

Crimson Ridge Neighborhood Updates



Thank you, Michaela Reynolds, for your tireless efforts in keeping the pool up and running. Thank you, Yvette Clifton, for organizing an incredible pool party! The 2025 pool season was a great success!



The annual Crimson Ridge winter sleigh ride is scheduled for December 18th from 6 to 8 p.m. Pick-up/drop-off at the Crimson Ridge pool area. Thank you, Yvette Clifton, for your event planning efforts.



2026 large item pickup dates and/or holiday trash delays have been added to the eNeighbors calendar.

https://www.eneighbors.com/!h_11762226/event/calendar



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The Sandwich Generation: Managing the Squeeze

Many people today find themselves balancing the demanding roles of raising children, working full-time, and caring for aging parents—an experience commonly known as being part of the "sandwich generation." This group often faces significant pressures as they juggle these overlapping responsibilities.

What is the "Sandwich Generation"? The term refers to adults, typically in their 30s to 50s, who provide support—financially, physically, and emotionally—to both their children and their elderly parents at the same time.

Key Challenges

- **Financial Pressure:** Managing the expenses of childcare, elder care, and household needs can be overwhelming, with costs quickly adding up.
- **Limited Time:** Finding moments for personal care and rest often takes a backseat, contributing to caregiver fatigue.
- **Emotional Demands:** The ongoing responsibilities and occasional conflicts across generations can cause considerable stress and anxiety.
- **Work-Life Balance:** Caregiving duties can interfere with job performance, career advancement, and overall job satisfaction.
- **Risk of Burnout:** Family caregivers face a higher likelihood of experiencing exhaustion and emotional fatigue.
- **Identity and Role Challenges:** Many caregivers wrestle with changes in their personal identity, feeling defined primarily by their caregiving role.

Strategies to Manage the Squeeze

- **Ask for Help:** Connect with family, friends, or support groups to share the load.
- **Delegate and Prioritize:** Focus on what truly needs your attention, and consider postponing or passing on other tasks.
- **Set Attainable Goals:** Recognize your limits and concentrate on realistic objectives.
- **Take Time for Yourself:** Even brief moments of relaxation or enjoyable activities can help replenish your energy.
- **Seek Professional Guidance:** Therapy or counseling can offer valuable tools for coping with stress.
- **Utilize Available Resources:** Investigate programs like Employee Assistance Programs (EAPs), eldercare services, and local support networks.
- **Maintain Open Communication:** Foster honest conversations with your family about everyone's needs and expectations.
- **Plan Ahead:** Engage in advance care planning and explore professional options for end-of-life care.

While the challenges of the sandwich generation are real and often overwhelming, they also reflect a deep commitment to family and care across generations. By recognizing the pressures and embracing practical strategies—from seeking support to planning ahead—caregivers can find balance, preserve their well-being, and continue showing up for those who depend on them. Navigating this season may not be easy, but with intention, compassion, and community, it is possible to move forward with resilience and grace.

Crimson Ridge Compliance

Street Parking Reminder

To help maintain safety and accessibility for all residents, please observe the following parking guidelines:

Vehicles may not be parked on the street for more than 24 consecutive hours.

RVs, boats, trailers, and similar recreational vehicles are not permitted to be parked on neighborhood streets or driveways at any time.

Trash and Recycling bins

Crimson Ridge trash, recycling and yard waste collection is scheduled on Thursday of each week. Delays and large item pickup information is located on the eNeighbors.com calendar. Receptacles may be placed at the curb no earlier than the evening prior to pick-up and must be stored no later than the morning after pick-up.

Holiday Lights and Yard Décor

All home holiday lights and decorations placement and removal/storage must be in accordance with the Crimson Ridge CC&R's (1.Q)

Your cooperation plays a vital role in maintaining a community that is safe, orderly, and welcoming for all residents and visitors. When we all follow the guidelines and look out for one another, it helps create a neighborhood where everyone feels respected and comfortable. Thank you for your ongoing commitment to keeping our community a place we can all be proud to call home.

Home Prep for Fall and Winter Weather

Fall is a great time to prepare your home and lawn for the cooler temperature months.

Winterizing home interior is equally important to health, safety and well-being.

1. Check smoke and carbon monoxide detectors. Replace batteries and validate the equipment is in working order.



2. Have your furnace and water heater inspected. Replace furnace filter and adjust humidifiers.
3. Consider a chimney inspection and cleaning.



4. Winterize exterior doors by inspecting and replacing the weather stripping.
5. Reverse ceiling fans. Reversing your ceiling fans during winter creates a gentle updraft and recirculates heat down.
6. Inspect insulation. Assessing the state of the insulation throughout your home can prevent future issues. Add insulation to reduce heat loss through windows, leading to potential savings on heating costs.

7. Consider winterizing pipes (interior and exterior) that may be affected by colder temperatures.

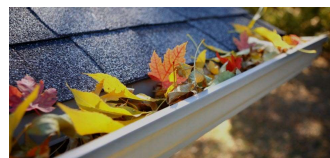


8. Restore supply of batteries, water, emergency radio, flashlights/candles, blankets, food and winter jackets in case of power loss during a storm. Having an alternate source of heat may be beneficial as well (firewood, generator, propane fireplace insert etc.)



As the weather turns cooler, don't forget to

1. Disconnect and drain outdoor water hoses.
2. Winterize lawn irrigation systems.
3. Clean gutters, removing leaves and debris.



4. Cover or store outdoor furniture
5. Clean and store delicate planter boxes or pots.
6. Examine snow clearing tools or equipment.
7. Restock ice melt.

Lawn experts suggest September and October are great months to focus on prepping your lawn and garden beds.

1. Weed your gardens and keep roots insulated with fresh mulch.
2. Keep your lawn free of leaves.



3. Apply weed-killer to remove both annual and perennial weeds.
4. Keep grass cut between 3 and 4 inches.
5. Fertilize before the first frost.
6. Consider lawn aeration to break up the soil and let air, water, and nutrients reach your grass's roots.
7. Continue watering as long as possible.



8. Winterize lawn equipment by draining fuel, changing oil and filters, check spark plugs, clean and store in a clean, dry location.
9. Trim trees and shrubs as suggested by experts.
10. Add supports to delicate trees, shrubs or plants for assistance during winter storms.

Stay safe and warm this fall and winter season!

LETTER FROM THE EDITOR

A Fond Farewell and a Grateful Heart

As I step away from my role on the HOA Board at the end of 2025, I want to take a moment to express my sincere gratitude for the opportunity to serve this community. It has been a privilege to contribute to the neighborhood I call home.

Serving as Communications Chair has allowed me to witness firsthand the dedication and integrity of our board members. These are volunteers who give their time, energy, and expertise to help our neighborhood thrive. From managing budgets and vendor relationships to navigating complex issues and planning community events, their work often happens quietly behind the scenes—but it is essential, and it deserves our appreciation.

I've also had the joy of helping shape how we communicate as a community—through newsletters, signage, and shared updates. My goal has always been to make our messaging clear, inclusive, and accessible, and I'm proud of the strides we've made together.

Whether it was announcing neighborhood events, celebrating a team milestone, or refining how we document board decisions, every effort was rooted in a desire to foster transparency and connection.

As I transition out of this role, I encourage each of you to consider getting involved. Whether you join a committee, attend a meeting, or simply offer feedback, your voice matters. Our HOA is strongest when it reflects the diverse perspectives and talents of its residents. You don't need to have all the answers—just a willingness to listen, learn, and contribute.

That said, I'd like to gently remind us all of the value and impact of constructive engagement. Our community thrives when we approach one another with respect and openness, especially when raising concerns or sharing suggestions. Before drawing conclusions, ask questions to clarify intentions. By embracing this spirit of collaboration,

we can continue building a stronger, more connected community for all. Please remember that board members are neighbors too—volunteers doing their best to serve the whole community. A little patience and kindness go a long way.

Let's continue to foster a culture where feedback is welcomed, dialogue is civil, and everyone feels heard. When we approach each other with empathy and a shared commitment to improvement, we build not just a better HOA—but a stronger, more connected neighborhood.

I leave this role filled with gratitude for the opportunity to have served alongside a community committed to growth and connection. Crimson Ridge is a special place because of the kindness and commitment of its people, and I'm filled with hope and confidence that this spirit of collaboration will continue in the days to come.

With appreciation,
April Bowden
Outgoing Communications Chair, HOA Board

Shawnee City Services

Shawnee Police Department

- Emergency: 911
- Non-Emergency: (913) 631-2150
- Lost Pet Voicemail: (913) 742-6098

9-1-1 and non-emergency lines are answered 24/7
9-1-1 includes TTY capabilities
<https://www.cityofshawnee.org/departments/police>

Shawnee Fire Department

- Emergency: 911
- Non-Emergency: (913) 631-1080

<https://www.cityofshawnee.org/departments/fire>

Citizen Service Requests

Shawnee partners with SeeClickFix to provide faster and more convenient options for citizens to submit service requests.

https://www.cityofshawnee.org/residents/citizen_service_requests

Parks & Recreation

The Parks and Recreation Department oversees more than 1010 acres of city parks, Shawnee Town 1929 Museum, the Civic Centre and the City's two state of the art aquatic facilities. We also offer over 500 classes, programs and special events for youth, adults and seniors.

https://www.cityofshawnee.org/Departments/Parks_Recreation

Additional City information can be found at
<https://www.cityofshawnee.org>

Shawnee Restaurant Highlight – Betty Rae's Ice Cream



Western Shawnee welcomes a new ice cream shop! Rae's offers delicious, made-from-scratch ice cream, made fresh to order waffle cones and ice cream sammies. There is a wide variety nostalgic and unique ice cream flavors to try. Shakes and sundaes available too

[Betty Rae's Ice Cream](#) is located at 22350 West 66th St., Shawnee, Kansas 66226 and is open for business daily. Check out their website for hours and full menu.

