

BINGLEWOODS

Binglewood – A deed restricted community to protect our investment

APRIL 2020

WWW.BINGLEWOOD.COM

PRESIDENT'S MESSAGE

The Coronavirus (COVID-19) has spread across the globe and has changed the way we live our everyday lives. People have been impacted due to illness, economic challenges, fear, and/or isolation due to “social distancing”.

During this global health crisis, it is important to stay connected to your community. Please reach out to your neighbors that may need assistance during these times. Maybe someone is unable to get out to the grocery store or get their medicine due to health reasons or simply they do not want to be placed in a vulnerable position due to their age. This simple act of kindness for your neighbor is what makes Binglewood a great community. Interaction from afar or over the phone to let someone know that you are thinking of them is helpful. Council Member Amy Peck has provided contact resources if you have any questions regarding the Covid-19 crisis including updates from houstonemergency.org, or Council Member Peck's office at districta@houstontx.gov or 832-393-3010. Her staff and Council Member Peck continue to work from home, but they regularly check messages and do return calls.

Recent community updates include the upcoming installation of speed cushions in our community and the COH Water Pipe Replacement Project that will close Hollister from March 30th through April 8th.

Binglewood Social Committee Update: We are sorry but implementation of the *Yard of the Month* program has been delayed until further notice.

IDEAS FOR KIDS AT HOME

Having a consistent routine with flexibility is important. Young children respond well to posted/pictorial schedules. Older children/teens could use a planner. Break up school assignments with other types of activities limiting focused work to 20-45 minutes at a time. Other types of activities may include daily chores, games, crafts, simple food preparation, and outdoor fun. Include time daily for phone or video contacts with friends and relatives. Here are some additional suggestions to consider:

- Project ideas: clean out the garage; plant a vegetable garden or flowers to brighten up the landscape; gather toys and clothing for donation; create a family tree or photo album.
- Fun activities: family sing-along; play make-believe or role-play a favorite story; family workouts; daily walk to play “I Spy”; Read a classic story aloud.
- Volunteer projects: make greeting cards for hospital patients, nursing homes or the military; make “fidget mats” for dementia patients (see Pinterest for ideas); put together supply kits for the homeless.
- Here are some free educational websites that may also be useful:

www.Starfall.com
www.Highlightkids.com
www.StoryLineOnline.net

www.Brainpop.com
www.PBSKids.org
www.KahnAcademy.org

Spring Branch ISD has implemented distance learning. Please contact your school for specific details. This includes handouts to be picked up and online courses.

CALENDAR

Meeting

Tentative Saturday, May 9th*
9:30am – 11pm
St. Jerome Activity. Ctr. Rm. 104
***Meeting will be cancelled if the City extends group meeting restrictions.**

Agenda

Community Update
Speaker: TBD
Civic Club Committee Breakout
Other Business

Trash & Lawn Clippings

Every Friday

Recycle (Green Can)

Friday, April 10, 24

Friday, May 8, 22

Junk Waste (Even Months)

Thursday, April 23

Tree Waste (Odd Months)

Thursday, May 28

CONTACT

contact@binglewood.com
construction@binglewood.com
news@binglewood.com
www.binglewood.com

Instagram:

Binglewood_Community

Twitter: @BinglewoodComm

Facebook: BinglewoodComm

PO Box 430943

Houston, TX

LEADERSHIP

President, Joanne Cortez

Vice President, Ann Cowper

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Sergeant at Arms, Jonathan

Vanegas

Patrick Gonzalez, Board Pos. 1

Rey Doria, Board Pos. 2

Noel Lezama, Board Pos. 3

COVID-19 GUIDELINES

Access the following website for updates on Houston's guidelines for addressing the COVID-19 virus epidemic:

<http://houstonemergency.org/covid19>

Stay at Home and Stay Safe! *If we all do our part, this will be over sooner.*

HEALTHY LIVING

It is a good time to reflect on your current practices and consider the following tips:

- Eat a balanced diet of fresh proteins, fruits and vegetables.
- Get a good night sleep.
- Keep moving.
- Spend time outdoors.
- Relieve stress by self or partner massage and deep breathing.
- Wash your hands often with soap and water for at least 20 seconds.
- Keep your hands away from your eyes, nose and mouth.
- Avoid overexposure to negative news reports
- Stay connected with friends and family using Facetime, Skype or other video conferencing options.

The following is a sampling of sites offering webcasts or videos for yoga, exercise and meditations:

<https://simplehabit.com/explore-meditations>, Meditations for all ages.

<https://www.yogajournal.com/video>, Yoga, stretching and meditation web casts

https://www.youtube.com/watch?v=P_GPWLIQVMw, Strength, balance & flexibility for seniors.

<https://www.youtube.com/watch?v=NDLad2vOHkU>, Yoga for seniors.

<https://www.youtube.com/watch?v=aHVR2FnTpdK>, Workout with kids

<https://www.youtube.com/watch?v=FmWPRv6g9aI>, Workout with kids

<https://youtu.be/aHVR2FnTpdK>, Family cardio workout.

Information contributed by Rebecca Symmank

SPRING CLEANING TIPS

A clean, organized environment helps everyone, especially allergy sufferers. Here are suggested steps for accomplishing your Spring cleaning.

- **Make a Schedule.** The best place to begin is the room/space that needs it most.
- **Gather Supplies.** Include items to guard against skin irritations.
- **De-clutter.** A disorganized home adds to your stress level. Suggested sorting categories: **KEEP, TRASH, SELL/CONSIGN, DONATE. Safely discard old, expired or spoiled items.** Box or bag items that are environmentally toxic and dispose at one of the city's Environmental Service Centers. Check with your pharmacy for safe disposal options for expired medications.
- **Work from top to bottom.** Start from the ceiling and work your way down. Remove window treatments that cannot be cleaned in place. Vacuum cobwebs and dust from ceilings, fans, window, sills and window treatments. Wipe down walls, blinds, and cabinets and shelves with a damp cloth. Clean the windows. Dust and/or wax furniture. Vacuum then mop the floor with appropriate cleaning solution.
- **Replace furnace and HVAC filters.**

SUPPORT LOCAL BUSINESSES

Restaurants are taking a hard hit because of the closing of all dining rooms to help slow the spread of COVID-19. Thankfully takeout and delivery are still available. Many are offering FREE DELIVERY! Door Dash, Grub Hub, and Uber Eats offer free delivery on your first order. Please help to keep the lights on and their employees working. Here is a short list:

Angie's Country Kitch
11708 Hempstead (713-957-1320)
www.angiescountrykitchen.com

Buffalo Wild Wings
9435 Katy Frwy (281-833-8300)
www.buffalowildswings.com

Daddy's Pizza
2625 Gessner (713-939-8000)
www.daddyshouston.com

Max Donuts
9225 Clay Rd. (713-690-4778)
They provide our donuts at meetings!

Nice Winery – Drive Thru
2901 W. Sam Houston Pkwy N., C-260
(713-744-7444) www.nicewines.com

Roostar Vietnamese Grill
1411 Gessner (832-649-8955)
www.myroostar.com

Binglewood residents are also encouraged to support the following local businesses who have supported the Binglewood Civic Club by generously donating items for a FREE RAFFLE held at each meeting:

Allison's Hair and Nails, 9585 Clay Rd. #14 (713-690-1444)

Chavez Mexican Café, 2557 Gessner Rd. (713-460-5394) www.chavezmexicancafe.com

Goal Zero, www.goalzero.com—portable power for emergencies and outdoors

Helms-Briscoe, ntrevino@helmsbriscoe.com – site selection for corporate meetings and events (713-494-2958)

Nice Winery, 2901 W. Sam Houston Pkwy N., Suite C-260 (713-744-7444)
www.nicewines.com

Party Rush, 2651 Gessner Rd.-party supplies and balloons (346-813-1370)

Banh Mi N More,
10520 Northwest Frwy (832-301-3963)

Chavez Mexican Café
2557 Gessner Rd. (713-460-5394)
www.chavezmexicancafe.com

Longhorn Steak House
9401 Katy Frwy #A (713-463-3734)
www.longhornsteakhouse.com

MytiBurger
9405 Kempwood (713-462-0109)

Olive Garden
9750 Katy Frwy (713-973-6287)
www.olivegarden.com

Saltgrass Steak House,
8943 Katy Frwy (713-461-6111)
www.saltgrass.com