

THE MEMORIAL CREEK ESTATES

Bulletin



LETTER FROM THE BOARD

Here we are closing in on the end of another year here in Memorial Creek Estates. We as a board are so excited about many of the accomplishments that have taken place this year. We have had a monthly newsletter that has informed and has kept home owners up to date on items that have happened along the way and with future events, thank you to all that have contributed. Please feel free to join the staff of those that help with information that would be beneficial to all the home owners in the community. There have been several homes recognized for their beautification efforts and many more that we will continue to recognize in the months ahead. Thank you to all those that continue to beautify their homes and property. There are also many home owners that have replaced their fences and it is very much appreciated. That is a responsibility of the home owner to keep up with the replacement of their fence both side and back, it is a big expense but is necessary for each of us under the current covenants and restrictions of the HOA. I would like to remind all of us of a safety issue that has been discussed many times and that is the vehicles and the speed that we drive in our neighborhood. As you know we have many homeowners that like to walk around the neighborhood, please drive slow and courteous so we can protect all the residence. In addition, there are several children that are playing in yards and walking from school at different times, we need to drive slow and protect all those that could be walking at any given time. We do not have the luxury to have side walks so please drive slow and courteous. Thank you to everyone and we wish you and your family a happy holiday season.

Dr. Stephanie Bruce

**JOINS HOUSTON METHODIST OBSTETRICS
AND GYNECOLOGY ASSOCIATES AT HOUSTON
METHODIST WILLOWBROOK HOSPITAL**



Stephanie Bruce, MD, a board-certified obstetrician and gynecologist, recently joined Houston Methodist Obstetrics and Gynecology Associates at Willowbrook at 10130 Louetta Road. Bruce received her medical degree from Texas A&M College of Medicine and completed her residency at the University of Texas, Memorial Hermann Hospital in Houston.

The majority of Bruce's practice is gynecological. Although she misses delivering babies, she says that the practice of gynecology allows her more time to focus specifically on the health and well-being of women.

"I like empowering women to make good decisions for a healthy life," Bruce said. "I have had the privilege of seeing women through many ages and stages, and I have witnessed the benefits of helping women make good decisions now so they will age better and live healthier."

Bruce attends various conferences annually to stay current with the latest research and trends in health care and to maintain the highest level of knowledge in the field. "In my practice, I really focus on what is the evidence-based way we should be treating a given problem," said Bruce. "It's critical to me that my patients hear all treatment options and not be limited only to the procedures I'm comfortable performing. I want them to be aware of all options to make the best decisions for their health."

Bruce's clinical expertise includes:

- Birth control
- Cervical dysplasia
- Gynecological procedures
- Hysteroscopic surgery
- Infertility
- Menopause
- PMS/PMDD
- Polycystic ovary disease

Bruce is also active in community outreach programs to educate women and participates in numerous activities, including the Mother-Daughter Symposium at Houston Methodist Willowbrook and women's health lectures sponsored by the National Junior Charity League.

"I want to share my medical knowledge to help educate and partner with women so they are empowered to make the best choices for their own health," said Bruce. To schedule an appointment with Bruce, call 832.698.5525.

Memorial Creek Estates Bulletin

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*Monthly HOA meetings on the 3rd Thursday at 6:30 pm
6900 Crescent Clover, Spring, TX 77379*

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Did you know we have a Facebook Page! We are the "Unofficial Memorial Creek Estates" Stay in the know between newsletters.

Preventing Frozen Pipes

The American Red Cross has good advice concerning preventing frozen pipes.

Recommendations to consider before and during the onset of cold weather:

- Close any inside valves that supply outdoor hose bibs
- Open outside hose bibs and allow water to drain, keep valve open
- Newspaper can provide protection to exposed pipes in areas that do not have frequent or prolonged temperatures below freezing.
- Keep garage doors closed
- Open kitchen and bathroom cabinet doors to allow warm air to circulate around plumbing
- Let water drip from the faucet as even a trickle of water helps prevent freezing of pipes
- Keep the thermostat set to the same temperature both day and night
- If you are away, leave the heat on in your home to a temperature no lower than 55 F
- Wrap exterior pipes with commercial pipe wrap or old towels or cloths

Don't forget about plants and pets when the temperature drops. Protect plants with cloth coverings and keep pets indoors.

Easiest Thing You Can Do To Prevent Pipes From Freezing

1. Let a trickle of water run overnight.

2. Open cabinets under sinks to allow warmer air to flow around pipes.



Household Management 101

HEADING OFF BURNOUT

Burnout is more than just stress—it's how your mind and your body tell you a change is needed. Do you find yourself withdrawing from work and caring less about results? Are you working harder, often mechanically or to the point of exhaustion? Just going through the motions?

Try a few tips for keeping burnout at bay.

Exercise at least three times a week. Running, weight lifting, bike riding—anything that gets your heart and lungs working burns off stress. Exercise releases endorphins that boost your mood and it dissipates built-up stress that otherwise leads to burnout.

Make time for a hobby. An art class, cooking, reading, sewing—anything that's not part of the regular grind and that helps you relax will balance the things that wear you down.

Practice breathing exercises. "Just breathe!" Yes, it's an old cliché, but there is a grain of truth behind every cliché. Deep breathing gives your body a boost of oxygen and it releases tension in your abdomen around your heart.

Get away. Take a walk at lunch, and don't take work home. Leave the office at the office. At home, find a time and place where you can

relax and unwind. Even 15 minutes of relaxation can relieve stress.

Laugh. Sometimes it helps to look at a situation and just laugh. If that fails, read the jokes that your uncle's cousin's best friend is e-mailing you three times a week. Pick a comedy next time you go to the movies or surf channels.

Take up yoga or tai chi. These disciplines have a restorative effect and are sure burnout busters.

Burnout can creep up on you slowly. Watch for the warning signs and stay ahead of it. Your heart, family and employer will thank you.



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SHEDDING LIGHT ON NEW BULBS



Standard incandescent light bulbs may soon become a thing of the past. Under the Clean Energy Act of 2007, required the sale of energy-inefficient incandescent bulbs to be phased out over a two-year period, beginning with 100-watt bulbs in January 2012. Compact fluorescent lights (CFLs) have become the most popular replacement choice. The typical CFL uses 66 percent less energy and lasts up to ten times longer than an incandescent bulb.

Making the switch to CFLs doesn't require that you throw out all your incandescent bulbs right away. Even a gradual change can result in significant savings. Just replacing your home's five most frequently used light fixtures can save you more than \$65 each year, as CFLs provide the most savings when a lighting source is used for at least two hours a day. You can continue to use incandescent bulbs for fixtures that are only on for a few minutes at a time, such as closet lights, changing to CFLs as your supply of incandescent bulbs runs out.

One important point to know about CFLs is that they contain an average of 4 milligrams of mercury (about the amount that would cover the tip of a ballpoint pen). The mercury is sealed within the bulb's glass tubing, and no mercury is released when the bulb is intact or used. Special caution must be taken when disposing of used bulbs or cleaning up broken bulbs, however. Some states require used CFL bulbs (broken and unbroken) to be taken to local recycling centers for disposal. And if a bulb breaks in your home, you should follow the Environmental Protection Agency's guidelines to clean up the debris:

Before Clean-up: Air Out the Room

- Have people and pets leave the room, and don't let anyone walk through the breakage area on their way out.
- Open a window and leave the room for 15 minutes or more.
- Shut off the central forced-air heating/air conditioning system, if you have one.

Clean-Up Steps for Hard Surfaces

- Carefully scoop up glass pieces and powder using stiff paper or cardboard and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.

- Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.
- Wipe the area clean with damp paper towels or disposable wet wipes. Place towels in the glass jar or plastic bag.
- Do not use a vacuum or broom to clean up the broken bulb on hard surfaces.

Clean-up Steps for Carpeting or Rug

- Carefully pick up glass fragments and place them in a glass jar with metal lid (such as a canning jar) or in a sealed plastic bag.
- Use sticky tape, such as duct tape, to pick up any remaining small glass fragments and powder.
- If vacuuming is needed after all visible materials are removed, vacuum the area where the bulb was broken.
- Remove the vacuum bag (or empty and wipe the canister), and put the bag or vacuum debris in a sealed plastic bag.

Clean-up Steps for Clothing, Bedding and Other Soft Materials

- If clothing or bedding materials come in direct contact with broken glass or mercury-containing powder from inside the bulb that may stick to the fabric, the clothing or bedding should be thrown away. Do not wash such clothing or bedding because mercury fragments in the clothing may contaminate the machine and/or pollute sewage.
- You can, however, wash clothing or other materials that have been exposed to the mercury vapor from a broken CFL, such as the clothing you are wearing when you cleaned up the broken CFL, as long as that clothing has not come into direct contact with the materials from the broken bulb.

- If shoes come into direct contact with broken glass or mercury-containing powder from the bulb, wipe them off with damp paper towels or disposable wet wipes. Place the towels or wipes in a glass jar or plastic bag for disposal.

Disposal of Clean-up Materials

- Immediately place all clean-up materials outdoors in a trash container or protected area for the next normal trash pickup.
- Wash your hands after disposing of the jars or plastic bags containing clean-up materials.
- Check with your local or state government about disposal requirements in your specific area. Some states do not allow such trash disposal. Instead, they require that broken and unbroken mercury-containing bulbs be taken to a local recycling center.

Future Cleaning of Carpeting or Rug: Air Out the Room During and After Vacuuming

- The next several times you vacuum, shut off the central forced-air heating/air conditioning system and open a window before vacuuming.
- Keep the central heating/air conditioning system shut off and the window open for at least 15 minutes after vacuuming is completed.

GAIN RELIEF FROM VARICOSE AND SPIDER VEINS

TUESDAY, JAN. 29, 2019 | 6 P.M.



Richard Lee, MD
Vascular Surgery

**Learn more about managing pain or discomfort
in your legs caused by swollen, twisted veins.**

Join Dr. Richard Lee, vascular surgeon, for a free seminar to understand the symptoms, causes and treatments for varicose and spider veins.

Dinner will be provided.

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Registration is required.

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Memorial Creek Estates Bulletin

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TOMBALL ART LEAGUE

January 12th--Meeting welcomes guest demo artist Doug Hiser, renown wildlife artist. Doug is a master at traversing the wilds and wrapping it all up in a renaissance of creativity meant to inspire a closer look at the world around us. He will talk about his methods of painting: sketches to creation.

Are you an artist? Do you paint in watercolor, acrylics or oils? Do you work in clay? Draw in pastels? Are you a photographer? If you enjoy the fine arts you are invited to join the Tomball Art League and see what we are all about. Membership is a nominal \$25/single or \$35/family. We gather together to promote Art Appreciation in Tomball and the surrounding communities and are always striving to meet new artists in the area! Meeting and demo is free and open to the public!

Our meetings are held at the Lone Star College-Tomball Community Library meeting room, 30555 Tomball Pkwy, 77375 . Join us for socializing/networking at 10:00 AM followed by a brief league meeting at 10:30 AM and finish with an inspiring artist demo. Hope to see you there! For more information please visit our Facebook page Tomball Art League - TAL.

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Flooding: How to Protect Your Family & Finances

In many areas, flooding is the most common and costly natural disaster—and it can happen here. Just one inch of water in your home or office can cost thousands of dollars in cleanup and replacement costs, including drywall, baseboards, floor coverings and furniture. You may think you're covered, but many homeowners' insurance policies do not cover flooding.

Here are several reasons to talk to an insurance agent now about flood insurance.

- There is usually a 30-day waiting period before coverage begins.
- Coverage is relatively inexpensive.
- Renters can buy flood insurance for personal belongings or business inventory.
- Basement coverage includes cleanup expense and repair or replacement of items such as furnaces, water heaters, washers, dryers, air conditioners, freezers and pumps.
- You do not have to repay flood insurance benefits as you do with disaster-related assistance loans.
- You can receive payments for flood-related losses even if no disaster was declared.

Learn more about flood insurance at www.floodsmart.gov.

There are things you can do to prepare your home and family now for flash floods:

- Make a family emergency plan. Emergency preparedness is everyone's responsibility. Write down your plan. Decide ahead of time where you will go if you have to leave and where family members will meet up. Identify an out-of-town emergency contact.
- Get supplies for an emergency kit. Start with three days' water and three days' packaged and canned food. Add a battery-powered radio and extra batteries. Store in waterproof containers with wheels or that you can lift so you can take them with you. For details about preparing an emergency kit, visit www.ready.gov/america/beinformed/floods.html
- Stay informed about what could happen. During storm season, listen to local media for up-to-date reports on weather watches and warnings. Keep a battery-powered portable radio—with a NOAA weather band—handy in case the power goes out. Choose one.

Learn more about preparedness at www.ready.gov/america/beinformed/floods.html.

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