

The Central Point

Hidden Grove & Green Valley
September 2020

"Our mission is to provide for the safety of our residents, maintain the common property and protect our home values."

POINT ON ASSOCIATION AND BUSINESS



Street Resurfacing to Begin in September

The Hidden Grove/Green Valley Board of Directors has selected contractors to perform road repair, crack seal and seal coat on our neighborhood streets.

We will mail the schedule for the crack seal and seal coat as soon as it is set. We will also be posting it at the mailboxes, at homes and on cars.

Any cars still on the street during the scheduled time will be towed. There also may be fines. HGGV will not be responsible for any damage caused by towing.

Once the crack seal and seal coat are applied, the street will continue to be off limits until the next day so the seal coat can cure.

The following conditions must be met for this project to be completed successfully.

1. No parking of any vehicles on the road during the scheduled day.
2. No bicycling or driving on the roads until the day following the crack seal/seal coat
3. No walking on the roads (this includes pets) until the day following crack seal/seal coat
4. No water usage outside for 24 hours before and 24 hours after seal coat has been applied. Please make sure sprinklers are turned off.
5. Keep sidewalks clear.

Please plan for your vehicle the night before the seal coat starts on your street. If you have to go to work or need to be somewhere on the day your street is going to be off limits, please park on another street that is not going to be blocked off and use the sidewalks.

Please inform your family members and guests about this project.

The association has been saving for 5 years to pay for this project, and we are hoping that everyone helps make it go smoothly.

What is a seal coat?

A seal coat is a preventive maintenance surface treatment designed to preserve and extend the life of a street. It protects an aging pavement surface and seals small cracks to keep water out of the pavement. Proper preventive maintenance, including seal coating, can help ensure that the existing pavement structure will last for many decades.

Our streets appear to be in good shape. Why do they need to be seal coated?

As streets age, they become brittle causing cracks to form and allowing water to penetrate the pavement. While the old surface appears smooth, it contains hairline cracks that if not treated will continue to widen and deepen. At first, this aging process is slow, but after 9 to 10 years the process accelerates as cracks widen and allow more water to enter at more locations. The sealcoat process is applied to streets before they become badly cracked to stop the oxidation and slow the cracking process. A sealcoat can substantially extend the life of a street.

How often do you need to do seal coat maintenance?

Seal coat and crack seal maintenance is often performed on a 5-year basis. If the association performs this preventive maintenance on a routine basis, our streets could last for many decades.

Why not pave the street with material like the one we already have?

The cost to resurface an existing road using a standard overlay is 5 to 6 times more expensive than resurfacing a road with a seal coat.

Should the roads not be resurfaced at all, they will continue to degrade and there comes a point

when resurfacing maintenance is no longer effective and the road would need to be rebuilt. The cost to rebuild a road is 10 - 15 times greater than the cost of seal coating.

Requirements for a successful crack seal/seal coat project:

Move and keep all vehicles off your street. Park your car on another street the evening BEFORE your street is closed. You will not be able to drive or park on your street from 7:00am the day it is resurfaced until 7:00am the day AFTER it is resurfaced. **(Please note the schedule when planning where you will park your car.)** Any vehicles left on any street being resurfaced will be towed.

Do not drive, bicycle, or walk on the new surface the day it is applied. Keep your pets off unless you want seal coat on your carpets.

Please make sure sprinklers are turned off. Turn off Sprinklers by 9:00am the day BEFORE your street is closed. Do not use any outside water from then until 5:00pm the day AFTER your street is closed.

Please plan for work, shopping, and errands. There are few things worse than having to carry a week's worth of groceries up the street due to road closure.

ANY RESIDENTS WHO VIOLATE THESE REQUIREMENTS OR WHOSE GUESTS VIOLATE THESE REQUIREMENTS WILL BE FINED, TOWED AND/OR LIABLE TO THE ASSOCIATION FOR ANY DAMAGES.

New Pool Hours

After Labor Day this year our pool hours will be 12-7pm Wednesday, Thursday & Friday and 3:00-7:00pm Saturday and Sunday (weather permitting).

Next meeting of the Board of Directors will be September 16th at 6:00pm in the clubhouse.

Compliance Corner

OIL LEAKS – This year while scheduling the crack seal and seal coat, we also had to do costly road repairs. Many of these repairs can be attributed directly to cars leaking oil on our streets. Our Governing Documents are clear about leaking oil. They state, "Vehicles leaking gasoline, oils, coolant, etc. must be repaired and spills must be cleaned up promptly." Please be sure to keep your vehicles in good repair to keep oil off the HOA streets.

COMMUNITY AND NEIGHBORHOOD HAPPENINGS

POINT ON GOOD HEALTH

Tips: Staying Active at Home

6 Tips on How to Stay Active at Home

In the past few months, it has become clear that social distancing and staying close to home are the new normal. This is an overwhelming time as we attempt to adjust our mindsets and schedules. Between working, watching after the kids, keeping up with the news, and maintaining sanity, it can be a challenge to prioritize our physical and mental health. Here are some tips on how to stay active in these strange and unprecedented times.

Make a plan - It's always easier to commit to a healthy habit if you make it part of a routine. At the beginning of each week, look at your schedule and find those windows where you could realistically squeeze in exercise.

Take breaks from work - Don't let yourself stay sedentary for too long. Get away from your workspace and move around every hour or so to get your blood flowing.

Go for a walk or run - It's so important to take time to be out outdoors while dealing with the COVID-19 pandemic. Getting exercise outdoors can include a stroll around the neighborhood with the kids or a long run to clear your head.

Keep your mind active - Group activities such as board games or puzzles are a great option for keeping your mind sharp while clocking some quality time with the family.

POINT ON THE COMMUNITY

Distance Learning

We now know that Central Point schools will be beginning the school year with remote learning. Here are some tips for parents to help make the best of this difficult situation. District 6 is actively working to develop both neighborhood and community based micro-schools as an option to meet student and family needs and enhance distance learning. Please contact them if you are interested in learning more.

FOR PARENTS

E-LEARNING TIPS

ESTABLISH ROUTINES AND EXPECTATIONS
Develop good habits from the start. Make sure your student wakes up at the same time each day, eats breakfast, gets dressed, and is ready to learn for the day. Keep a normal bedtime routine.

CHOOSE A GOOD PLACE TO LEARN
Set up a specific location that's dedicated to school-focused activities. Make sure it is quiet, free from distractions and has a good internet connection. Monitor online learning to make sure that your child is practicing online safety.

STAY IN TOUCH WITH TEACHERS
If you have concerns, let someone know right away. Use school resources if you or your child needs any support.

BEGIN AND END THE DAY BY CHECKING-IN
In the morning, ask about the day's classes or assignments, and what resources your child may need. At the end of the day, make sure they stayed on task and completed their work. Also ask them about what they learned for the day. Not all students thrive in distance learning, some struggle with too much independence or lack of structure. Checking-in helps students stay organized and avoid later challenges.

DON'T FORGET RECESS.
Make sure that your child has plenty of time to relax and/or get some exercise. It is also important to keep your child engaged with their peers and/or friends.

HIDDEN GROVE GREEN VALLEY HOA
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POINT ON THE ROGUE VALLEY

Help Independent Older Adults Stay Apart, Not Alone During COVID-19

Nearly 42 million Americans identified as caregivers for an older adult before COVID-19. Almost overnight, it's likely that millions more have since joined their ranks.

With COVID-19, there are added complications, notably physical separation. Some people are supporting older relatives who live far away while others may be close by, but are maintaining a safe distance. The goal is to maintain social closeness while also practicing physical distance.

"As the primary caregiver to my parents, I know well that the ways we support the older adults in our lives have changed," says Ray Spoljaric, CEO and Co-Founder of Aloe Care. "Caregivers are resilient, committed people and will go to any lengths to provide for those they care for. Now more than ever, communication and collaboration are key to providing the highest level of care."

If you're a new caregiver, or concerned about COVID-19 for someone you support, consider these five tips from nationally recognized expert Amy Goyer:

- **Establish a Care Circle** - Identify the people who can help. It may be a combination of professionals, family members, and/or friends.

Collect names, phone numbers, and email addresses of everyone in your Care Circle. This is also a good place to store elders' information, particularly what you would need in case of an emergency (i.e., medications, pre-existing conditions, home access details).

- **Stay Connected** - Next, establish regular check-ins.

With new physical distancing guidelines, social connection is more important than ever. Prepare a schedule of remote check-ins by the Care Circle. Consider leveraging technology in a solution like Aloe Care, which facilitates easy check-ins and care collaboration.

- **Maintain Medical Care and Support** - Telehealth is a rapidly advancing option for safe care. In fact, the Centers for Medicare & Medicaid Services recently expanded coverage and loosened policies and regulations regarding telehealth.

Many pharmacies have mail-order options and are expanding support for caregivers to manage medications.

- **Cover the Essentials** - Assess the food, household, and personal supplies the elders have at home and what they need to keep in stock.

Many grocery stores now offer contactless delivery or pick-up. A quick online search should reveal the best local option. Additionally, the Area Agency on Aging's Eldercare Locator is a great resource, as is Meals on Wheels.

- **Well-Rounded Health** - While it may take some creativity during COVID-19, everyone needs stimulation physically, cognitively, and emotionally to maintain their well-being (including you, dear caregiver). Find ways to keep your loved ones and yourself active with technology, puzzles, letter-writing, exercises and more.

HIDDEN GROVE & GREEN VALLEY COMMUNITY AND NEIGHBORHOOD BULLETIN BOARD

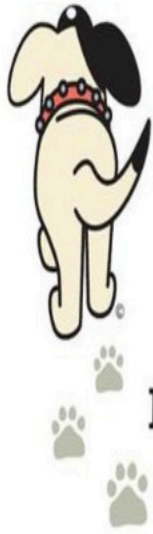
September Calendar of Events

09/07 – Labor Day (Office Closed)

09/09 – NEW POOL HOURS – 12:00-7:00pm on Wednesday, Thursday & Friday and 3:00pm – 7:00pm Saturday and Sunday (Weather Permitting)

09/16 – Board Meeting 6:00pm in the clubhouse

09/22 – First Day of Autumn



Please Pick Up After Your Pet

Although pets are great for our physical and emotional health, it is important to remember to pick up after those pets.

Take a baggie with you to pick up waste and then dispose of it properly. The association has pet waste stations with baggies in the Green Valley park and by the mailboxes at the clubhouse.

leave only pawprints...



Getting ahold of HGGV by Text Message

Sometimes, it is much easier to text rather than call. The HOA has set up this procedure to make things easier for residents and Lot owners, however, please note, this does not mean that the Association Manager or Board of Directors are available 24/7. Please text the HOA at 541-664-3996. Text messages will be dealt with as necessary. As always, please contact 911 with any true emergencies.

Yard and Lawn Care Corner

What To Do in September

(From TodaysHomeowner.com) September brings in the fall gardening season with cooler temperatures and the first taste of autumn in the air. We may finally get some relief from the late summer heat and drought. Now's the time to get outside to enjoy the beautiful weather while taking care of some of the following recommended lawn and garden tasks for September.

Lawns: The first half of September is prime lawn time. To ensure a strong, tough lawn in the future, start with core aeration and dethatching, leaving about ½" of thatch to decompose. If you are planting seed, or if your lawn is thin or weedy, sow seeds before mid-month. Fertilize with a 3-1-2 fertilizer to encourage top growth and winter hardiness.

Annuals and Perennials: Divide and/or transplant perennials, making

sure to feed the roots with a good source of phosphorus. Don't disturb plants that are of interest in the fall and winter. Plant annuals such as ornamental cabbage, pansies, violas, and snapdragons.

Vegetable Gardens: Plant late-season vegetables such as peas, broccoli, cauliflower, cabbages, kale, brussels sprouts, leeks, lettuce, radishes, turnips, and onions. Once your vegetable garden is finished, plant clover, alfalfa, or legumes as a cover crop. These "green manures" can be plowed under in the spring for a natural fertilizer and soil conditioner.

Shrubs and Trees: Remove any dead shrubs and trees. Transplant trees and shrubs after the leaves begin to turn. Clean up fallen fruit to deter pests and disease. September is a great month to address diseases. Hold off on fertilizing trees and shrubs to allow them to harden before winter.

Cleanup and Maintenance: Now is a great time to clear out new planting beds and apply compost (or leaves and grass clippings) to be ready for spring planting. Attack those weeds! Commercial herbicides are particularly effective this time of year, as weeds are storing up nutrients in their roots and quickly absorb the herbicide where it counts. You can also safely target weeds using vinegar.

"Everyone must take time to sit and watch the leaves turn." – Elizabeth Lawrence