



Houston Chapter of Hadassah NEWS & VIEWS

Nissan/Iyar 5778

April, 2018

ENJOY PASSOVER ALL WEEK



PASSOVER SEDER MEAL

EGG

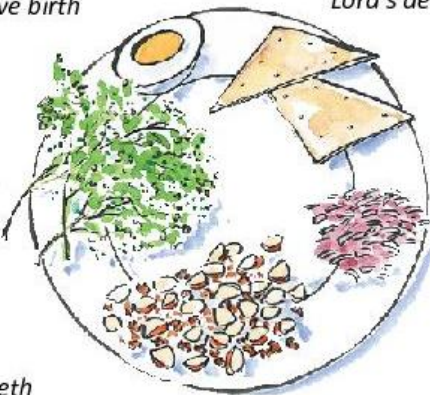
The egg symbolizes the desire for freedom to which hard labor gave birth

UNLEAVENED BREAD

The unleavened bread is the bread of haste, made with eagerness to experience the Lord's deliverance

PARSLEY

A symbol of springtime, parsley is placed in salt water, a sign of the tears that need to be shed before joy can be experienced



GRAPE JUICE

Grape juice is drunk to honor the Lord, recognizing His benefits, and the goodness that makes everything possible



MIXED FRUIT

Mixed fruit called Charoseth (which is made of apples and walnuts), help us to remember the mortar which the Israelites were forced to make when they were slaves in Egypt

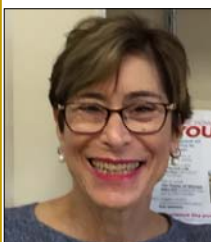
BITTER HERBS

Bitter herbs usually red shredded horseradish, represent the bitterness the Israelites endured before their escape from Egypt

SHANK BONE

The shank bone of the Passover Lamb brings to mind the deliverance which the Lord God wrought for us by the blood of this sacrifice. It is served on the plate reserved for Elijah.

PRESIDENT'S COLUMN



Debbie Angel

First, I want to thank Robin Dorfman and Kelli Zerlin for all their support in the office. And, all the Houston Hadassah Past Presidents for their guidance. I count on all of them immeasurably; as it seems to me I am always counting on 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 anniversaries.

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. In our area, we can count on numerous local stores to have a supply of Kosher for Passover items. Even if we're invited to Seder at a relative's or friend's house, it will still be Passover for another seven days in our own homes. Like a great commander, we may plan a week's meals down to the condiment. "Do I have enough eggs? Is it even possible to have enough eggs?" 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 seven weeks, at Shavuot on May 30. 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 24 will be a Golden Anniversary for us all. Look for the Houston Chapter to celebrate in a big way.

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, 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 girls are asked if they 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 in Israel and here in America.*

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

B'Shalom, Debbie

May News and Views Deadline: April 15, 2018

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GROUP MEETINGS

Chagall - Thurs. April 19 at 7:00 pm at Bayland Community Center auditorium, 6400 Bissonnet. Israeli artist Anat Ronen will speak. Refreshments will be served. RSVP to marcchagall-hadassah@gmail.com

Anne Frank - Thurs., April 19 at 10:30 am at Glenda Waldman's, 5317 Pine. Herut Gez, Israeli Emissary will speak about Israel's complicated political system. Lunch from Fadi's is \$18. RSVP to Betty, kinder-teacher77063@yahoo.com.

Your check mailed to Betty Babendure, 1559 W. Sam Houston Pkwy South, Houston 77042 is required by 4/13

Lazarus - Thurs., April 12 at 7:00 pm. Rodi Franco, formerly of the Alley Theatre will give a visual presentation on Sexual Harassment featuring an insider's look at the shakeup at the Alley Theatre and the Houston community. RSVP by 4/9 to Ellen at ellenL@comcast.net.

Lunch with Lazarus - Mon., April 9 at 12:30 pm at The Egg And I, 4938 Beechnut. Order food of your choice, and join us for good conversation. No need to RSVP.

Kinneret - Sun., April 8 at 9:30 a.m. - 3:30pm. A Jewish Historical Houston Bus Trip. For more information please contact Risa, risaruth66@gmail.com.

Book Club - Tues., April 10 at 1:00 p.m. at Cheryl Sigel's, 3618 Harkey. *Casting Lots: Creating a Family in a Beautiful Broken World* by Susan Silverman.

Mahj Tournament - Sun., April 22 at 9:30 am - 3:00 pm at 16020 El Camino Real. Annual Kinneret Mahjong Tournament. Contact Barbara, 281-488-6089

BE A VOLUNTEER

HADASSAH MEMBERSHIP

"WE GOT THE POWER, DO YOU?"

Want to be a guest on a Hadassah Mission to New York or Israel? This is your chance to win a free trip! Enroll as a new Hadassah Life Member from now through April 15, 2018. Write a paragraph (maximum 100 words) on what "The Power of Women Who Do" means to you. Hadassah judges will review and select five winners. See official rules at: Hadassah.org/experiencethepower.

For information about membership and more detailed information about our groups, contact Membership VP Rose Marie Wagman at: 281-497-7254 or rosemariewagman@gmail.com.



HADASSAH WOMEN'S HEALTH & ADVOCACY CONFERENCE

Celebrate Hadassah's Milestone Anniversaries
HADASSAH MEDICAL ORGANIZATION @100
HADASSAH SCHOOL OF NURSING @100
HADASSAH OPHTHALMOLOGY DEPT @100
ISRAEL @70

JOIN US IN WASHINGTON, DC
May 15 - 17, 2018

\$575 Early Bird Rate (registration opens early 2018)
National Assembly*/Conference combo rate: \$650
• Panels of health influencers, experts & stakeholders
• Spectacular Hadassah Medical Organization (HMO) Gala with entertainment
• Empowering Day on the Hill: Make your voices heard with members of Congress
• Informative update by Israeli Ambassador Ron Dermer
*National Assembly starts May 14

To make hotel reservations at the Capital Hilton at the group rate of \$339/night plus tax, please go to hadassah.org/capitalhilton

FOR MORE INFORMATION, hadassah.org
frosenberg@hadassah.org or
rsmolow@hadassah.org

HADASSAH
the power
of women
who DO

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Yom Ha-Atzmaut 70 YEARS
4/19/2018 Le Chaim!



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.

SCENE AT...



*ANNE FRANK GROUP
ACTIVITIES
(LEFT & BELOW LEFT)*



**PLEASE SEND AN UPDATE
OF YOUR ADDRESS NEW
OR TEMPORARY TO THE
HADASSAH OFFICE AT
RDORFMAN@HADASSAH.ORG**



*DALLAS HADASSAH CHAPTER & SHREVEPORT HADASSAH CHAPTER
(DALLAS ABOVE LEFT & SHREVEPORT ABOVE RIGHT)*

 Find us on
Facebook

Be sure to "friend" and "like" the Houston Chapter Facebook page. To do so, please go to the link:
https://www.facebook.com/The-Houston-Chapter-of-Hadassah-53483181577/?notif_t=page_invite_accepted-if_id=1493399350892908



JOIN THE GOOD NEIGHBOR PROGRAM AT YOUR RANDALL'S AND HELP HADASSAH TOO!



HOUSTON/AUSTIN

GOOD NEIGHBOR PROGRAM

Complete this portion to link your Remarkable Card to the charity of your choice. You can choose to link up to three charities. Contact your charity of choice and ask if they are a member of our Good Neighbor Program or ask the Courtesy Booth for the GNP number of a particular charity. To learn about the Good Neighbor Program, go to www.randalls.com.

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Don't know your card number? Call Customer Care at 1-877-723-3929.

Charity to be added to your card:

1. Charity # 2277
2. Charity # _____
3. Charity # _____

Charity to be deleted from your card:

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2. Charity # _____
3. Charity # _____

APPLICANT NAME (PLEASE PRINT) _____

PHONE _____

APPLICANT SIGNATURE _____

DATE _____

PLEASE RETURN THIS FORM TO YOUR NEIGHBORHOOD RANDALLS COURTESY BOOTH

OFFICE USE ONLY: STORE # _____

COURTESY BOOTH: SEND THIS COMPLETED FORM TO THE MAILROOM - ATTN: DATA CENTER OF ARIZONA

WHO HEAD PRAISES HADASSAH MEDICAL CENTER

World Health Organization (WHO) Director General Dr. Tedros Adhanom Ghebreyesus arrived in Israel for a surprise visit, and toured Hadassah Medical Center's Ein Kerem campus.

Together with Health Ministry Director General Moshe Bar Siman Tov, Ghebreyesus toured the hospital's pediatric hemato-oncology ward, speaking with parents, patients, the medical staff, nurses, and social workers, who told him about the challenges they face.

Pediatric Hemato-Oncology Department Head Dr. Gal Goldstein briefed Ghebreyesus on the innovative treatments used in the ward. Summarizing his visit, Ghebreyesus said, "I am amazed by the level of dedication and the staff's impressive devotion to the patients, as well as by the continuous thought which goes into treatment. [The thought is] not just about the sick children, but also about their families. I am impressed by the level of involvement of every staff member in the patients' treatment."

"Hadassah is proof that medical treatment creates an impressive bridge between people, and a center of hope," he said.

HEART DISEASE: SIX INSIGHTS FOR WOMEN TO REMEMBER

- Many of us know what we need to do to be healthy, but we don't seem to be able to translate this knowledge into our own daily reality. We need to empower ourselves to take action and take care of ourselves.
- We need to learn how to interact with our medical care providers; to overcome the gender barriers to accurate diagnosis.
- Women's threshold for pain is higher and it takes women about an hour longer than men to seek help when they feel sick. So we must learn to take our symptoms to heart and differentiate everyday pain from dangerous heart symptoms.
- Rather than be paralyzed by confusion because so many symptoms we experience can mean a heart problem is brewing, when we feel really bad, we need to check the situation out! This means that if we experience unusually severe pain and shortness of breath, for example, it's time to see a doctor.
- Studies reveal that, in general, women who are heavy but exercise regularly are healthier than women who are thin but don't exercise. So exercise because it is healthy for your heart--not to lose weight.

JOIN EMMA LAZARUS AT A NEW MONTHLY MAHJONGG GAME

The games will start at 1:00 pm at Café Express in Meyerland. Come early to order your food and grab a table. If you are interested in playing, contact coordinator, Eileen Barrett at tenniseileen@yahoo.com. You don't have to be a Lazarus group member to attend. Bring your card, have fun and good luck!

WE GOT THE POWER

HADASSAH MEMBERSHIP TURNS POWER INTO ACTION
It connects you to 300,000 members and supporters. Now that's power.

POWER in every congressional district that allows you to advocate for women's issues and Israel

POWER that educates and strengthens Jewish life in America

POWER that enables Hadassah to repair the world through medicine and research—one disease at a time

POWER UP AND JOIN
@ hadassah.org/join
or call 800.664.5646

Win a free trip to Israel or NYC @ hadassah.org/experiencethepower

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HADASSAH the power of women **who DO**