

# *“For Your Information”*

(A periodic publication by Sherwood Oaks Executive Director, Annette McPeck)

**May 4, 2018**

## **Power Washing**

Power washing of patio homes 101-360 will begin on Monday, May 7. Please be prepared to move scooters and any other items to another location to prevent any type of damage. This will also help expedite the cleaning. If you have any questions, please call Greg Holt at ext. 8483.

## **Resident Budget Meeting**

I will be holding my annual budget meeting on Tuesday, May 15 at 10:30 AM in the Auditorium and Card Room. Budget information will be distributed to you next week.

## **Ticks**

I hear about ticks and Lyme Disease almost daily. I was asked to include a few tips regarding tick prevention while walking around campus, the Lake and through the North Woods. The information below was found on the CDC's (Centers for Disease Control and Prevention) website by typing <https://www.cdc.gov/ticks> into your browser.

## **Preventative Measures**

- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the center of trails. (wear long sleeves and long pants that are tucked into your socks)
- Use repellent that contains 20 percent or more DEET, picaridin, or IR3535 on exposed skin for protection that lasts several hours.
- Conduct a full-body tick check using a hand-held or full-length mirror.
- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later; so carefully examine pets and clothing.
- Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.
- Tumble dry clothes in a dryer on high heat for 10 minutes to kill ticks on dry clothing after you come indoors.
- If you have a tick that needs removed from your skin, please contact your healthcare provider immediately. Most likely they would prescribe an antibiotic for you.

## **Sherwood Oaks Facebook**

Did you know that Sherwood Oaks has an “official” Facebook page? Our “official” page provides updates and pictures of events on our campus. Check us out by searching @SherwoodOaksUPMC on Facebook or by clicking on the link found on the bottom of the main page of our website ([www.sherwood-oaks.com](http://www.sherwood-oaks.com)).