



## Waterford Park

COMMUNITY NEWSLETTER

OLDE OAKS COMMUNITY IMPROVEMENT ASSOCIATION

# Heat-Related Health Dangers for Older Adults Soar During the Summer

### ***NIH Tips Help Reduce Risk of Hyperthermia.***

As we age, our ability to adequately respond to summer heat can become a serious problem. Older people are at significant increased risk of heat-related illnesses, known collectively as hyperthermia, during the summer months. Hyperthermia can include heat stroke, heat edema (swelling in your ankles and feet when you get hot), heat syncope (sudden dizziness after exercising in the heat), heat cramps, and heat exhaustion.

Experts at the National Institute on Aging, part of the National Institutes of Health, say knowing which health-related factors may increase risk could save a life. Those factors include:

- Age-related changes to the skin such as poor blood circulation and inefficient sweat glands
- Heart, lung, and kidney diseases, as well as any illness that causes general weakness or fever
- High blood pressure or other conditions that require changes in diet, such as salt-restricted diets
- Reduced sweating, caused by medications such as diuretics, sedatives, tranquilizers, and certain heart and blood pressure drugs

- Taking several drugs for various conditions (It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.)
- Being substantially overweight or underweight
- Drinking alcoholic beverages
- Being dehydrated

Lifestyle factors can also increase risk, including extremely hot living quarters, lack of transportation, overdressing, visiting overcrowded places, and not understanding how to respond to weather conditions.

Older people, particularly those at special risk, should stay indoors on particularly hot and humid days, especially when there is an air pollution alert in effect. To stay cool, drink plenty of fluids and wear light-colored, loose-fitting clothes in natural fabrics. People without fans or air conditioners should keep their homes as cool as possible or go someplace cool. Senior centers, religious groups, and social service organizations in many communities provide cooling centers when the temperatures rise. Or visit public air conditioned places such as shopping malls, movie theaters, or libraries.

Heat stroke is a severe form of hyperthermia that occurs when the body is overwhelmed by heat and unable to control its temperature. Someone with a body temperature above 104 degrees Fahrenheit is likely suffering from heat stroke. Symptoms include fainting; a change in behavior (confusion, combativeness, staggering, possible delirium or coma); dry, flushed skin and a strong, rapid pulse; and lack of sweating. Seek immediate medical attention for a person with any of these symptoms, especially an older adult.

*(continued on page 3)*



# HAPPY *Independence Day*



# Heat-Related Health Dangers

– continued

If you suspect that someone is suffering from a heat-related illness:

- Call 911 if you suspect heat stroke.
- Get the person out of the heat and into a shady, air-conditioned or other cool place. Urge them to lie down.
- If the person can swallow safely, offer fluids such as water and fruit or vegetable juices, but not alcohol or caffeine.
- Apply a cold, wet cloth to the wrists, neck, armpits, and groin. These are places where blood passes close to the surface of the skin, and a cold cloth can help cool the blood.
- Encourage the person to shower, bathe, or sponge off with cool water if it is safe to do so.

To learn more, go to [www.nia.nih.gov/health/hot-weather-safety-older-adults](http://www.nia.nih.gov/health/hot-weather-safety-older-adults). Free publications on hot weather safety and other healthy aging topics in English and Spanish are available from the NIA website, [www.nia.nih.gov](http://www.nia.nih.gov) or by calling NIA's toll-free number: 1-800-222-2225. For more information about NIH and its programs, visit [www.nih.gov](http://www.nih.gov).

## Stay Informed Attend the Monthly OOCIA Board Meetings

When was the last time you attended a monthly Olde Oaks Community Improvement Association Board Meeting? The Board members have been working diligently to ensure our community is financially healthy and remains attractive to new potential home buyers. The Treasurer has begun publishing financial information that now includes graphical presentation of Deed Restriction violations, detailed Accounts Receivable data, notes to the financials that clarify what is occurring over time, and specifics about what are anticipated uses of the Capital Reserve Fund. At this time, the financial information is not posted to our website; you must attend the meetings to obtain a copy or contact the Treasurer directly.

In addition, the Board has been keeping up to date on potential buyers of the vacant real property that is along TC Jester at the south end of our subdivision. More information on those developments should be coming soon but has not yet been published by the Board. If you, or someone you know, attends the Board meetings and would like to write up an “informal” summary for future newsletters – that would be very welcome. I will not be able to attend the meetings until October.

### OOCIA MANAGEMENT COMPANY

Crest Management Company, AAMC..... 281-579-0761  
(for deed restrictions, neighborhood management and property improvements)  
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### OLDE OAKS CIA 2018–2019 BOARD

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Deputy Patrol Coordinator  
Tyrone Davis, [tdavis.oocia.board@gmail.com](mailto:tdavis.oocia.board@gmail.com)

### MUNICIPAL UTILITY DISTRICTS (MUD)

Manhole/Sewer Backup..... 713-983-3602  
MUD #20 .....[www.edpwater.com/your\\_district.html](http://www.edpwater.com/your_district.html)  
Billing, Service & Emergencies..... 832-467-1599  
Board Meetings: First Tuesday of month, 11:30 a.m.  
10000 Memorial Drive, Suite 260, Houston, TX, 713-951-0800  
MUD #44 ... [www.wdmtexas.com/districts-served/harris-county-mud-44](http://www.wdmtexas.com/districts-served/harris-county-mud-44)  
Billing, Service & Emergencies..... 281-376-8802  
Board Meetings: Second Tuesday of month, 4 p.m.  
(Call before to confirm), 15705 N. Greenfield Drive  
Bammel Utility District Office..... 281-376-8802  
[www.wdmtexas.com/districts-served/bammel-utility-district](http://www.wdmtexas.com/districts-served/bammel-utility-district)  
Board Meetings: Second Monday of month, 7 p.m.  
3904 Gladeridge (clubhouse)

### EMERGENCY NUMBERS

Police – Fire – Ambulance .....911  
Nonemergency Sheriff ..... 713-221-6000  
Fire Department – Klein Volunteer..... 281-251-0101  
Animal Control..... 281-999-3191  
24 hr. Emergency Poison Control Center ..... 800-222-1222  
CenterPoint Electric ..... 713-207-2222  
CenterPoint Gas ..... 713-659-2111  
Harris County Pct. 4 (M-F, 8 a.m.-5 p.m.) .....281-353-8424  
Harris County Pct. 4 (outside regular hours)..... 713-755-5000  
Registered Sex Offenders.....[www.familywatchdog.us](http://www.familywatchdog.us)

[www.iwatchharriscounty.com](http://www.iwatchharriscounty.com) Download the app for Apple and Android phones to report criminal activity anonymously.

To have your house checked on while you're away on vacation go to [www.harriscountysoc.org/vacation\\_watch.aspx](http://www.harriscountysoc.org/vacation_watch.aspx) and complete the form online, or call the Cypresswood substation.

Sign up for “Alerts” posted for our community at [www.nextdoor.com](http://www.nextdoor.com).

### AUGUST NEWSLETTER DEADLINE

July 9, 2019

Editor: Mary Ann Waterman

Send information and questions to [ooxiaeditor@gmail.com](mailto:ooxiaeditor@gmail.com)

### NOTICE TO HOMEOWNERS

Next OOCIA Monthly Open Board Meeting

is July 16 at 6:45 p.m. at

Oak Creek Village Clubhouse (3906 Gladeridge Drive)

# Book Club “Footnotes”

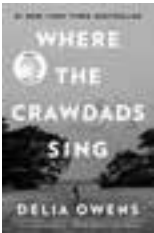
Although the book club does not meet in June, July, and August we will be busily reading other books and looking forward to our fall lineup. On May 28, we met at Rao's Bakery and Coffee Café on Cypresswood Drive to discuss our May book. We also chose books for the fall. They are as follows:



**September 24**  
*Founding Mothers: The Women Who Raised Our Nation* by Cokie Roberts



**October 22**  
*Becoming*  
 by Michelle Obama



**November 19**  
*Where The Crawdads Sing* by Delia Owens

Since we do not meet in the summer, I will submit the next book club article for the September issue with more detail on the *Founding Mothers*. In the meantime, enjoy your summer and all the activities that go with that season. If you would like to join the Book Club or have questions, please contact Kathy Hall, Coordinator, at 281-569-4967.

# IF YOU HAVE SOME BLUE SUEDE SHOES *Save The Date*

Elvis is back! The Women's Club of St. Ignatius Loyola will be hosting an Elvis Tribute on **Saturday, September 21** from 7-9 p.m. Come join us for an evening of dancing, refreshments and entertainment by celebrity Vince King at the parish Christus Center, 7810 Cypresswood Drive, Spring 77379.

According to <http://www.vincekinglive.com>, "Vince King is a multi-award winning 'Elvis Tribute Artist' residing in the Houston, Texas area. Vince has won multiple ETA competitions, and is recognized by Elvis Presley Enterprises as a preferred Elvis Tribute Artist... Vince was destined to become an Elvis Tribute Artist given his striking Elvis features. His voice, the famous Elvis moves, mannerisms, charisma and magical connection with his fans. Performing for audiences for over 14 years, Vince is one of the few ETA's who can perform all eras of Elvis Presley's amazing history-making career."

Advance Tickets: \$20; At the Door: \$25

Contact: [kathytx@hotmail.com](mailto:kathytx@hotmail.com) or call 832-515-5977



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# Yards of the Month

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3219 Ivy Falls Drive



Congratulations to the  
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For further information about nominating a yard on your street, contact Susan Szota at [sszota@me.com](mailto:sszota@me.com).

15619 Pebble Bend Drive



15214 Climbing Branch Drive



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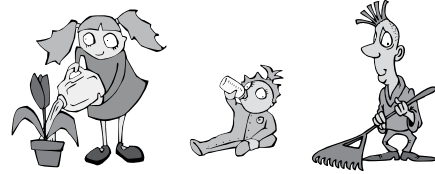
*Area Resident*

## CLASSIFIED POLICY

Don't forget that the classifieds are free to all Olde Oaks residents. Use this section to buy and sell personal items. All we ask is that no adult-owned business ads be turned in, such as real estate, in-home operated businesses or fee-based services. If you'd like to advertise your adult-owned business and support our newsletter, call Champions Printing & Publishing, Inc. at 281-583-7661. The editor retains exclusive right to accept or reject any classified deemed unfit. Your classified will run for one month. If you want to run it for a longer period of time, please resubmit your ad by the newsletter deadline for each month you'd like it to appear.

## Spring ISD 2019-2020 Calendar

August 14.....First Day of School  
 August 30 – September 2 ..... First Calendar Break/Labor Day  
 September 20-23 .....Second Calendar Break  
 October 11-14 ..... Third Calendar Break  
 November 4-5 .....Fourth Calendar Break  
 November 22-29..... Thanksgiving Holiday  
 December 20 – January 6 .....Winter Holiday  
 January 20.....Martin Luther King Jr. Day  
 February 14-17 .....Fifth Calendar Break/  
 .....Presidents' Day  
 March 6-13..... Spring Break  
 April 10.....Spring Holiday  
 May 25..... Memorial Day  
 June 2 .....Last Day of School for Students



## Teen Job Seekers

Summer and part time jobs are a great way to earn some extra cash and kick-start a resume of positive work experiences with related personal references. To be listed as a Teen Job Seeker, email your name, address, phone number and job preferences to oociaeditor@gmail.com. The newsletter will publish your name, phone number and job preferences so that neighbors seeking help can contact you directly. To keep the list up to date, your listing will run for two months. You will need to resubmit your contact information every other month. This column is for informational purposes only and does not imply any specific recommendation by the newsletter editor or the Olde Oaks Community Improvement Association. Typical job types include:

B – Babysitting H – House Sitting Y – Yard Work  
 P – Pet Care T – Tutoring

*Please see the Classified Policy for additional information. This offer is not extended to adult-owned businesses such as in-home operated businesses or fee-based services.*



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# ★ ★ Fourth of July Quiz ★ ★

In celebrating July the 4th, sometimes the deep meaning behind our July 4th celebrations is forgotten. The following questions remind each and every one of us about: Who, When, Why and What is the meaning of July 4th?

To see where you score in this month's mini-test, just answer these ten easy questions.  
Mark your answers with a T for true and an F for false. Good luck!

1. \_\_\_\_\_ July 4 is when Christopher Columbus discovered America.
2. \_\_\_\_\_ July 4 is also called "Independence Day."
3. \_\_\_\_\_ July 4 is considered to be the Birthday of the United States of America.
4. \_\_\_\_\_ July 4 is when the American colonies declared to become the United States of America, meaning that we wanted to be our very own country.
5. \_\_\_\_\_ Among the founding fathers, the following men signed the Declaration of Independence: John Adams, Benjamin Franklin, George Washington and Thomas Jefferson.
6. \_\_\_\_\_ On most military bases, 50 gunshots, one for each state, are fired at noon on July 4, as a respectful salute to the union.
7. \_\_\_\_\_ Our July 4th celebrations may include fireworks, family, friends, fake wars, display of US flags, cook-outs, red, white and blue decorations, parades, travel, July 4th store discounts and listening to patriotic songs.
8. \_\_\_\_\_ Some patriotic songs include:  
"God Bless America": Lyrics – My Home, Sweet Home  
"The Star Spangled Banner":  
Lyrics – Oh, say can you see by the dawn's early light  
"The Battle Hymn of the Republic":  
Lyrics – Glory, Glory Hallelujah  
"God Bless the USA":  
Lyrics – I'm proud to be an American
9. \_\_\_\_\_ July 4 is when the US President is sworn into office.
10. \_\_\_\_\_ We celebrate our country's birthday because we are thankful for all the rights and privileges we are given as Americans.

Key: 10 Points Each

Answers: 1. F, 2. T, 3. T, 4. T, 5. T, 6. T, 7. T, 8. T, 9. F, 10. T  
*Written and Submitted by The Medina Group*

**THE MEDINA GROUP**  
**INTERO**

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# Olde Oaks and Waterford Park Sheriff's Department Patrol Statistics 2019

<b>March</b>				<b>April</b>			
Total Reported Incidents 713				Total Reported Incidents 603			
911 Hang Up	1	Evading	2	911 Hang Up	1	Evading	
Accident FSGI	1	Forgery	1	Accident FSGI	2	Forgery	3
Alarm Local	24	Fraudulent Use ID	1	Alarm Local	17	Fraudulent Use ID	1
Assault Agg	1	Open Door Window	1	Assault Agg	1	Open Door Window	
Assault Family	1	Parking Lot Check	2	Assault Family		Parking Lot Check	
Burg Habitation	2	Sex Offender Check		Burg Habitation	1	Sex Offender Check	2
Burg Motor Vehicle	2	Suspicious Person	3	Burg Motor Vehicle		Suspicious Person	5
Check Park	6	Traffic Stop	38	Check Park	11	Traffic Stop	27
Contract Check	544	Vacation Watch	35	Contract Check	466	Vacation Watch	29
Criminal Mischief	2	Vehicle Speeding	2	Criminal Mischief	2	Vehicle Speeding	
Discharge Firearm		Vehicle Stolen	1	Discharge Firearm	1	Vehicle Stolen	
Disturbance Other	2	Vehicle Suspicious	13	Disturbance Other	6	Vehicle Suspicious	4
Domestic Prevent	1	All Other Incidents	27	Domestic Prevent		All Other Incidents	23
DWI				DWI	1		

## Make Time for **YOUR MAMMOGRAM**

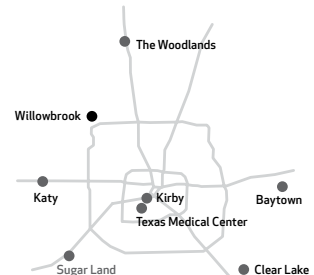
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# The Pearl Fincher Museum of Fine Arts

## My Hero! Exhibition, Summer Camps Through August 17

The Pearl Fincher Museum of Fine Arts is delighted to announce its Summer 2019 exhibition: *My Hero! Contemporary Art & Superhero Action*, as well as its *Heroes and Villains* themed summer art camps.

With more than 130 pieces, *My Hero!* is a “POW-erful” exhibition for all ages that is being presented exclusively at the Pearl Fincher Museum of Fine Arts this summer, for Houston-area residents to enjoy. The exhibition explores

what it means to be a superhero and celebrates the possibilities when you have a magic cape, lasso, or superhuman power. This intriguing collection features work by contemporary artists from around the world, in a variety of media including sculpture, printmaking, and photography.

The exhibition includes a series of photographs by Dulce Pinzón of Brooklyn, NY, depicting the lives of immigrants as society’s superheroes, such as an image of Catwoman working as a nanny, and Superman delivering pizzas on his trusty bike. Several artists ponder what happens to superheroes when they get older, and San Francisco artist Lizabeth Eva Rossof created a 6’ 7” tall, 420-pound statue of Batman as a historic Terracotta Warrior.

Fans will recognize their favorite superheroes in the exhibition, including Superman, Spider-Man, Batman, Robin, Captain America, Wonder Woman, Supergirl, Catwoman, Hulk, Iron Man and more—in “out-of-the-box” new and interesting ways.

*My Hero!* will be featured in the main gallery and Rebecca Cole Gallery of the Pearl Fincher Museum of Fine



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Arts through August 17. The exhibition is made possible in part through generous gifts from The Hamill Foundation and Houston Federal Credit Union.



Located at 6815 Cypresswood Drive in Spring, the Pearl Fincher Museum of Fine Arts is open 10 a.m. to 5 p.m. Tuesday through Saturday. Admission is free. Donations are appreciated and help continue the Pearl's mission of art, education, and community.

### Summer Art Camp: Heroes & Villains

Joining in the excitement of this year's *My Hero!* exhibition, the Pearl's Summer 2019 Art Camps will feature a theme of *Heroes & Villains*.

Junior camps are available for ages 8-12, and senior camps for ages 13-18. Camps are one week long and meet for three hours each day. Over the course of a week, students will develop their very own superhero – or antihero – and design everything for their character, including logo, color scheme, costume, and vehicle. Summer Art Camps began in June and will conclude on **July 26**. For more information, please visit [www.pearlmfa.org](http://www.pearlmfa.org) or call 281-376-6322.

## Architectural Control Committee Guidelines

As a reminder, homeowners planning to make improvements to the exterior of their home or elsewhere on the property must obtain written approval prior to beginning work on the modifications from the Architectural Control Committee (ACC). This includes painting and repainting of siding, trim, brick, front door, etc. even if repainting the home with the same colors. The goal of the ACC is to serve both you and the community by determining that your finished improvement will comply with the Deed Restrictions and Architectural Guidelines and enhance the value of your property and our neighborhood. Approval is not required for plans to remodel, paint, or otherwise alter the interior of a home.

The criteria followed by the ACC in making its decisions are outlined in the Deed Restrictions and the Architectural Standards and Guidelines, copies of which can be viewed or downloaded by going to the community website at [www.oocia.org/governing-documents](http://www.oocia.org/governing-documents). You can complete the online application, download an application to mail in with support, as well as obtain further guidance prior to completing your request for ACC review at [www.oocia.org/architectural-control](http://www.oocia.org/architectural-control).

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Valid on residential jobs only with coupon. Not valid Sundays, holidays, after hours or with any other offer or coupon.

# The 21st Annual Woodlands Family YMCA DRAGON BOAT TEAM CHALLENGE

September 26-29 • Northshore Park in The Woodlands • 8 a.m. to noon and 2-6 p.m.

Registration is now open for the 21st Annual YMCA Dragon Boat Team Challenge Presented by Repsol. Registration will open for new teams on July 1.

The four-day event, scheduled for September 26-29, will be held at Northshore Park in The Woodlands. Teams participate in a single four-hour bracket, 8 a.m. to noon or 2-6 p.m.

Are you looking for a unique, fun and easy team-building outing? YMCA Dragon Boat is for you. The YMCA does all the planning and facilitating ... all you have to do is register, recruit your team and show up ready to play. The event promises teamwork and camaraderie at their best and allows participants to visit and play with old friends and make new friends while working hard to reach your goal as a team and having fun! Who will take home the coveted "Dragon"?

A team is composed of a minimum of 20 members but no more than 30. Each team roster must have a minimum of



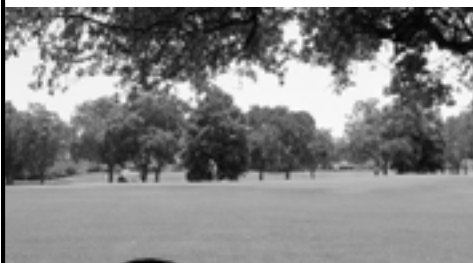
five females and participants must be at least 18 years of age. High school teams, 9th – 12th grade, are eligible to participate in the Sunday morning bracket.

The event features six different team activities, but the Dragon Boat Races are the main event. The boats, owned by The American Dragon Boat Association, are transported

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from Cedar Rapids, Iowa. Dragon boats are forty feet long, extremely, colorful and weigh over 1,800 pounds. This exciting team-building event is designed to build community spirit among corporations, civic groups and community organizations. The activities are designed to bring individuals together to achieve a single goal – to have **fun!** They achieve this by becoming a team and working together as a synchronized unit. It's much more than "beating the other team." It is the camaraderie, the team work and team spirit, visiting and playing with old friends, meeting new friends and laughing. Along with improving health, whenever teamwork is involved, there's the added benefit of being connected to others. It is adults having the opportunity to play like kids!

Celebrating 21 years Rowing for a Cause, the YMCA Dragon Boat Team Challenge benefits the Y's Annual Better US Campaign, which ensures everyone, regardless of age, income or background has the opportunity to learn, grow and thrive at the Y. Every dollar raised is an investment in our community and our future.

Spectators are encouraged to stop by and cheer on their favorite team. Admission is free for spectators. For more information, visit [www.ymcdragonboat.org](http://www.ymcdragonboat.org) or contact Roxanne Davis at 281-681-6730 or [rdavis@ymcahouston.org](mailto:rdavis@ymcahouston.org).

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