As we prepare to honor all of our Veterans this month, it is a great time to tell you about a selfless group of artists that work throughout the year to give back to our Wounded Warriors. When a soldier is wounded many times they are dealing with many other things besides the physical wound. The Families and the soldier’s lives have to change at a moment’s notice, which can result in financial and psychological difficulties.

On the Fort Sam Houston campus The Center for the Intrepid offers the full spectrum of outpatient care for veterans and “wounded warriors” and the Warrior Family Support Center (WFSC) provides a neutral, comfortable place for families and patients to gather after long and often painful days of treatment. It became apparent that families are an essential part of a patient’s rehabilitation and recovery.

The WFSC is run totally by volunteers and donations. One group has made it their mission to bring some smiles to the Warriors through their love of painting over the past 9 years. Boots and Brushes of San Antonio is a chapter member of the National Society of Decorative Painters and we are lucky to have, Carolyn Crawford, long time Independence Hill Activities Coordinator as one of their talented members. Each year they begin the task of hand painting 150 patriotic boxes, finding donations, filling and delivering them. The residents of all three of our communities; Independence Hill, Assisted Living and Independence Village volunteer and show their patriotism by painting, filling and delivering the boxes. These boxes are then stuffed to the top with things that will bring joy and a bit of fun to their day. Items like crossword puzzles, snacks like beef sticks, peanut butter crackers, large candy bars for movie night, or a gift card to Walmart, the movie theater, Target, or a restaurant. Imagine the pleasure it would give these soldiers to have the opportunity to take their spouse to the movies, or purchase their kids a surprise at Walmart.

“Bringing a smile to a soldier’s face, when you know what they endure each day is the best feeling ever”, remarks Carolyn, “they are thrilled that it is hand painted and when they open it and see all the surprises… Joy is in the air.”

Independence Hill would like to thank the many Veteran’s, throughout the ages, who have given up so much, to allow us to enjoy our freedom. And to thank the Boots and Brushes group and our resident volunteers for sharing their talents and their time. If you would like to support the Boots and Brushes group by helping them get their boxes filled, please call Sheryl Nelson at (210) 481-7763.

Independence Hill Retirement Resort Community is located in Stone Oak at 20450 Huebner Rd., San Antonio, TX 78258. For more information, call (210) 209-8956 or visit www.independencenhill.com.

Silica? Formaldehyde?

Yes, Silica dust and Formaldehyde have already been put in the same category of carcinogens and toxins we are already familiar with. These carcinogens and toxins are found when hardwood floors and ceramic and porcelain tiles are removed. Traditional methods expose your home to mass amounts of not only dust you can see but small dangerous particles that can remain in your home forever.

OSHA reports that silica dust is made up of a variety of particle sizes. These particles that reach the deepest parts of the lungs are referred to as “respirable crystalline silica” which causes silicosis (scarring of the lung tissue) lung cancer, chronic obstructive pulmonary disease (COPD).

This damage is irreversible, with no treatment available to cure or remove silica in those stages. OSHA has adopted the phrase “If it’s silica, it’s not just dust.”

Wood flooring removal poses equal dangers when cut or disrupted during removal. You will find warning labels on all wood flooring products purchased in the United States reporting dangers from sawdust when cutting the wood products. Formaldehyde is a common toxin which can cause asthmatic symptoms, including shortness of breath and long term lung damage. Formaldehyde is particularly dangerous to the elderly and young children or anyone with a history of asthma allergies or lung problems.

Our dustless floor removal process Contains, collects, filters and monitors these particles to keep your home and family safe from those dangers caused by the destructive nature of floor removal.

Clean Air Flooring Removal has established a high standard to meet your expectations. Phone calls are returned promptly, appointments are kept, prices are fair and workmanship standards are high and simply put, they value the opportunity to be of service. Call them at (210) 414-9672 or visit www.cleanairflooringremoval.com.