



Houston Chapter of Hadassah **NEWS & VIEWS**

Nissan/Iyar 5777

April, 2017

CHAI SOCIETY EVENT

Featuring Renowned Israeli Columnist

Dr. Teddy Weinberger

on

“My Hadassah Hospital Experience”

Date: May 9th, 2017

Time: 7:00 — 9:00 p.m.

Couvert: \$36.00

Kosher Dessert Reception

Location: Home of Sarah Braham

5304 Pine St., Bellaire, TX, 77401

RSVP: By check made payable to

Houston Hadassah and mail to

24 Braeswood Square, Houston, TX 77096

Attn: Chai Event on envelope & memo line

Questions? Contact Deborah Warner

at dawarner5452@att.net or 281-658-1871 or

Sue Zerlin at pinevallay@aol.com

or 713-784-5573



GROUP MEETINGS

Avital - For group info email, howglad13@aol.com.

Aviv - For group info email Avivhadassah@gmail.com.

Chagall - Thurs., April 20 at 7:00 pm Share a Pesach Story. RSVP to marcchagall-hadasah@gmail.com.

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

Anne Frank - Wed., April 19 at 10:30am at Cindy Atlas' home, 410 Gingham, 77024. Dr. Richard Murray, U of H Political Science Professor will discuss "Why Harris County Turned Blue in 2016, but Texas Stayed Red." Lunch hosted by AF "chefs". RSVP to Paulette by April 14, plevine300@aol.com.

Kinneret - For group info email Karen Taylor, ktaylor@myway.com.

Lazarus - For group info email Harriet at harriete1@aol.com.

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

Ma-Arav - For group info email Cheryl Bernstein, Cheryl.bernstein@att.net.

Machar - For group info email Sandye Fertman, sanditaf@gmail.com.

Mazal - For group info email yaffatx@gmail.com.

Pearl - For group info contact Bonnie Winograd, 713-668-5789.

Szold - For group info email Carol Gaines, gainescarol@gmail.com.

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

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

PRESIDENT'S COLUMN



Sandra Smith
anniversaries.

It seems to me we are always counting something in Hadassah. We are counting on our members and their friends to come to our meetings. We are counting on our wonderful committees to create engaging and informative programs and successful fund raisers. We are counting on our families to be proud of us and join with us as we further Hadassah's priorities of health and wellbeing, Zionism, and advocacy. We're also counting days and years leading up to important holidays and

I want to, again, thank all of you who have helped make our transition to our new office so successful. We are enjoying our new space as we fine tune everything and finish hanging pictures. If you haven't been by yet, I hope you will visit soon. Meanwhile our committees have continued to work on our Chai event, our Breast Strokes event and a membership training for presidents and membership vice-presidents.

Other holidays, Thanksgiving for instance, only the hostess must prepare her home. She shops, cleans, manages the table setting and guest arrangements. Sure, she counts on others to bring a few dishes, but they'll go home and when the day's over, it's over. Passover is different. Each one of us prepares her own home. We all shop – some of us two months early and some of us a few days before. Even if we're invited to Seders at a relative's as Kirk and I usually are or to a friend's home, it will still be Passover for another seven days in our own homes. We may plan a week's meals down to the last detail. "Do I have enough matzah? Enough matzah ball soup? Enough charoses?" Everything is counted and measured in the great Passover enterprise. This proves my suspicion that Jewish women who can do Passover can do anything!

Another Jewish counting tradition begins the evening of the first day of Passover when we count the Omer. It ends in 49 days, or 7 weeks, at Shavuot on May 30, both joyful festivals. Consider how sad it was for Hadassah to count the years of our exile from our beloved hospital on Mount Scopus. By the end of the 1948 War of Independence, that hospital was on the wrong side of the line and we were cut off from it for the next 19 years. Although Hadassah built a new hospital at Ein Kerem, we always hoped to regain, repair and rebuild Mount Scopus. In May this year, we will celebrate the reunification of Jerusalem and of Hadassah. May 24th will be a Golden Anniversary for us all.

Do you just count calories when you want to eat in a heart healthy way? Of course not. Counting on a healthy diet, especially for kids, is a big concern for Dr. Donna Zfat-Zwas. As Director of the Hadassah Medical Center's Linda Joy Pollin Cardiovascular Wellness Center for Women,

....President's Column continued on page 3

May News and Views Deadline: April 15, 2017

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HADASSAH MEMBERSHIP

PASSOVER 2017



**CELEBRATE THE
FIRST NIGHT OF
SEDER MONDAY,
APRIL 10**

**VOLUNTEER SOME TIME
TO HADASSAH TODAY!**

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.

As a member of Hadassah, you join with of thousands of women worldwide who have not only connected to Israel in practical ways, but have connected here in America to advocate for social change. The Houston Chapter has 15 groups in the greater Houston area stretching north from the Woodland area all the way south to Clearlake and Friendswood. We have day and night groups, weekend groups and groups of varying ages and interests. To find the perfect group for you, go to www.houstonhadassah.org.

"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 \$250 to Hadassah, 24 Braeswood Square, 77096. Annual membership is \$36. You can also join online at www.hadassah.org.

Houston is proud to welcome these recent new members: **Madeline Burak, Mechelle Merrell and Mary Rich.**

Project Connect Locally – if you are a member of Hadassah in Houston but affiliated with a chapter or group elsewhere, Hadassah encourages 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 individuals who share similar values and interests.

For more information about membership and about our groups, contact Membership VP Rose Marie Wagman at rosemariewagman@gmail.com.

PRESIDENT'S COLUMN

....President's Column continued from page 2

Dr. Zfat-Zwas and her team have partnered with two Palestinian East Jerusalem schools to bring the Center's heart health message to children and their parents. At the Al-Eisawieh School for Girls, student-made vegetable snacks have replaced junk food from food trucks. At the Abu Tor girls' school, the teacher asks how many girls ate breakfast that morning. All their hands fly up. Moms are delighted that the girls now join them for a healthy morning meal. Both schools are in low income neighborhoods where mothers have little previous exposure to health education and little time or money to take care of themselves. Dr. Zfat-Zwas explains: "We believe that a good place to start is in elementary school—not only to inculcate eating and exercise habits, but to impact their moms. When they begin eating a healthy breakfast and bringing a healthy snack to school, it changes the purchasing and eating habits of an entire family." Hadassah is building bridges where it counts. Your generous donations always make a difference in people's lives here in America and in Israel.

I'm proud to count you all as my Hadassah friends. I hope we always number the joyous occasions we celebrate together. I wish you a happy and healthy Passover and I'm counting the days until we can celebrate Jerusalem's 50th reunification anniversary together and Hadassah's Golden Anniversary of the reunification of our two great hospitals – Mount Scopus and Ein Kerem.

All my best to you and yours, Sandra

SCENE AT ...



*STEPHEN WISE
(ABOVE)*



*MEMBERSHIP CHAIRS
(ABOVE)*



ANNE FRANK

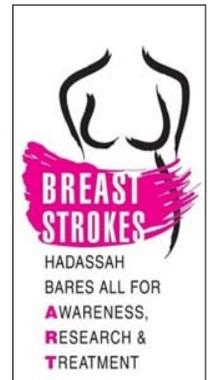
BREAST STROKES! HADASSAH BARES ALL FOR A.R.T.



Melissa Poteet & Allison Levine

The Houston Chapter of Hadassah is excited to announce our 2017 fundraising event: **Hadassah Bares All for A.R.T. AWARENESS, RESEARCH & TREATMENT.**

The event consists of two parts: **Paint Day** will take place on June 25th. Women will volunteer to have their torso painted by artists and photographed (no faces). These photos will be blown up and placed on canvases to be revealed and auctioned off at part two: **The Big Reveal!** This event will be held on the evening of Sunday, October 22nd. It will be a night of fun and creativity including a fine art auction, live music, hors d'oeuvres and cocktails.



Our 2017 honorees are Dr. Jenny Chang, Director of Houston Methodist Cancer Center and Houston Chapter of Hadassah's Fab Five: Lynn Goldberg, Barbara Horwitz, Carolyn Plessner, Marlene Rosenthal and Annette Sondock.

With its emphasis on awareness, research and treatment of cancer, Breast Strokes is a perfect fundraiser for Hadassah. Our doctors provide medical care through Hadassah Medical Organization (HMO) to over one million patients a year regardless of race, religion or nationality. Hadassah leads the way with advancements in breast and colon cancer, ALS, trauma and emergency medicine, diabetes, macular degeneration, multiple sclerosis, AIDS, Parkinson's disease and cardiac health. Through Hadassah's Research in Service to Humanity Campaign, our HMO shares cutting edge medical research with the world.

We are looking for: sponsorship leads, volunteers to work the event, volunteers to be models for Paint Day, artists to paint the models and artists to donate original works of art to the auction. Email our Event co-chairs, Allison Levine & Melissa Poteet at houstonbreaststrokes@gmail.com for any questions, to volunteer or to pass on any ideas!

“EVERY BITE COUNTS”

6 TIPS
for heart healthy eating

PRESENTED BY HADASSAH

- 1 Choose mindfully, even with healthier foods. Ingredients and nutrient content can vary a lot.
- 2 Read labels. Compare nutrition information on package labels and select products with the lowest amounts of sodium, added sugars, saturated fat and trans fat, and no partially hydrogenated oils.
- 3 Watch your calories. To maintain a healthy weight, eat only as many calories as you use up through physical activity. If you want to lose weight, take in fewer calories or burn more calories.
- 4 Eat reasonable portions. Often this is less than you are served, especially when eating out.
- 5 Don't dismiss entire food groups. Eat a wide variety of foods to get all the nutrients your body needs.
- 6 Cook and eat at home. You'll have more control over ingredients and preparation methods.

Every Bite Counts: Hadassah's Nutrition Program
Learn more at Hadassah.org/EveryBiteCounts
#Hadassah #HeartHealth #EveryBiteCounts
Source: American Heart Association

HADASSAH THE WOMEN'S ZIONIST ORGANIZATION OF AMERICA, INC.

Celebrity food guru and author Shannon Sarna will serve as brand ambassador and spokesperson for "Every Bite Counts: Hadassah's Nutrition Program" (EBCHNP).



Shannon Sarna

Every Bite Counts: Hadassah's Nutrition Program is the third phase of Every Beat Counts: Hadassah's Heart Health Program®. Every Beat Counts educated over 10,000 women about heart diseases. 2016's Every Step Counts: Hadassah's Walking Program brought awareness that heart disease is preventable 82% of the time and helped several thousand Hadassah members build exercise into their daily routines through a virtual walking program.

Ellen Hershkin states, "One American woman dies from heart disease every 80 seconds. As a women's organization, there is nothing more important to Hadassah than the health of our members and all women. "Every Bite Counts" will educate, encourage and inspire women to live a healthier lifestyle."

Hadassah partnering with the American Heart Association (AHA), provides resources to monitor the cardiovascular health of the general population. According to the AHA, an estimated 44 million women in the U.S. are affected by cardiovascular disease.

CONNECTING ISRAEL'S HADASSAH HOSPITAL TO HOUSTON

Hadassah's Fetal Medicine Specialist is one of only three doctors worldwide using new spina bifida in utero surgery technique. History was made at Hadassah Ein Kerem Hospital in Jerusalem when a team of Israeli surgeons successfully operated on a 5-month-old fetus using a new procedure that only three doctors in the world can perform, to alleviate some of the crippling effects of spina bifida. The operation was performed by Hadassah's Fetal Medicine Specialist, Dr. Yuval Gielchinsky under the supervision of Dr. Denise Pedreira, the Brazilian obstetrician who invented the technique. Dr. Pedreira confirms, "This is the first time this procedure has been performed outside Brazil using this technique."

Spina bifida is a birth defect in which part of the fetus' spine is open and the nerves are exposed to damage from the amniotic fluid. This condition may mean the child has difficulty walking or is completely disabled. Approximately 4.7 million people worldwide live with spina bifida. Singer John Coogar Mellencamp and former NBC White House chief correspondent Judy Woodruff have spina bifida.

Families in Houston have a resource with the Spina Bifida of Houston Gulf Coast. This organization's mission is to promote public awareness, keep friends and families aware of events/information and enrich the lives of individuals and families living with Spina Bifida. The organization provides resources, organizes events and develops programming for a camp called "Camp That Love Built." This camp is for adults and children who have Spina Bifida. This summer it will take place June 2-7. The camp focuses on creating a family environment to help foster independence, growth, positive learning and to build a network of friends.

If you or your Hadassah group are interested in volunteering at Spina Bifida of Houston or helping out at this year's summer camp, please contact sbcamp1@yahoo.com or check out <http://www.sbhgc.org>. To support Hadassah's medical research and treatment go to www.hadassah.org or contact the Houston Hadassah office at 713-666-1022. If you need assistance with this or other programming ideas please contact , Sandye Fertman at sanditaf@gmail.com (Houston Hadassah VP Programming).

CHA CHA TO CHURRASCOS!!!

Join us for our Annual Anne Frank Hadassah FunRaiser
Raffle, Auction, Dinner, Drinks & Dance!!

Churrascos
9705 Westheimer at Gessner (Westchase)

May 7th, 6:30 pm - 9:30 pm
\$75 per person
RSVP by May 1st, as seating is limited.

Make checks payable to Anne Frank Hadassah and mail
to:
Paulette Levine, 12515 Taylorcrest,
Houston, TX 77024
Please indicate fish or vegetarian
entree.
Your check is your reservation.




WHAT **EXACTLY** DOES ZIONISM MEAN TO YOU?

**HADASSAH'S
DEFINING
ZIONISM
IN THE 21ST CENTURY**

In the Hadassah community, this is a crucial conversation – one we believe is important. We need you to be a part of these conversations about Zionism and Israel's future, ones where civil discourse and respect are the norms.

That's why we launched **Defining Zionism in the 21st Century**, Hadassah's provocative video series. Each month, we add a new speaker, sharing diverse perspectives in short, easy-to-share short segments designed to start conversations.



Watch. Discuss. Share.

HADASSAH THE WOMEN'S ZIONIST ORGANIZATION OF AMERICA, INC. | hadassah.org/definingzionism

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