

vccahouston.org

PO Box 130891

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April 2020

CIVIC ASSOCIATION NEWSLETTER



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Vermont Commons Civic Association
PO Box 130891, Houston, TX 77219
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VCCA Spring Events

Dear neighbors and friends - due to the local and worldwide efforts to curb the spread of the coronavirus pandemic, all April VCCA activities were



canceled. The annual Spring Picnic has been postponed until further notice.

We urge everyone to keep their safety, their neighbors' safety, as well as general public safety, a top priority.

Activities scheduled for May remain on the calendar for the time being. We are closely monitoring developments related to social gatherings in the city, and will announce any changes immediately on our website vccahouston.org. Check it regularly for most current information.

May Happy Hour & Speaker New District C Council Member Abbie Kamin

Date: Monday, May 11th, 6:30pm Happy Hour

Speaker at 7pm

Location: Churrasco's, 2055 Westheimer,
Shepherd Square Shopping Center



VCCA is happy to welcome our new District C Council Member **Abbie Kamin** to her new role, as well as to the May Happy Hour. According to the government [website](#), Kamin is a civil rights attorney and neighborhood advocate, born and raised in Houston. Among her many career highlights is serving as the Committee Director

and Clerk for the Texas House Human Services Committee, where Abbie fought for solutions to Texas' foster care crisis. In the midst of Harvey, she was called upon to help at the City's Command Center at George R. Brown. Her writings on voting rights have been published in the *Washington Post*, the *Houston Chronicle* and the American Constitutional Society. When she was on the Mayor's Commission Against Gun Violence, Abbie researched and drafted proposals that focused on what the city can do to address the issue. To learn more about her history and experience, visit her page. Then join us for a meet-and-greet, to ask questions and hear about what Abbie is looking to achieve while serving District C.

IMPORTANT RESOURCES

County Commissioner Ellis' office is reaching out to neighborhoods and residents; his office is ready to assist you and address your concerns, and has shared these Harris County contact numbers:

COVID-19 Screening Tool: 832.927.7575
Ask a Nurse Hotline: 713.634.1110
Houston Food Bank: 832.369.9390
Mental Health Help: 833.251.7544

Nextdoor Keeps You in the Know

If you aren't on Nextdoor yet, now is the best time to join and encourage other to join as well. Aside from the usual updates about lost and found pets, crime alerts, and business recommendations, you can find out where and when to shop for your most-needed items, how your favorite local businesses are doing and how to help them, and how to request or provide assistance to vulnerable neighbors. Click on the new Help Map option in the main menu, and then either "Offer help", or find a neighbor who volunteered to help (represented with dots on the map).

Top 10 Tips for Surviving and Thriving in a Changing and Sometimes Crazy World

Do you or anyone you know experience feelings of fear and hopelessness about the current world situation, or feeling that life is a constant struggle? No matter what is happening or seems to be happening in the world, it is important to remember that nothing is ever only as it seems... Let's never forget that it really is a beautiful world that we live in...

1. Look after and take care of YOU in both big and small ways. Improve your diet, insist on getting enough sleep, maybe a good multi-vitamin is appropriate for a while, deal with any ongoing health issues now.
2. Ease your heart... Recognize, work through, heal and release any and all emotional pain, anger, bitterness, resentment and hate. Holding on to these things can be extremely harmful and damaging to ourselves. Whenever possible "send them love". It's so much more powerful and good for your emotional heart and well-being.
3. It's ok to keep an eye on and an ear open to local, national and world news and have awareness of what's going on, but if it feels like a constant drama or soap opera, it's time to turn it OFF! Non-stop negative news makes us feel anxious and afraid and the world starts to feel like just a scary place... Change track on this now. Look for good news, positive news, happy news... The world is full of it! Start your day or week or life of by looking for good news! It feels good to feel good!
4. Take a step back. Stop taking things so very personally. Start looking for and expecting the best solutions and outcomes even when this does not at the moment appear possible or likely.
5. Each day or as often as you can, create balance by doing or gifting yourself something for your physical, mental, emotional or spiritual self.
6. Love to love and to be loved. Love is the elixir of life itself! If there is no one there to love you, love yourself! Start now to learn what that means and how to do that for you.
7. Develop your hopes and dreams! Have pleasant, fun and enjoyable things to look forward to! Add more joy and fun to your life... It's great and absolutely necessary to look forward in this way but just also make sure you remember to bring balance by practicing being mindful and living in and enjoying the now.
8. Find what is stable and solid for you. Do it, have it and embrace it often.
9. Make and take time for YOU.
10. Find glorious color everywhere and embrace color in your life.

This article was written by Petrene Soames for the special March 2020 edition of *My Indigo Sun* magazine. For the original article, as well as other content aimed at connecting with nature and ourselves to live a healthy and inspired life, visit myindigosun.com.

VCCA OFFICERS 2020 - 2021

Directors: Jeanette Hix, Stephanie Taylor, Nina Westerfeld, Janet Meyer, Lisa Meyer, Lillian Skogsberg, Ann Green Terrel

Treasurer: Chuck Randall

VP Deed Restrictions: Andy Tallin

Newsletter: Natalia Podosinnikova

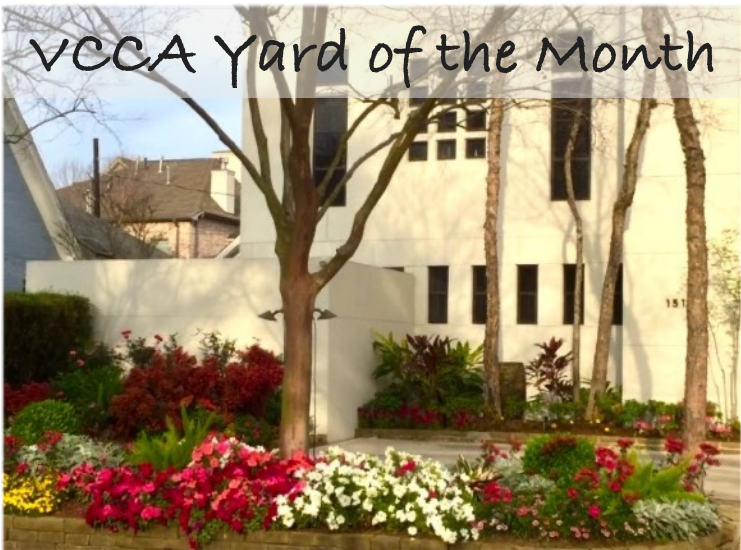
CREATIVE MINDSET REFRAMES

Language creates our world, so director Benjamin Henredig offers these linguistic reframes to reduce stress and foster a positive outlook:

- "shelter-in-place" > "artist-in-residence"
- "quarantine out of fear for self-protection" > "'quaranteam' out of conscious intention for collective well-being"
- "social distancing" > "physical distancing"
- "isolation & loneliness" > "solidarity & solitude"
- "economic collapse" > "ecological renewal"

Send news, notices, photos, editorials, advertising requests to nat.podo@gmail.com. Submissions are due the 15th of the month preceding the newsletter.

Commissioner Ellis's office reached out to VCCA to assess "Community Needs". If you are aware of a neighbor in need of essential supplies, such as food, or other necessary assistance, please forward their name and contact information to Jeanette Hix at hix@rmi.net. **Help VCCA organize support for those who need it!** To reach the Commissioner's team directly, email Ken Olive at kenneth.olive@cp1.hctx.net

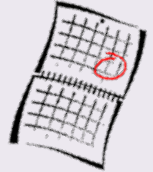


VCCA Yard of the Month

1517 Hazard

VCCA Event Schedule for 2020

- Postponed — Spring Picnic
- May 6 — Coffee — 10am
- May 11 — Happy Hour/Speaker:
Abbie Kamin, District C Council
Member — 6:30PM
- June 3 — Coffee — 10am
- June 8 — Happy Hour — 6:30PM
- June 17 — Book Club — 2pm



CITIZEN PATROL

In February, 7 volunteers completed a total of **153 hours** of driving and walking patrol. That is **over 5 hours per day** of volunteering to help keep us all safe! Special shout out to **Bob Costantini**, who did 104 of those hours! We are getting a little low on active patrollers. Patrolling can be done safely from your car or by keeping distance from other people when walking. To become a volunteer, email davidhoyer@sbcglobal.net.

PSA: BE WEARY OF SCAMS!

Every day there are reports of phishing schemes and other scams aiming to use uncertainty around current events to get access to private information of vulnerable individuals. Stay vigilant and responsible for your safety! No government agency will ever ask for your Social Security, bank, or credit account number, on the phone or through email. Do not click on any unfamiliar links in your email, and verify phone numbers of callers.

Vermont Commons

A Great Place
to Live.



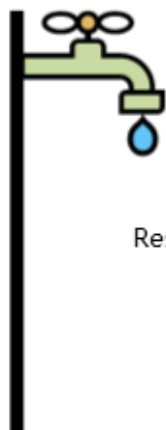
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