



*The Harbor Ridge  
Homeowner*

Winter  
2017 - 2018

KEEPING YOU INFORMED

IN THIS ISSUE

## Presidents Report

by Henry Mayorga

Happy Holidays to everyone in our community. On behalf of our entire neighborhood, I want to thank everyone who paid their annual dues in 2017. In total, 85 homeowners (60%) of the Harbor Ridge community paid and the Homeowners Association (HOA) Board was able to make several improvements to maintain and enhance our neighborhood. Here are some highlights of several projects:

- Created a Facebook and Nextdoor Page exclusively for Harbor Ridge residents to share information and expand the neighborhood block watch
- Transitioned the HOA Newsletter to be distributed solely by email, while continuing to post them on the website (sign up at [www.harborridge.info](http://www.harborridge.info))
- Trimmed and topped the trees at the main entrances in Browns point Blvd. Removed two hazard trees
- Landscaped the main entrances during the spring and summer seasons.
- Repaired and reinforced the brick columns supporting the three Harbor Ridge community signs
- Sponsored the second annual August 'Summer Night Out' family event with food, beverages and entertainment in partnership with the Resurrection Lutheran Church and Browns Point Fire Department
- Maintained and made improvements to the Harbor Ridge website
- Communicated with new and current Harbor Ridge homeowners in person and online, including our annual winter 'all neighbors'



meeting,  
summer family event,  
newsletters, and eight public board meetings

Helped neighbors enforce Covenants Conditions and Restrictions (CC&Rs) on a couple of violations with trailers parked in driveways for longer periods of time and removed uncontrolled vegetation

The Harbor Ridge HOA Board is committed to creating a safe and clean environment for our families and community. Our priorities are established at our annual meeting, which is coming up in January. Everyone is welcome to attend and details are below.

We care about and want to know what's important to you. Please show up at meetings (dates and times posted on the website) or send your questions and comments to me at [henrymayorga@nventure.com](mailto:henrymayorga@nventure.com)

Until then, we wish you a wonderful winter and happy holidays!

Sincerely, Henry Mayorga - HOA Board President

# The HOA Annual Meeting

by Henry Mayorga

It's time for our annual meeting where we come together, get to know our neighbors, and set priorities for the year ahead. Come have pizza, meet your neighbors, and share your ideas.

Join us on Wednesday Jan 24th at 7:00 PM at the Tacoma Police Substation. All homeowners are welcomed and encouraged to attend. We will have pizza, appetizers and hot chocolate for the kids. Come

share your ideas about what we can do as a community do to keep our neighborhood clean, safe, and connected. Topics range from board member elections, determining the green-spaces that need trimming, identifying the trees in need of topping to maintain views, and brainstorming ways we can strengthen our block watch program. Hope to see you there!

# The Importance of Flu Shots

by Elizabeth Fiegel DNP, MSN RN, NEA-BC

Are you prepared for Flu Season?

Just as the leaves turn to red, gold and a hint of plum, so does the weather become colder, and wetter through December and into 2018. I am learning how to bundle up, and the crisp cold air is actually very refreshing, as a stark contrast from the heat and humidity of South Florida where I lived previously to moving here in November of 2016.

One thing does remain the same despite the geographic changes, and that is the risk of catching the flu or influenza. This year, The Center for Disease and Control (CDC, 2017) recommends routine annual influenza vaccination for all persons aged  $\geq 6$  months who do not have contraindications. They also recommend that high risk groups and their contacts, as well as caregivers receive the vaccine. The high-risk groups are:

- Children aged 6-59 months;
- Adults aged  $\geq 50$  years;
- Persons with chronic pulmonary (including asthma), cardiovascular (except isolated hypertension), renal, hepatic, neurologic, hematologic, or metabolic disorders (including diabetes mellitus);
- Persons who are immunocompromised due to any cause, (including medications or HIV infection);
- Women who are or will be pregnant during the influenza season;
- Children and adolescents (aged 6 months through 18 years) receiving aspirin- or salicylate-containing medications and who might be at risk for Reye syndrome;
- Residents of nursing homes and other long-term care facilities;
- American Indians/Alaska Natives;
- Persons who are extremely obese (BMI  $\geq 40$ );



- Contacts of those at risk who may be living with someone who is a caregiver or someone who is caring for others.

The CDC and Advisory Council on Influenza recommend that you receive your flu vaccine early in the fall (i.e. October), and if you have not received your vaccine, to ensure you receive it by January. In the United States, localized outbreaks that indicate the start of seasonal flu activity can occur as early as October. However, in 74% of influenza seasons from 1982–83 through 2015–16, peak flu activity (which often is close to the midpoint of influenza activity for the season) has not occurred until January or later, and in 59% of seasons, the peak was in February or later (CDC, 2017). It is important to receive your flu vaccination before you encounter the signs and symptoms of the flu, once you get sick then it's a little late to immunize against getting it.

So, how can we possibly avoid the aches and pains of the dreaded flu? Local health professionals advise to avoid large public crowded places where well intended people may have forgotten to stay home and rest with the flu, and a nice warm bowl of chicken soup. Use good hand hygiene by washing your hands with soap and water; the old fashion way, and remember to sneeze into your clothed elbow rather than using your hands which can contaminate doors and surfaces with germs. Also, avoid touching your eyes and mouth with your hands, use a tissue and take a lot of Vitamin C. Be sure to get your needed rest; with the shorter days, take advantage of curling up with a warm blanket, someone or a favorite pet you love and a good movie.

Unfortunately, if you find yourself with symptoms such as fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue, you may have the flu. Some people also may have vomiting and diarrhea (AHA, 2017). Most people with the flu have mild illness and do not need medical care or antiviral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. If, however, you have symptoms of flu and are in a high-risk group, or are very sick or worried about your illness, contact your health care provider (doctor, physician assistant, etc.).

If you think you have the flu make water your best friend and hydrate, hydrate, yes, I said hydrate. Usually, the flu which is a virus will subside after a few days and with a little tender loving care, but if you need to seek treatment with an antiviral medication, there are many options available to you. Several of our communities offer flu treatment through urgent cares, clinics and even telemedicine or phone

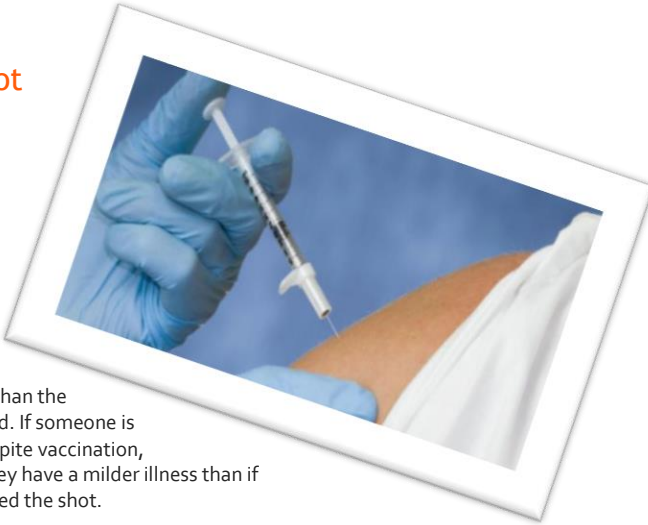
applications. All of these methods for treatment are easily accessible and recommended for treatment. However, if you feel that you have an emergency medical condition and requires emergent treatment, visit your primary care provider or closest emergency room. Be prepared that many of the emergency rooms will most likely be full and quite busy. Being surrounded by a lot of very sick flu patients is not recommended if you can seek treatment safely elsewhere.

## Head the risks of Flu Season

Its flu shot time, and health officials are bracing for a potentially miserable fall and winter.

## Get the shot

The CDC says people who get flu shots have a 40 percent to 60 percent lower chance of getting seriously ill than the unvaccinated. If someone is infected despite vaccination, generally they have a milder illness than if they'd skipped the shot.



Flu season can be avoided by obtaining your flu vaccine early, stay home, eating healthy, avoiding stress and hydrating. The winter season is a great time to catch up on home craft projects, reading a good book, and planning your summer camping or boating trips. It is time for you to take care of you and remember to get that flu vaccine this week.

<https://www.cdc.gov/mmwr/volumes/66/rr/rr6602a1.htm>

<https://www.cdc.gov/flu/protect/habits.htm>

<http://www.health.com/health/gallery/0,,20752945,00.html>

## Handwashing is one of the best ways to protect yourself and your family from getting sick.

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

## When should you wash your hands?

You can help yourself and others stay healthy by washing your hands often, especially during these key times when germs are likely to get on your hands and can easily spread to others:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and after caring for someone who is sick
- **Before** and after treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** touching garbage

## What is the right way to wash your hands?

Follow the five steps below to wash your hands the right way every time.

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **Rinse** your hands well under clean, running water.
- **Dry** your hands using a clean towel or air dry them.



Scrub your hands for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.



# August Neighborhood Night Out Event

by Steve, Jonathon, Chris and Luliana

As new residents at Harbor Ridge, my wife and I were pleasantly surprised by not only the turn out of this summer's Neighborhood Night Out event but also by the warm and friendliness of fellow residents. Thanks to the association members, we had a great night out. The local fire department got involved by staging one of their pump trucks. Parents and their kids were given basic details of what they do for the community, how their truck operates, and then set up a low volume hose for the kids to get a hands-on demonstration. The board was responsible for free food and drinks that ranged from fresh salads, hot dogs, hamburgers and plenty of sweets. It was a great way of setting a sense of community with our fellow neighbors.



## Events

by Rob Adams

### DEC

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

### JAN

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

DEC. 16 [Breakfast with Santa and the Grinch](#) 9 am - 12:30 pm  
Portland Avenue Community Center

DEC. 16 [Breakfast with Santa](#) 9 - 11 am  
Center at Norpoint

DEC. 16 [Cocoa and Caroling](#) 6 - 8 pm  
W.W. Seymour Botanical Conservatory

DEC. 24 [Jingle Bell Run](#) (3-mile)  
Wright Park 10 am & 12 pm

DEC. 29-30 [Winter Wildland](#) 9:30 am - 3 pm  
Northwest Trek Wildlife Park

DEC. 31 [First Night](#)  
Downtown Theater District 6 pm - 12 am

JAN. 1 [Polar Bear Plunge](#) 11:30 am  
Point Defiance Marina

JAN. 24 [HOA Annual Meeting](#) 7:00 pm  
NE Tacoma Police Substation

# INCREASING NEIGHBORHOOD AWARENESS

by Michael Grayum

## INCREASING NEIGHBORHOOD AWARENESS:

Tis' the season to be watchful. With the hustle and bustle of the holiday season, sometimes we leave packages in the car, forget to lock up, or leave a garage door open. Help each other out by communicating with your neighbors when you see something that would leave them vulnerable. Our local news is full of stories about thieves stealing packages from parked cars and taking unattended packages from doorsteps. Help each other guard against theft and other crimes. If you notice anything unusual, please report it to the owner, and the police if necessary.

We've also created a private Facebook Page to help all of us neighbors inform each other about public safety alerts, crime prevention ideas, and opportunities to come together as a community. Log on and search for the "Harbor Ridge HOA Block Watch" to connect on Facebook. Stay safe and remember when you see something, say something!



## NEW BOARD MEMBERS WELCOME

We are always looking for more board members. We meet 7 to 8 times a year at public HOA meetings, communicate with homeowners and residents through newsletters, welcome new residents to Harbor Ridge and give them the appropriate tools to familiarize with the community.

# HOA Dues are Due for 2018

by Henry Mayorga

Please remit your \$35 dues to:

"Home Owners Association"  
Harbor Ridge, PO Box 25794  
Federal Way, WA 98093



Homeowners who paid 2017 dues

