



# Houston Chapter of Hadassah NEWS & VIEWS

Shevat/Adar 5776

February, 2016

## CELEBRATE THE POWER OF WOMEN -- WOMEN WHO DO AT THE 11<sup>TH</sup> ANNUAL WOMEN OF COURAGE LUNCHEON A ROYAL GOOD TIME TO BE A QUEEN FOR THE DAY



*Pictured L-R: Co-chairs Randee Kaplan & Sharon Brier*

The Houston Chapter of Hadassah announces Sharon Brier and Randee Kaplan as co-chairs of the Women of Courage Luncheon to be held on April 10 at the Westin Galleria. The day will begin with a silent auction at 10:30 am with the luncheon to follow at noon. The event theme is the "Power of Women Who Do."

Co-chair Randee Kaplan moved to Houston from Austin to marry Jay Kaplan in 2011. In Austin Randee was involved with the Junior League, Symphony League, Hospice, Jewish Federation, Cancer Society, and March of Dimes. She chaired several galas. Randee works with Tradition Title Company in Marketing and Sales.

Co-chair Sharon Brier has chaired fundraisers for Hadassah, Jewish Women International and City ArtWorks, and started The Children's Museum by incorporating it and forming its first Board of Directors. She was President for four years and remains on the Advisory Board. Sharon is a Top Producer for Greenwood King Properties, working with buyers and sellers.

Sharon and Randee are excited to announce that Linda Freedman Block will be the honoree for her 30 plus years of service to Hadassah, serving the local Chapter, the Region Chapter and serving on the National board of Hadassah. The theme, "Power of Women Who Do," fits Linda perfectly!

Best Selling Author of the Sweet Potato Queens series, Jill Conner Browne, who had been homeless and experienced adversity, will entertain with her particular brand of humor as she talks about the power of sisterhood.

Members and guests are encouraged to be a Queen for a day and to wear a tiara or crown that reflects their own passion whether it be fashion, cooking, chocolate, Zumba, book club, or – well, creativity and imagination in any form, will be welcomed. Tickets start at \$118 per person. Call the Hadassah office 713 661-1022 for information about purchasing tickets.



## SUPPORT GO RED FOR WOMEN DAY AND PARTICIPATE IN NATIONAL WEAR RED DAY ON FRIDAY, FEBRUARY 5

AVIV • AVITAL • MARC CHAGALL • CHAI • ANNE FRANK • KINNERET • EMMA LAZARUS • ANNIE LEFF • MA-ARAV  
MACHAR • MAZAL • PEARL • HENRIETTA SZOLD • CHAIM WEIZMANN • STEPHEN S. WISE

## GROUP MEETINGS

**Avital Book Club** - Thurs., Feb 4 at 1:30 pm. *Off the Radar* by Cyrus Copeland. RSVP to Barbara, 713-772-2430.

**Aviv** - Thurs., Feb 11 at 7:30 pm. Learn how to cook with different kinds of spices. RSVP to [Avivhadassah@gmail.com](mailto:Avivhadassah@gmail.com).

**Chagall** - Thurs., Feb 11 at 7:00 pm at the ERJCC, room 113. The 26th Annual Bunny and Leo Horvitz Scholar-in-Residence. "What We Have Learned: Reflections on Secret Jewish Histories and What They Mean for Us Now." RSVP to [marcchagall-hadassah@gmail.com](mailto:marcchagall-hadassah@gmail.com).

**Book Club** - Sun., Feb. 7 at 2:00 pm. *The Hilltop* by Assaf Gavron. RSVP to [marcchagall-hadassah@gmail.com](mailto:marcchagall-hadassah@gmail.com).

**Chai** - For info call Judi Payne, 281-353-1303.

**Anne Frank** - Wed., Feb. 17 at 10:30 am at Jill Zwahlen's, 11922 Kimberley Ln. Dr. Todd Rosengart, Baylor College of Medicine will speak about "Growing New Hearts & the New World of Heart Surgery." Please bring a dairy or veggie dish to share. RSVP to Paulette, [plevine300@aol.com](mailto:plevine300@aol.com).

**Kinneret** - Sun., Feb. 7 at 12.30 pm at Debbie Angel's 700 Timberstone Ln. Annual Donor Lunch with speaker Sandra Smith, President of Houston Hadassah. RSVP to Nancy, 281-486-1955 or [njcc@yahoo.com](mailto:njcc@yahoo.com).

**Book Club** - Wed., Feb. 10 at 7:30 pm at Barbara Savrick's, 15818 Manor Square Dr. *The Ice Cream Queen of Orchard Street* by Susan Jane Gilman. RSVP to Barbara 281-480-9018.

**Lazarus** - Wed., Feb. 3, at 7:00 pm at Harriet Eisenstein's, 5654 Valkeith. 2016 Installation of Officers and brainstorming meeting. RSVP to [harriete1@aol.com](mailto:harriete1@aol.com) or 713-721-2568.

## PRESIDENT'S COLUMN



Sandra Smith

February – the minute we turn the page on our calendars (for those of us who still use them) we begin to think of hearts and flowers, teddy bears and chocolates, and long, romantic candle lit dinners with the one we love. We think of Valentine's Day.

February is also the month when Americans focus on heart health. And coming so soon after holidays like Chanukah and New Year's, where food is a major factor, focusing on eating "right" and exercising can be challenging. Hadassah has the answer for that dilemma with "Every Beat Counts," Hadassah's Heart Health Program™. We have this program because heart disease is the number one cause of death among women.

Did you know that two-thirds of women who die suddenly from heart disease have no previous symptoms? Did you know that women, especially after menopause, are as prone to develop heart problems as men? Did you know that up to 82% of heart disease is preventable?

So what to do? Use Hadassah's "Every Beat Counts" program to learn the facts and understand how best to help you and those you love. Every Beat Counts:

- Engages women and links them to current research, medical breakthroughs, statistics and care at Hadassah Medical Organization's (HMO) Heart Institute in Israel, including the Linda Joy Pollin Cardiovascular Wellness Institute.
- Educates and empowers women of all ages on health from the perspective of healthy life choices.
- Promotes disease prevention including screenings for the purpose of early detection
- Teaches the differences in heart disease between men and women and treatment.
- Promotes advocacy on gender equality in medical research. Symptoms for many diseases do not present the same way in men and women, and too many research institutions still ignore the role of gender in medical outcomes.
- Advocates for quality and affordable healthcare, medical research funding, and policies that support healthy living and nutrition.
- Collaborates in local communities with those who have a common mission and goal.

Back to Valentine's Day, enjoy a brisk walk or dance with that special someone, go to a romantic movie or laugh at a comedy and enjoy that dark chocolate and glass of red wine in moderation. And remember, as Helen Keller said, "The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."

**March News and Views Deadline: February 15, 2016**

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**Send all information to :  
Glenda Danburg Waldman  
E-mail: [irglenda@aol.com](mailto:irglenda@aol.com)**

### Group meetings continued...

**Leff** - For info call Hope Malowitz, 713-663-6688.

**Ma-Arav** - Sun., Feb. 21 at 3:00 pm at Ora Farchy's 4511 Holt. Tu Bishvat Seder. RSVP to [ofarchy@hotmail.com](mailto:ofarchy@hotmail.com).

**Machar** - For info email Sandye Fertman, [sanditaf@gmail.com](mailto:sanditaf@gmail.com).

**Mazal** - For info call Martha Raskind, 281-341-8381.

**Pearl** - For info call Bonnie Winoograd, 713-668-5789.

**Szold** - Wed., Feb. 10 at 11:00 at Jan Rose's, 10714 Paulwood. Ann Thompson, an arts advocate will talk about Jews In Opera. Dairy luncheon to follow. RSVP to Sonia, 713-668-6121 or Linda, 832-516-7333.

**Wise** - For info call Roz Saron, 713-961-5322.

**Weizmann** - For info call Joann Greenbaum, 713-721-9717.

### BE A VOLUNTEER!

Hadassah office manager, Robin Dorfman needs volunteers to cover the office when she is out. This is an "as needed" job. If you can help with this occasional job, let Robin know.

**CALL THE HADASSAH OFFICE, 713-661-1022.**

### CHARITABLE SOLICITATION DISCLOSURE STATEMENT

Hadassah, the Women's Zionist Organization of America, Inc. 40 Wall Street, NY, NY 10005. Telephone number 212-355-7900. A copy of Hadassah's latest Financial Report is available by writing to the Hadassah Finance Dept., 40 Wall Street, NY, NY 10005. Registration does not constitute or imply endorsement, recommendation, approval or sanction by any state/county.

## GIVE THE GIFT OF HADASSAH MEMBERSHIP

**Hadassah Membership** – A Hadassah Membership links over 4700 Houston women, children and men supporting the extraordinary work that Hadassah does. With 15 groups throughout the Houston area, members are able make friendships with women of similar goals in their area of town. Hadassah members have many opportunities to broaden their education and leadership skills through programming, leadership training, book clubs, and other special interest groups. Hadassah supports a close relationship between the USA and Israel and promotes peace in the Middle East through our medical services. Hadassah is known for the medical and educational projects we do in Israel, such as the construction of the Sarah Wetsman Davidson Tower at the Hadassah Hospital. In Houston, Hadassah supports a Breast Health Awareness Program, the Jewish National Fund, Meals on Wheels, Dress for Success and the JCC Book Fair as well as other outstanding projects.

"Make an Impact" and continue the work Hadassah has been doing for over 100 years. To become a Life Member, send a check made out to Hadassah for \$212, and mail it to 4654 Beechnut, Houston, 77096. You can also join online at [www.hadassah.org](http://www.hadassah.org).

**Welcome** - Houston Hadassah is very proud to welcome these recent new members and transfers:

**Anne Frank** – Judy Arfa, Barbara Gelman

**Annie Leff** – Lynn Chorn, Geula Gross, Marit Schneider

**Aviv** – Patricia Blair

**Emma Lazarus** – Chaia Greenberg, Marilyn Kammerman, Barbara Levine, Rosetta Urbach

**Kinneret** – Lynette Drake, Karen Rhynston, Sunni Tucker, Betty Wolff

**Marc Chagall** – Emunah Carmel, Miriam Eber, Sari Garfinkle, Dorit Guttman, Barbara Nitsun

**Machar** – Tania Cohen, Gina Dennen, Stefani Rozen, Stacey Wolfe

**Mazal** – Susan Watts

**Pearl** – Leah Rotenberg

**Houston Group** – Natanya Abramson

**Atlanta** – Amanda Abrams

**Sarasota** – Cheryl Eckert

**Project Connect Locally** – If you are a member of Hadassah living in Houston but affiliated with a chapter or group elsewhere, Hadassah would like to encourage you to transfer your membership to one of the 15 Houston groups. You can connect locally and enjoy interesting programs, exciting activities, or just meet other smart, savvy individuals who share similar values and interests.

For information about Houston's groups, contact Membership V-P's Harriet Eisenstein [harriete1@aol.com](mailto:harriete1@aol.com), Hilary Kamin [hilaryk@hcrj.org](mailto:hilaryk@hcrj.org), Rose Marie Wagman [rosemariewagman@gmail.com](mailto:rosemariewagman@gmail.com).



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★  
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*ANNE FRANK GROUP (ABOVE RIGHT AND LEFT)*



*MA-ARAV GROUP  
BOARD INSTALLATION  
(LEFT)*



*CHAPTER INSTALLATION  
(ABOVE & LEFT)*



*AVITAL GROUP  
BOARD  
INSTALLATION  
(RIGHT)*

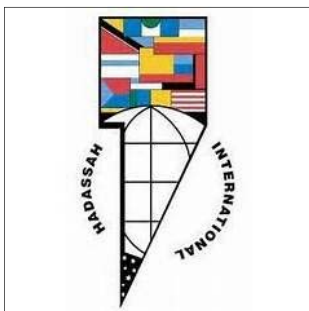


*CHAGALL-LEFF  
GROUPS JOINT  
MEETING*



*BE A "SCENE AT" STAR, SEND YOUR PHOTOS TO THE EDITOR AT [IRGLENDAA@AOL.COM](mailto:IRGLENDAA@AOL.COM)*

## STEM CELL INFUSION INHIBITS ALS DISEASE PROGRESSION



ALS clinical trial results indicate that a stem cell treatment conducted by Hadassah Medical Organization Sr. Neurologist Dimitrios Karussis and BrainStorm Cell Therapeutics inhibited the progression of the disease, as measured by the

patients' respiratory function or general motor disability, in 87% of the subjects.

The results were published in JAMA Neurology, a publication of the American Medical Association, and announced at a press conference in San Francisco on the same day.

ALS (amyotrophic lateral sclerosis), also known as Lou Gehrig's disease, is a devastating and incurable neurodegenerative disease that robs patients of the ability to walk, to speak, to swallow and, ultimately, to breathe.

*"I am optimistic that within the foreseeable future, we may provide a treatment to ALS patients that can slow down or stop the progression of the disease. I see this treatment as being potentially one of the major tools to treat degenerative diseases of the brain and spinal cord in the future."*

Dr. Dimitrios Karussis, MD, PhD Hadassah Medical Organization



## EVERY STEP COUNTS, HADASSAH'S WALKING PROGRAM



We made it over the finish line! From April to September 2015, over 1,000 women and men walked over 350,000 miles for their heart health. Hundreds made it all the way to Hadassah Medical Organization (HMO) in Jerusalem from our New York headquarters, crisscrossing the world on our virtual route.

The best news is—we're doing it again! Save the date: April–July 2016. Walk from Hadassah Medical Organization all the way to the Hadassah National Convention in Atlanta.

The fun isn't ending. And you better believe that we're still walking all the way to April 2016.

## MAZEL TOV, BUBBIE! AND MAZEL TOV, MOMMY! MEMBERSHIP CAMPAIGN

Have you made all the new (and not so new) babies in your life Hadassah Life Members or Associates yet? Take advantage of the very special price of \$212 while you can! Regular price for life membership is \$360 and \$300 for associate membership.

**Mazel Tov, Bubbie and Mommy Chair** Linda Freedman Block is thrilled to report that people are signing up their babies and grandbabies as fast as she can ask them!

Pick up life membership and associate forms at the office at 4654 Beechnut or call our office, 713-661-1022. Email your picture with your new member or associate to [Lindafreedmanblock@gmail.com](mailto:Lindafreedmanblock@gmail.com). Identify everyone in the photo and let us know who the generations of Hadassah members are in your family. For more information, please contact Linda at 713-729-6221.