



Houston Chapter of Hadassah **NEWS & VIEWS**

Shevat/Adar 5777

February, 2017



YOUR HOUSTON CHAPTER BOARD 2017-2018



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 - For info email tobyejoachim@gmail.com.

Aviv - For info email Avivhadassah@gmail.com.

Chagall - Thurs., Feb. 9 at 7:00 pm at Jewish Family Service, 4131 S. Braeswood. Join Lynae Novominsky, Michael Kahlenberg and Madeleine Appel of JFS to tour the facility and learn about the N4NN program. RSVP to marcchagallhadassah@gmail.com.

Book Club - Sun., Feb. 5 at 2:00 pm at Marty Klashman's, 4006 Breakwood. *The Beauty Queen of Jerusalem* by Sarit Yishai-Levi.

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

Anne Frank - Wed., Feb. 15 at 10:30 am at Cynthia Mills', #7 Saddlebrook Ln. "Genocide. 'Never Again!' But It's Happening Now, Isn't It?" with Laurie Garcia, Education Outreach Coordinator, Holocaust Museum, Houston. Must RSVP in advance to 713-899-1313.

Kinneret - For info email nurit77@att.net.

Lazarus - Wed., Feb. 1 at 7:00 pm at Linda Block's, 5023 Braesheather. Planning session discussions on Special Interest groups and potential Daytime Meetings. RSVP to Harriet, harriete1@aol.com or 713-721-2568.

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

Ma-Arav - Thurs, Feb 16. It's a morning meeting and speaker. For info contact Liz Segall, 713-859-6233.

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

Mazal - For info contact mkraskin@comcast.net.

PRESIDENT'S COLUMN



Sandra Smith

This month, a 1967 (the year I graduated from high school) song by Sonny and Cher is running through my head – "The Beat Goes On." How does that relate to Hadassah 50 years later? Think about the beat of your heart and the hearts of your loved ones. We need all those heart beats to enjoy our lives. And what are you and Hadassah going to do to ensure that the heartbeats go on? My message to you this Heart Month, is to learn from Hadassah about your heart and how to care for it.

It might surprise you to know that a woman is 10 times more likely to die of heart disease than she is of breast cancer. Scientists estimate that up to 82% of heart disease is preventable. Every woman owes it to herself and to her loved ones to be aware of how she can take positive steps to protect her heart against heart disease. This is where Hadassah plays its part. Every Beat Counts, Hadassah's Heart Health Program, has already saved lives and educated over 11,000 women. If you participated in last year's virtual walk from Jerusalem to Hadassah's National Convention in Atlanta, you tried to walk up to 10,000 steps each day between April and July. I made it the whole way with only a few days to spare before going to Atlanta but was so proud that I it! This year, Hadassah will be introducing "Every Bite Counts," Hadassah's Nutrition Program. I'd like to see all of the Houston Chapters participating.

Dr. Zfat-Zwas, of Hadassah's Linda Joy Pollin Cardiovascular Wellness Center, recruited policy makers in the Knesset to sign a declaration to promote women's heart health awareness and the need for gender-specific treatment. Lawmakers were told how Hadassah's Dr. Ronen Beeri has noticed several differences between men and women:

- ◆ Women have degenerative diseases of the valve at a younger age.
- ◆ Women may undergo some experiences, such as radiation treatments for breast cancer, which may cause them to develop stenosis (a narrowing of the heart's arteries, veins, or valves) more quickly.
- ◆ Research found that only 34.3% of Israeli Jewish women and 25.9% of Israeli Arab women know that heart disease is a major cause of women's deaths.

At the end of November, a sold-out Gender Medicine Conference was held by Hadassah Israel in partnership with the City of Ranaana. Some of the more interesting findings are:

- ◆ Marital stress is the most important predictor of poor diagnosis for women with heart disease.
- ◆ Women with lower socioeconomic status, who are more prone to heart disease are, in fact, monitored less and referred for rehabilitation less than men.

....President's Column continued on page 5

March News and Views Deadline: February 15, 2017

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Editor: Glenda Danburg Waldman

Send all information to :
Glenda Danburg Waldman
E-mail: irglenda@aol.com

Group meetings continued...

Pearl - For info call Bonnie Winograd, 713-668-5789.

Szold - Wed., Feb. 8 at 11:00 am at Carol Gaines', 9406 Brig O Doon Circle. Jeff Friedman's topic will be "Loving Life". Dairy lunch. RSVP to Linda, 832-516-7333 or Carol, 713-726-8745.

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

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

GIVE THE GIFT OF HADASSAH MEMBERSHIP

Hadassah is growing stronger everyday in building a world where our Jewish values are creating a strong community and an enduring Israel. Women involved in Hadassah discover a place where they can put their Jewish values into action and to support advanced medical care and research in Israel. Hadassah, The Power of Women Who Do. Join Hadassah's network of 330,000 members, Associates and supporters, connecting members to the greater Jewish community and Israel.

PROMOTE HADASSAH LIFE MEMBERSHIP NOW! We have membership options to suit everyone. Become a Life Member of Hadassah for \$250. Our Associate membership men's program is \$250. Annual membership is \$36. You can send a check made to Houston Hadassah, 4654 Beechnut, 77096. You can also join online at www.hadassah.org.

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

Avital : Esther Moszkoquicz

Aviv: Ann Dee Brahms, Beryl Anne Gerber

Kinneret: Katherine Angel, Anita Eakman, Dawn Freedkin, Nancy Schwartz, Jeanie Sheinberg

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.

New to Houston? We have a group for you. Go to www.houstonhadassah.org and check us out. Or contact Membership VP Rose Marie Wagman at rosemariewagman@gmail.com.



**GO RED FOR
WOMEN HEART
HEALTH DAY
IS FRIDAY,
FEBRUARY 3,
WEAR RED!**

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.



Got some time? Want to get more involved with Hadassah and meet really great ladies? Hadassah needs you! We are looking for someone to help our 2017 Membership VP, Rose Marie Wagman. You would need to stop by the office several times monthly to process new member information and send it on to National. You should be able to input information into a Google directory to do this job. If you can help let Sandra Smith or Robin Dorfman know at 713-661-1022.

WE'RE MOVING

Hadassah is moving at the end of February to Braeswood Square and we need your help. If you have any boxes or packing supplies to donate please bring them by the office, 4654 Beechnut. Volunteers are needed to help shred old documents, pack and schlep boxes and art work to the new space in February. If you can help, call the office, 713-661-1022.



SCENE AT ...



*ANNE FRANK
(ABOVE AND LEFT)*



THE POWER OF CONNECTION Hadassah Professional Business Directory

Exclusive **new** benefit for Hadassah Life Members & eMembers—moving and looking for a real estate agent? Need an attorney? Want to advertise your event planning business? Expanding your online marketing firm? The Hadassah online Professional Directory is your answer.

Register today and connect your business to Hadassah members throughout the country and in your community. First year free if you sign up by December 31, 2016.

Go to hadassah.org/businessdirectory to log in.

Start searching today and access needed services.



HADASSAH
the power of women who **DO**

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

Women's Shelters: Needs toiletry items of all kinds.

Let My People Read: Needs new & gently used books .

Meals On Wheels: Needs non-perishable food and canned goods, including pet food.

Dress For Success: Bring your gently worn suits, business clothing, (cleaned and on hangers) panty hose, scarves, purses and shoes to the Hadassah office. The items will be taken to the Dress For Success office.



*CHAGALL
GROUP
(ABOVE & LEFT)*



EMAIL
IRGLENDA
@AOL.COM

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LEAD BY EXAMPLE

As a Keeper for Nursing, you will show the world how important nursing is to Hadassah and our future.



- Your gift will help Hadassah address the **shortage of nurses** in Israel by educating the next generation of nurses. The Henrietta Szold School of Nursing Clinical Master's Program has **graduated over 135 nurses**.
- As a Keeper for Nursing, your gift enables **cutting edge clinical research by nurses**, with specialties in gerontology, oncology, acute/chronic complex patient care, and women's health.
- Becoming a Keeper for Nursing forever **links YOU to Israel and Hadassah**.

A minimum gift of \$1,000 annually (just \$83.33 a month) can start you on the road to **CUMULATIVE GIVING** and accelerate you to a higher recognition level. You will receive recognition on the beautiful **KEEPERS OF THE GATE PILLARS** in the Hadassah Hospital - Ein Kerem courtyard in just five years.



Keepers of the Gate

Hadassah's Premier Annual Giving Program
hadassah.org/keepers 800.928.0685

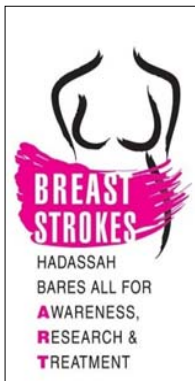
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**MONDAY
FEBRUARY 13**

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



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 body 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 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.

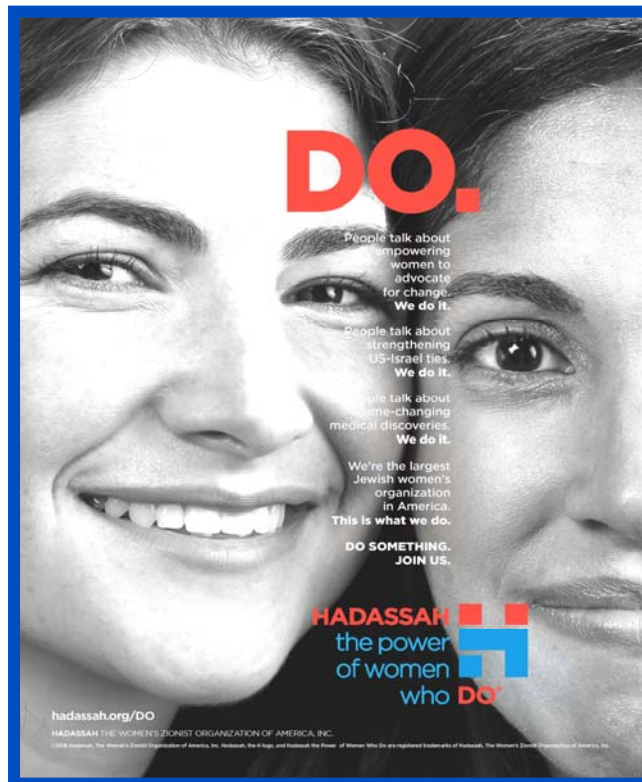
With its emphasis on awareness, research and treatment of cancer, Breast Strokes is a perfect fundraiser for Hadassah. Our doctors provide medical care through Hadassah Medical Organization (HMO) to over one million patients a year regardless of race, religion or nationality. Hadassah leads the way with 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 the following: 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!



CELEBRATE ON SATURDAY, FEBRUARY 11



PRESIDENT'S COLUMN

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

- ◆ "Sitting is today's smoking," said Dr. Zfat-Zwas. "We need to aim for fitness, not thinness." While 150 minutes a week is the recommended goal for exercise, even 10 minutes per day does something.

Dr. Ronen Beeri, Director of HMO's Cardiovascular Research Institute, is collaborating with colleagues at Mt. Sinai (NY) Medical Center in using gene therapy to replace failing heart cells. They hope that viruses will transport specific genetic material into the heart which will raise the level of calcium – an event necessary for healthy heart contractions. If success in mouse models transfers to humans, some day our heart cells might regenerate with the use of stem cells.

All of this research and education "goes on" with your generous help. Consider a gift to Hadassah for heart research. Speak to Deborah Warner or Sue Zerlin, our Grassroots Fundraising VPs or to your group's Fundraising VP.

Remember, the power to care for your heart is in your hands. Join with me and Hadassah to keep the research going and ensure that "The Beat Goes On."

From my heart to yours,

Sandra Smith



KNOW YOUR WORTH | Financial Education for Women in Transition
[OWN YOUR FUTURE] |
A Joint Initiative of Hadassah & Jewish Women International

You are invited!
Hadassah presents an interactive workshop, especially created for women just like you.

Financial literacy training for women in transition

Sunday, March 26, 2017 9:30 am - 4:30 pm
Hadassah Office 24 Braeswood Square,
To RSVP contact:
Charlotte Goldberg, csgoldberg@att.net
To register send your \$50 check made to
Hadassah to Charlotte Goldberg,
10102 Briar Rose Houston, 77042

Know Your Worth, created in partnership with the experts at Jewish Women International, helps women gain an understanding of their finances and teaches the steps necessary to plan for a secure future, all in a safe and welcoming environment.

“It’s wonderful to see Hadassah teaching women the tools they need to empower themselves.”

—CHERYL LANDSBERG



IT’S TIME TO KNOW YOUR WORTH: OWN YOUR FUTURE. SIGN UP TODAY!

HADASSAH GREATER WASHINGTON: Donna Goldman, goldmadonna@gmail.com

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“KNOW YOUR WORTH” COMES TO HOUSTON

“Know Your Worth” is a financial literacy program geared to women ages 40-65 plus who are in transition (planning for retirement, divorce, new job/career, etc.). It was created in partnership with Hadassah and Jewish Women International (JWI). In a safe and welcoming environment the course helps women gain an understanding of their finances and the steps necessary to plan for a secure future. The event will be held on Sunday, March 26 from 9:30 am to 4:30 pm at the new Hadassah office, 24 Braeswood Square.

A professional, trained in “Know Your Worth,” will facilitate the program. Breakfast bites, kosher lunch and snacks will be included. Each person will receive her own flash drive and written pages of the power point. This vital program for women is not a fundraiser and no services will be sold. The cost is \$50.

“Know Your Worth” has been a success and Houston is privileged to have this literacy program here. It is limited to 20-25 women. Call Charlotte Goldberg, 713-781-4760, or csgoldberg@att.net to register.