SUMMER ISSUE 2025 • JUNE/JULY/AUGUST

THE MAINSTREAM

The official publication of
Mainstreet Community Services Association, Inc.

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WWW.MAINSTREETCOMMUNITY.ORG

MESSAGE FROM THE PRESIDENT

Hello fellow Mainstreet neighbors and welcome to summer! As I look around the vicinity of our area, I am proud of the dedication and hard work our community contributes to its sustainability and livability! As a property owners association, the board faces many decisions to maintain a budget and sustain policies and procedures that sustain a thriving community.

We will continue to build and make conscious decisions that foster strong curb appeal and community pride. Here at Mainstreet Community, we are grateful for your continued support and engagement. Thanks to your involvement, we have accomplished much together—and we're just getting started!

SUMMER is a season of energy, connection, and renewal. It's a wonderful time to reflect on our achievements so far this year and look forward to the exciting opportunities ahead.

Whether you're traveling, enjoying time with family, or simply relaxing in the sunshine, I hope this season brings you joy and rejuvenation.

This summer, we look forward to the future, and we encourage you to join us and stay connected. On behalf of the entire board, thank you for being an essential part of our community

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Message from Association Manager Nadine Rivers-Johnson

Welcome to Summer in Our Community

Summer is here and abuzz with outdoor activity all over! The staff and board are committed to keeping everyone informed, engaged, and enjoying all our amenities to the fullest. The pools, parks, and the clubhouse are open! As we welcome the summer season, I want to take a moment to reflect on our journey as a property owners association and the progress made together over the years.

Our newsletters have become a fun tool for keeping everyone informed by sharing updates, providing DIY projects and health tips, sharing community-wide events and volunteer initiatives that can bring neighbors closer together. Your suggestions and concerns help guide our priorities, so please keep sharing them, and consider submitting an article to a future newsletter.

Summer brings new opportunities—and a few challenges. We have increased activities in our shared spaces that require a greater focus on maintenance. Everyone can pitch in by picking up after your pets when walking them and not being a litterbug.

Homeowners play a vital role in maintaining not only your individual properties but also the overall well-being and of the community. We encourage homeowners to take care of yourselves AND homes to foster a stronger, more vibrant neighborhood. With more outdoor activities, please drive slowly, watch for children, and follow pool safety rules.

1. Regular upkeep prevents costly repairs and keeps homes safe and comfortable. Create home maintenance schedules that include seasonal tasks such as cleaning gutters, inspecting roofs, and servicing HVAC systems.

2. Maintain your property according to community standards to help preserve property values and the neighborhood's aesthetic appeal. When each homeowner fulfills their responsibility, the entire community benefits from a cleaner, safer, and more attractive environment.

3. Curb appeal is the single most important factor in increasing home property values. Maintaining the inside and outside of your homes increases its value in the event you want or need to put it on the market

4. Take care of yourselves as well! Through stress management, healthy habits, and social engagement, you can enjoy a better personal living environment.

5. Establish a comprehensive budget for home expenses and maintenance that helps plan finances to reduce stress. Outsource routine tasks like lawn care or gutter cleaning, when possible, to free up personal time for relaxation and self-care.

Taking care of your own health and well-being improves the ability to maintain your property effectively. This creates, a positive cycle of care for you and your homes.

Thank you for making our neighborhood a wonderful place to live. A special shoutout goes to our longtime residents, our new neighbors, and future homeowners who visit the community and envision Mainstreet as a place they can call home.

REMINDER

PAYMENTS ARE DUE ON THE 1ST OF THE MONTH, LATE AFTER THE 15TH. A 10% LATE FEE OF $7 APPLIES AND 10% INTEREST ACCRUES ON PAYMENTS NOT POSTED BY THE 16TH. CONTACT THE CLUBHOUSE ADMINISTRATIVE OFFICE TO UPDATE BILLING, EMAIL OR TELEPHONE NUMBER INFORMATION TO YOUR HOMEOWNER ACCOUNT.

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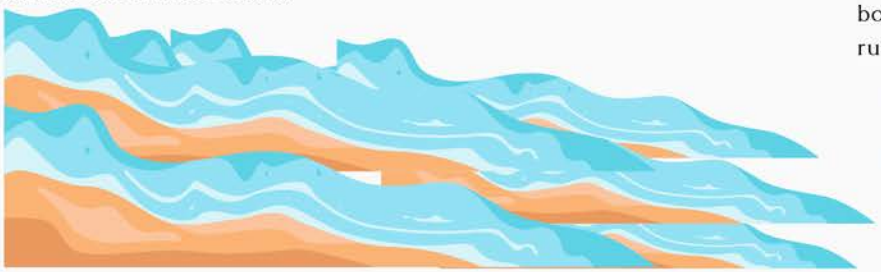
POA Pool Safety: Debate Over Eliminating Lifeguards

Although Mainstreet Community has had a "Swim at Your Own Risk" policy implemented for nearly 20 years, many communities in the Southeast are considering eliminating a property monitor or lifeguard at their pool because of the amendments to the state's public recreational bathing code, particularly those portions addressing the duties of both, since they may result in increased costs.

The amended regulations require communities with pools larger than 2,000-square-feet of surface area to have at least two monitors on duty. In addition, property monitors are not permitted to perform any activities that would distract or prevent them from assisting persons in the water. While this has always been the case, the amendments suggest that local municipalities may enforce these requirements more strictly. While a qualified common-interest community may exempt itself from these requirements, it must be a complete exemption or none. Meanwhile, if you decide to have a property monitor, you must still comply with all requirements of the code.

The safety benefits of having a monitored pool are obvious, but there are other financial and liability considerations as well. Eliminating them will certainly increase insurance premiums and may expose the community to greater risk. For example, if you currently have a vendor providing pool monitoring services, you will lose the benefit of insurance coverage and other protections afforded by this vendor. If a lawsuit is filed relating to an incident at or near the pool, your vendor and its insurance provider would likely be required to defend and indemnify your community. Whereas, if you eliminate the services provided by the vendor, the association or its insurance carrier must absorb all of these costs.



When you are a qualified common-interest community and decide to eliminate the monitor at your pool, the code requires that you post a sign at least 3 feet by 4 feet, at every entrance to each swimming area, stating: "No lifeguard on duty." This sign must be easily readable with contrasting colors and include the pool's hours of operation.

"Swim-At-Your-Own-Risk" Policy

There are current shortages for recruiting and retaining qualified pool and security service vendors.

The association continues to explore ways to keep our pools safely covered while eliminating potential liabilities but being fiscally responsible. We ce currently contract for armed security to ensure homeowners and residents feel secure during regular pool season.

So, an association with a private swimming pool is permitted to adopt a "swim-at-your-own-risk" policy at its pool. But, there are certain procedures and safeguards that the association keeps in place.

The association created, published, and continuously circulates a policy called the "Association Pool Policy" that's available to all Mainstreet residents. The document includes:

- This is an unattended "swim-at-your-own- risk" pool facility—there is no lifeguard on duty. Use of the facility is at the sole risk of the individual using the facility. Parents/guardians are responsible for the safety and care of their minor children and assume all risk(s) in this regard.
- In the event of a serious injury or life-threatening emergency, call 911 and then call the management company. These signs are clearly posted throughout both pool areas.

This policy discusses issues related to guests and children, food and beverage consumption, and rules for conduct.

In addition, the association provides a pool monitor at each pool area. Please note the following:

- Access to the East Pool is available upon request to one of the pool monitors on duty if the gate is locked.
- Mainstreet meets all DeKalb County Health Department and local municipality requirements.
- We openly communicate the policy and any other pool rules with residents.

Don't wait until the pool opens to update your Mainstreet ID cards. If you need guest passes, please remember they can only be obtained at the Mainstreet administrative office during normal business hours. Please be mindful of holidays and how it affects the administrative office hours so you can plan accordingly. Proper swimming attire is required. Basketball trunks, t-shirts, underwear, shorts or hats are PROHIBITED. Lastly, no food or beverages (including water bottles) are allowed on the pool decks. Let's all follow the rules and enjoy a safe, fun, and happy pool season!

Congratulations

2025 Gerald A. Ferguson Scholarship Winner

Aniya Martin

We extend our heartfelt wishes for your achievement of this scholarship! With it being part of the foundation of your future success, we hope your academic journey ahead is even brighter!

~Mainstreet Community Board & Scholarship Committee

LAWNCARE TIPS FOR SUMMER

Lawn Care

- As you mow your lawn, leave grass clippings to return nutrients to the soil.
- Make sure your lawn mower blade is sharpened so it will be most effective throughout the mowing season.
- Water your lawn and plants early in the morning so they can absorb the moisture before the heat evaporates it.

Vegetable Gardens

- Consider adding a different vegetable, such as okra, to your garden.
- Continue to plant your vegetable garden and add new seeds and plantings.
- Water new seedlings and transplants at least every five days.
- Stay on top of pulling weeds as they first appear and they will be easier to control.

Trees/Shrubs/Flowers

- Add a layer of mulch to your newly planted annuals, perennials and bulbs.
- Remove suckers from your trees and shrubs. These are woody shoots that appear in the spring, especially near the base of the trunk.
- Deadhead spring blooming bulbs but leave their foliage until it turns yellow.
- Prune spring blooming shrubs such as forsythia and azaleas as they finish blooming.
- Plant perennial flowers for continued blooms and growth every year.
- Plant annuals. Consider flowers like zinnias, coleus, and inpatiens for hardiness and color throughout the summer.
- Deadhead both perennials and annuals throughout the season to encourage new blooms.
- Plant summer bulbs like gladiolus, ranunculus, lilies, and dahlias.
- Add marigolds, sunflowers, and bee balm to your garden to attract beneficial insects like lacewings and ladybugs. Marigolds also help to repel mosquitoes and are good to plant near outdoor seating areas.

Useful International Travel Tips for First-time Travelers

No matter how much you've traveled in your home country, the thought of taking your first trip overseas may feel both thrilling and nerve-wracking. At Go Overseas, we've been globe trotting for years and yet we continue to learn new tips and tricks when it comes to traveling.

Going somewhere completely new may be initially scary and confusing but it doesn't have to be! Follow these simple tips of things to do before traveling internationally to ensure smooth sailing.

1. Prepare your travel documents

The most important tip to avoid unnecessary stress is to apply for your passport well in advance. Without your passport or a travel visa, your potential travel radius is limited significantly.

Passport

This can be an oversight for some people, but a passport validity of 10 years can make people complacent, forgetting that it actually requires renewing.

Many countries may not even let you enter if you have less than 6 months validity on your passport and your request for a visa may be denied if you don't have enough free pages in your passport.

A general rule of thumb to follow is to make sure you have a valid passport at the time you're before booking your flight. The process for applying for and receiving your passport can potentially delay your trip if you don't apply in advance.

Visa

You'll need to check in advance whether you need a visa which is a document issued by the destination country granting you entry. Showing up to your flight without the necessary visa may lead to you being rejected, especially if you cannot apply for one on arrival.

US and UK passport holders can travel to quite a few countries without a visa, or they can receive one on arrival. However, rules vary between countries so be sure to thoroughly research the entry requirements.

2. Research your destination

It is important to invest plenty of time in researching your destination to optimize your experience. While it may seem more fun to travel spontaneously, it is far more practical if you are able to anticipate some of the nuances of your destination country by studying the tips for traveling abroad for the first time.

Questions to research about the country you're visiting

- Can you drink the tap water?
- What is the local currency?
- What is the dominant religion and are there rules around clothing modesty?
- Do you need any vaccines?
- How catered to tourism is your destination? Are accommodations for tourists widely available?
- What is the country's main language? How widely is English spoken?
- Does the local food align with your dietary requirements?
- Do traffic laws in this location differ from your home country?

3. Address money matters

Before you set off for your far flung destination, you will need to notify your bank to let them know that you are traveling. That way, your bank doesn't suspect fraud when they see your card is suddenly being used in another country.

Depending on your destination, you may not have easy access to ATMs. Some countries that run on largely cash economies might not even have card readers at most restaurants or businesses. If this is the case, be sure to carry enough money on you to cover your expenses on a day out. Some travelers store larger sums of money in a money belt for safety.

4. Compare transportation & accommodation options

You are likely to be on the move every day, so be sure to research the most effective way to travel during your trip.

5. Book everything in advance

If you are certain of your itinerary, the best time to book your trip is whenever you have the money and the commitment to travel. While it is nice to have the freedom to make the last-minute choice of where to stay, don't be surprised if accommodation is scarce or suddenly very pricey when you show up at your destination.

The same goes for transport tickets – you'll find the best deals by booking beforehand! The peace of mind of having your itinerary planned seamlessly from start to finish is truly priceless. It gives you more time to devote to enjoying your trip and less time stressing about what comes next.

6. Avoid travel fatigue

As you start booking your first international trip, your excitement may get the better of you and you may want to go all out; however, slow down and take your time.

Tips to overcome travel fatigue

- Give yourself time to recover from Jet lag.
- Be prepared for cases of travel and motion sickness.
- Make sure to schedule enough time for each destination - Prioritize quality over quantity.

7. Prioritize your health & safety

While you shouldn't preoccupy yourself with things that could go wrong on your trip, being aware of your surroundings and taking precautions to keep yourself safe will go a long way in enjoying your new adventure

Safety tips to follow while abroad

- Protect your items from pickpockets and petty theft.
- Stay connected: Share your itinerary with friends and family members before you leave so they can keep track of your adventures. Include addresses and contact information for any accommodation. If you are from the US, you can register with the U.S. State Department's Smart Traveler Enrollment Program (STEP). That way, the local U.S. Embassy will know to get in touch with you in the case of a natural disaster, political unrest, or another emergency.
- Consider purchasing travel insurance.
- Use common sense:

8. Pack appropriately

Packing appropriately can simplify your trip.

9. Read up on airport travel tips

10. Consider connectivity

When keeping connectivity in mind, you should take into consideration:

- International roaming vs local SIM.
- Availability of public wifi at destination.
- Need for a VPN.

'knowledge in this article was partially obtained from Go Overseas' Website

INTERNATIONAL TRAVEL CHECKLIST

DON'T END UP IN ANOTHER COUNTRY WITHOUT YOUR ESSENTIALS!

BEFORE YOU TRAVEL

6+ MONTHS

- Check your passport expiration
- Secure a visa, if necessary
- Get travel insurance
- Apply for international driver's license

1-2 WEEKS

- Secure dining reservations
- Enroll in STEP program
- Notify bank and credit card companies
- Call your cell phone service provider
- Make a digital and hard copy of passport
- Check that you have more than enough of your prescription medications

WHAT TO PACK

CARRY-ON

- Chargers + outlet adapters and converters
- Medication
- Change of clothes
- Noise-canceling headphones
- Travel documents with name and address of hotel
- Passport

CHECKED BAG

- Extra bag or duffle for purchases

WHAT NOT TO PACK

- Anything Irreplaceable - leave it at home!

*KNOWLEDGE IN THIS ARTICLE WAS PARTIALLY OBTAINED FROM BROWNNELI.TRAVEL.COM

ON Crime

Safety Tips for a Stress-Free Summer

Summer is the perfect time to take a break, explore new places and enjoy the great outdoors.

Whether you're studying abroad, traveling for vacation, visiting family and friends or embarking on an adventure, always make safety a priority.

Smart Travel Practices

Before hitting the road, research your destination thoroughly — understanding local laws, common safety concerns and emergency services will help prevent unnecessary risks.

Share your itinerary with a family member or trusted friend. Make sure someone knows where you're planning to go and how long it should take you to get there.

Check in with others often. If you won't have cell service on your trip, make sure someone knows.

Keep copies of important documents, such as your passport and insurance information in both physical and digital formats.

While traveling, always stay aware of your surroundings, especially when you're in an unfamiliar setting.

Avoid displaying valuable items like expensive jewelry or electronics, which can attract unwanted attention.

Be cautious when using public Wi-Fi— stick to secure connections to protect your personal data from cyber threats. If you're traveling abroad, check out your state's website for cybersecurity tips.

If renting a car, familiarize yourself with the vehicle before leaving the car rental area. Make sure you understand the driving laws, avoid driving when you're tired, and never drive drunk.

Outdoor Safety

Whether you're planning a day hike, camping for a week, relaxing at the beach or just enjoying your fire pit in the backyard, being prepared is essential.

Make sure to stay hydrated, and wear appropriate clothing to protect against sun exposure, insect bites and unexpected weather changes.

Plan to be in the sun for a long period? Make sure to wear a broad-spectrum sunscreen of SPF 30 or higher.

Pack a basic first-aid kit with essentials like bandages, antiseptic wipes, and any necessary medications.

Know the risks associated with the places you're exploring. If you're near the ocean, understand tide warnings. If you're hiking in the Great Smoky Mountains, watch out for the wildlife. Always follow marked trails to avoid getting lost.

Make sure you have the right equipment and training if you're taking part in activities such as rock climbing or swimming.

By planning ahead, staying mindful and making safety a priority, you can enjoy your summer travels and make memories that will last a lifetime.

KNOWLEDGE IN THIS ARTICLE WAS PARTIALLY OBTAINED FROM THE UA NEWS CENTER'S WEBSITE

Message from Office Associate Velvet Loyal

> TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT, OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND.
>
> —LEO BUSCAGLIA

Caring for Others During the Summer Season

The summer season presents unique challenges when caring for others, especially those more vulnerable to the heat and other risks. Here are some key aspects to focus on in 2025:

1. Managing Heat-Related Risks:
   - Hydration is Key: Seniors, young children, and individuals with certain health conditions may not feel thirsty and can easily become dehydrated. Encourage them to drink plenty of fluids like water, unsweetened iced tea, or juice regularly, even if they don't feel thirsty.
   - Be Sun-Savvy: Avoid going out in the hottest parts of the day, typically between noon and 3 pm. Plan outings for the cooler morning or evening hours and seek shade whenever possible. Ensure proper sun protection, including sunscreen (SPF 15 or higher), hats, and sunglasses.
   - Temperature Control: Maintain a consistent and comfortable temperature indoors, especially for those who don't adapt easily to changes in temperature. Consider using air conditioning or fans to keep indoor spaces cool.
   - Recognize Heat Illness Symptoms: Educate yourself on the signs of heat exhaustion and heat stroke, such as dizziness, excessive sweating, headache, nausea, and rapid pulse. If symptoms are severe or persistent, seek immediate medical attention.

2. Food and Medication Safety:
   - Proper Food Handling: In hot weather, it's crucial to keep cold food cold and discard anything that smells off or has been left out for too long.
   - Medication Considerations: Certain medications can increase sensitivity to the sun or require specific storage conditions. Consult with a doctor or pharmacist to discuss any concerns or precautions related to medications and sun exposure.

3. Promoting Health and Well-being:
   - Community Resources: Look for information about local cooling centers or programs that can provide assistance during extended periods of extreme heat.
   - Check in Regularly: Stay in contact with loved ones and offer support, especially during hot days. Encourage them to stay hydrated and limit sun exposure.
   - Emergency Preparedness: Have a list of emergency contacts readily available and discuss a plan for what to do in case of a heat-related illness.
   - Specialized Support: If caring for someone with Alzheimer's or dementia, a caregivers support group can offer valuable resources and guidance.

4. Volunteering and Community Involvement:
   - Youth Programs: Many organizations offer summer volunteer opportunities for students, focusing on various areas like community service, education, or environmental conservation.
   - Specific Needs: Consider volunteering at an animal shelter, assisting seniors with technology, or supporting individuals with disabilities to address specific community needs.
   - Fundraising and Resource Distribution: Participate in efforts to address food insecurity by volunteering at soup kitchens or food banks.

By taking these proactive steps and utilizing available resources, you can help ensure the safety and well-being of those you care for during the summer season of 2025.

"KNOWLEDGE IN THIS ARTICLE WAS PARTIALLY OBTAINED FROM HENRY FORD HEALTH & NATIONAL INSTITUTE ON AGING WEBSITES

Reminder

REMEMBER: Association fees are due the 1st of each month and late after the 15th of each month. Any payments received after the 15th will result in a late fee. We are committed to working with homeowners and offer payment plans tailored to your financial needs. Homeowners with delinquent accounts are encouraged to contact the Mainstreet administrative office in order to discuss payment options. WE WILL MAKE EVERY EFFORT TO WORK OUT SUITABLE TERMS.

Famous Fried Rice

Nutrition Facts
Serving Size 1/4 of recipe 343g (342 g)
Servings per container 4

Amount Per Serving	
Calories 284	Calories from Fat 76
	% Daily Value*
Total Fat 9g	13%
Saturated Fat 2g	8%
Trans Fat 0g	
Cholesterol 26mg	9%
Sodium 370mg	15%
Total Carbohydrate 32g	11%
Dietary Fiber 4g	17%
Sugars 4g	
Protein 21g	
Vitamin A 154% • Vitamin C 12%	
Calcium 5% • Iron 12%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

©www.NutritionData.com

- Fried rice is a great way to use up leftover cooked meat and it keeps you on track with your food budget by stretching a little amount of meat into four servings.
- Many restaurants serve some type of yellow sauce with their fried rice. Our sauce is healthier and just as tasty!
- Instant rice is a great to keep on hand. But if you want to save money and time, buy a bag of rice and cook enough for several meals. Store it in the refrigerator and use it in 2-3 days, or freeze it for 6 months.

MyPlate

Famous Fried Rice

[Makes 4 servings, about 1 cup each, with 2 tablespoons of yellow sauce.]

INGREDIENTS:

[FOR FRIED RICE]

2 teaspoons	vegetable or canola oil
¼ cup	chopped onion
14.5 oz. can	low-sodium chicken broth
2 cups	instant brown rice
2 cups	frozen mixed peas and carrots (or frozen mixed vegetables)
10 oz. can	white meat chicken, drained

[FOR YELLOW SAUCE]

½ cup	plain nonfat yogurt
¼ cup	light Ranch dressing
1 teaspoon	sugar
1 teaspoon	mustard
½ teaspoon	ketchup

DIRECTIONS:

1. Put oil in large (10") skillet. Turn on medium high heat.
2. When oil is hot, add chopped onion and 1 Tablespoon of the chicken broth.
3. Cook and stir over medium high heat until onions start to soften, about 2 minutes.
4. Add rest of chicken broth to skillet. Cover and bring mixture to a boil.
5. Add instant brown rice and stir.
6. Reduce heat to low. Cover and simmer 5 minutes.
7. Turn off heat and let stand, covered, 5 minutes, until water is absorbed.
8. While rice is cooking, mix ingredients for Yellow Sauce together in small (1 quart) bowl.
9. When rice is ready, remove cover and fluff with fork. Turn heat on medium.
10. Add frozen vegetables and canned chicken.
11. Cover and cook 3-4 minutes, stirring occasionally, until vegetables are hot.
12. Serve with Yellow Sauce on the side.

UGA extension
The University of Georgia,
An Equal Opportunity/Affirmative Action Institution

USDA
United States Department of Agriculture
Supplemental Nutrition Assistance Program Education

Beach Happy as these Jokes will Shore-ly Make You Laugh

Why should you never blame a dolphin for doing anything wrong?

Because they never do it on porpoise!

What's the BEST kind of sandwich for the beach?

A peanut better and jellyfish sandwich.

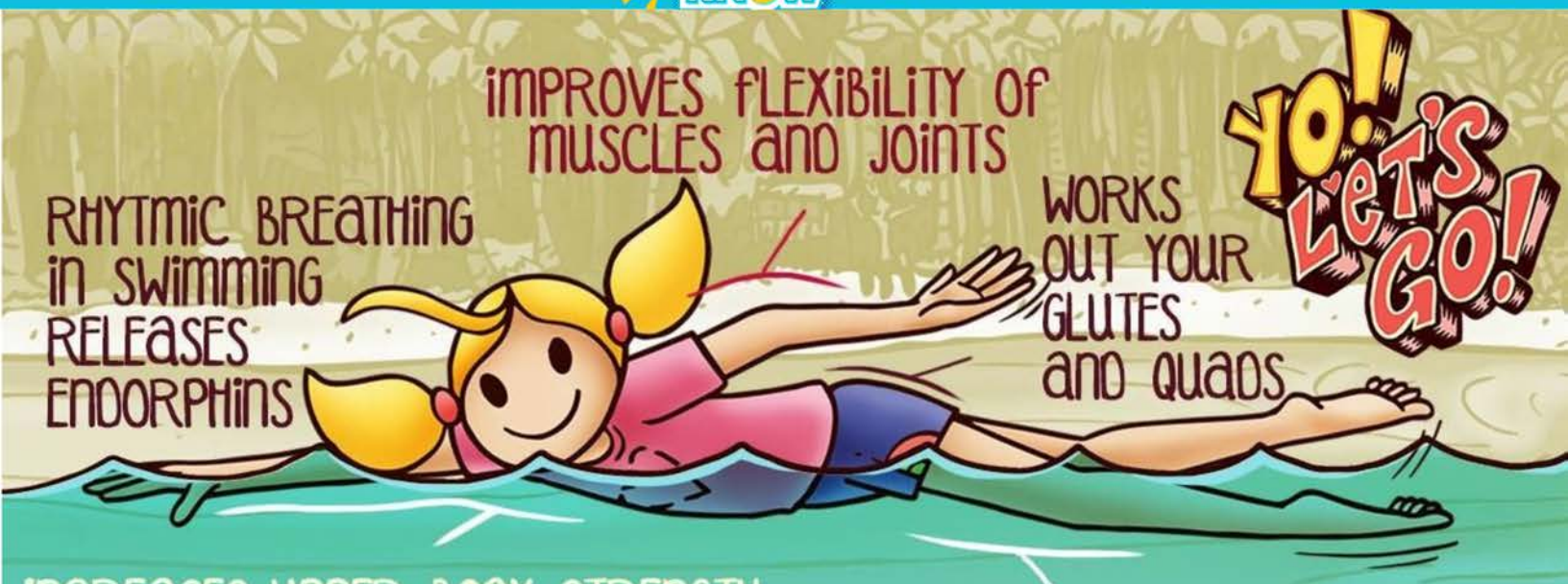
What did the beach say to the tide when it came in?

Long time, no sea.

Why don't oysters share their pearls?

Because they're shellfish!

DID YOU KNOW



INCREASES UPPER BODY STRENGTH

IDEAL WORKOUT FOR PEOPLE WITH ARTHRITIS, STIFF JOINTS, AND PAINFULL KNEES

FIT & FUN FACTS ABOUT SWIMMING

LOWER RISK OF DIABETES

30 min SWIMING = ↓40% REDUCE RISKS OF CORONARY HEART DISEASE

STRENGTHENS YOUR LUNGS & HELPS IMPROVE SYMPTOMS OF ASTHMA

• STRESS LEVEL

CALORIES BURNED DURING A 30 min SWIM = 150 - 370 CAL

10 Tips to Help Keep Your Dog Safe Outdoors

Most dogs love spending time outside, especially with their favorite humans. But the outdoors can present dangers to your dog's health and safety. Some are more obvious than others, but just about all of them are preventable if you stay aware when you're out and about. Continue reading to learn more about some of the most common outdoor dangers for your dog, along with safety tips that can help protect them.

1. Protect Your Dog From Parasites

Mosquitos transmit heartworms, a disease that affects a dog's heart and lungs. All it takes is one mosquito bite for the worms to enter your dog's bloodstream and get into the heart and lungs, where the worms reproduce. If not treated in time, the larvae mature into adult heartworms and become a serious health threat.[1]

There is no vaccine for heartworms, but there is a monthly oral preventative that you can give your dog. They even come in a chewable form, so many dogs eat it as easily as any other treat.[1]

Fleas and ticks are also carriers of disease and another concern when heading outdoors with your dog, especially in wooded areas or high grass. There are several options for flea and tick preventatives, including both prescription and over-the-counter: oral medications, topical medications, collars and repellents.[2] Always check for ticks after being out with your dog, just in case.

2. Use a Leash

Even if your dog is well-trained, keeping your dog on a leash not only protects them from other dogs who may not be as well-behaved but also prevents your dog from environmental dangers. A leash will keep your dog close so they aren't sniffing under rocks where snakes might be hiding out.[3] It also helps discourage your dog from chasing animals that could either turn on them or cause them to sprint into the road. And it lowers the chance of them picking up unhealthy scraps (or even worse, things like discarded drugs[4]) that might be on the ground.

3. Educate Yourself on Poisonous Plants

A leash can also help keep your dog away from poisonous plants, but it's helpful to know what plants to avoid in the first place. Some common poisonous plants for dogs include:[5]

- Aloe
- American Holly
- Azaleas
- Many types of lilies
- Certain fruit trees

t's nearly impossible to memorize every single poisonous plant, so the American Society for the Prevention of Cruelty to Animals has a helpful database and a Poison Control Center that is free to call if you think your dog has ingested something poisonous.[5]

4. Keep Your Dog's Vaccinations Up to Date

Vaccinations are especially important if your dog interacts with other dogs while on walks, in the yard or at dog parks, but a rabies vaccination can also help protect your dog if they have a run-in with wildlife like raccoons.[6]

5. Microchip Your Dog and Keep Identification Tags Up to Date

Most dog owners stick identification tags on their dog's collar and call it good, but microchipping is an easy and affordable ID option, too. It is a way to ensure that if your dog slips out of their collar or isn't wearing one for some reason and gets lost, someone will be able to get your information and help your pup get home.[8]

A microchip implant, also called a radiofrequency identification (RFID) tag, is about the size of a grain of rice. It has no battery, no internal power source and simply stores your contact information. It can only be scanned by a special device at a veterinarian's office.[8]

6. Clip Your Dog's Nails

Even if your dog doesn't need regular grooming, it's important to keep their nails at the proper length. Long nails can cause all kinds of issues, from getting caught on things and breaking to more severe issues like joint problems. If your dog's nails are too long and are scraping the ground, the force can lead to pain and problems walki

7. Take Extra Precautions in Summer

Summer is a season when people and dogs spend more time outside, and heatstroke is one of the top dangers for dogs during this season. Heatstroke occurs when their body temperature gets too high and they can't cool down.[10]

Heatstroke in dogs can be prevented by keeping them hydrated, going for walks in the mornings when it's cooler and ensuring your dog has access to shade.[10] These precautions will also help avoid your dog burning their paws on hot pavement.

8. Don't Forget About Winter, Too

During winter, make sure you don't leave your dog outside unattended, and if it's too cold, consider shorter potty breaks or walks to prevent hypothermia. Keep things like antifreeze out of their reach, and if you come across anything spilled on the ground, keep your pup close so they don't ingest any poisons. Also, salt and other snow-melting chemicals can hurt or even burn their paws, so either avoid walking on these if possible or wipe their feet as soon as you can.[11]

9. Secure Your Dog When in the Car

If your outdoor adventure involves a car ride, make sure your dog is secure. A crate or carrier are the best options, but there are also harnesses available that are approved by the Center for Pet Safety. Your dog should be in the back seat, while also ensuring they have adequate ventilation.[12]

If you decide to lower the window, take precautions to prevent your dog from sticking their head out. Dogs love it, but there are potential dangers: bugs or rocks can hit them in the face or eyes or your dog could fall out.[12]

10. Make Sure Your Yard Is Safe

While all of these tips will help keep your dog safe when you're out and about, it's important to keep your home and yard safe as well. In the summer, be sure to provide shade and water for your dog to help avoid heatstroke;[10] in the winter, don't leave them outside for extended periods of time if it's cold or wet.[11]

All year-round, you'll want to make sure you keep your dog safe in your yard from environmental hazards by pet-proofing your garden, removing any mushrooms[13] and ensuring you don't have grasses like foxtails, which can cause serious problems if your dog inhales or ingests them.[14]

Community Calendar of Events for June

Community Calendar of Events for July

JULY IS

UV SAFETY

– AWARENESS MONTH –

Community Calendar of Events for August

Mainstreet...A Caring Community

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The Mainstream
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Nadine Rivers-Johnson at nadine@mainstreetcommunity.org.

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The Mainstream is the quarterly newsletter for Mainstreet Community Services Association. Comments are always welcome.