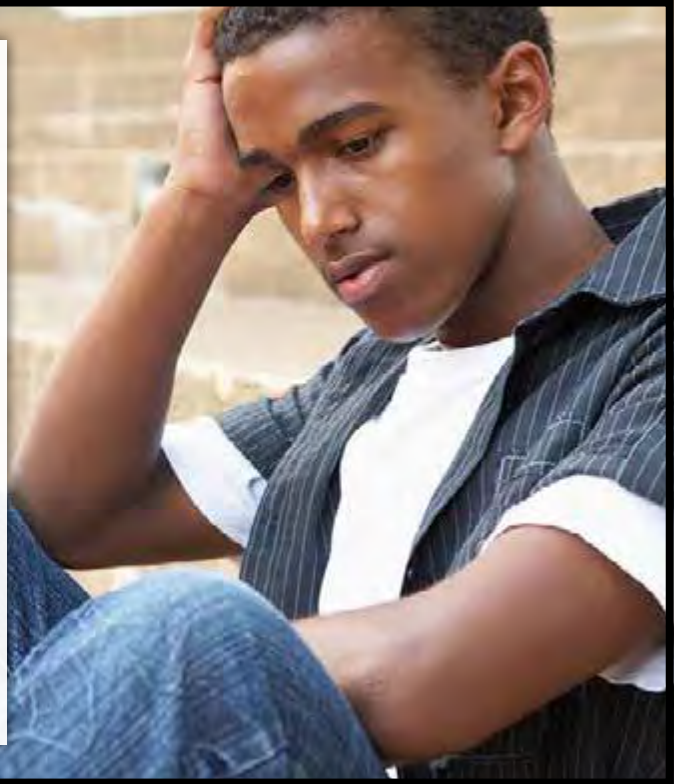
Depression and chronic mood disorders can manifest themselves through physical symptoms, said an expert at Baylor College of Medicine.

"Physical symptoms often drive a patient to see a primary care physician, and then the diagnosis of depression may emerge," said Dr. Sanjay Mathew, associate professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM.

Symptoms include gastrointestinal syndromes or chronic pain conditions. Many patients will have diagnoses of both a physical illness as well as depression.

The first step is to get a complete medical history and physical exam to rule out any medical conditions before making a psychiatric diagnosis.

Certain types of antidepressants and medications that help treat seizures also help with the physical symptoms of depression at low doses. This can help avoid the use of multiple medications.



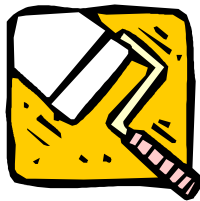
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