



# Houston Chapter of Hadassah

# NEWS & VIEWS

Adar/Nissan, 5778

March, 2018

**TWO GREAT HOLIDAYS  
ONE BUSY MONTH!**

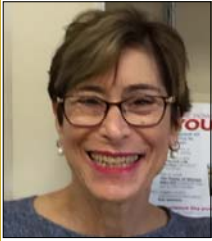
**CELEBRATE  
PURIM  
MARCH 1**

**CELEBRATE  
PASSOVER  
MARCH 30 TO  
APRIL 7**



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

## PRESIDENT'S COLUMN



*Debbie Angel*

In a few days we will celebrate Purim and enjoy the many traditions that make this holiday so lively and meaningful. Purim is an opportunity to remember and pay tribute to OUR Hadassah - our women's organization, and to its founder, Henrietta Szold. Why at Purim? Because Hadassah was founded on Purim in 1912 by a small group of women and they chose to name it in honor of Queen Esther whose Hebrew name is Hadassah.

In March, we also honor Women's History Month and we celebrate heroines of every kind. It is the rescue of the Jewish people by Queen Esther in a critical moment in our history, and the founding of Hadassah by Henrietta Szold in a momentous time of strife and turmoil, that we find two women who changed the course of Jewish history. In each instance, saving generations of people began with a single visionary woman.

From Esther we learn that if we use all of our resources, we can find solutions to fight hate and evil; from Henrietta Szold we learn that we have within us the capacity and ability to challenge indifference. From both women we learn the valuable lesson that risk and courage are inevitably tied.

Soon we will gather in synagogues and schools to hear the Megillah reading. Once again, we will rejoice over the shrewd and brave actions of Queen Esther. We will admire her bold leadership as she risked her own life and devoted herself to save and assist her people. Let us also remember Hadassah and Henrietta Szold, a modern Jewish queen who also devoted her life to her people, acted as a role model, and created an organization that saves lives and gives hope.

Following the tragedy in Parkland, FL we encourage you to speak out! Send a message to your legislator through Hadassah's National Action Center. It's easy to use and has an enormous impact. Check out National President Ellen Hershkin's statement on the recent event. Email [advocacy@hadassah.org](mailto:advocacy@hadassah.org) to find out more ways to help.

Chag Sameach Purim  
Debbie

## EMMA LAZARUS HADASSAH

LAZARUS 2018 stands for ... Houston & Hadassah! ... Lunch & Laughter! ... Fun & Friendship! So what are we up to next? We will be alternating daytime and evening events.

We are committed to changing the picture of Lazarus in today's world. *But we can't do it alone!!* We need A Few Good Women to join the Lazarus Board in the areas of: **Membership** – Encourage our members to attend Lazarus events. Welcome visitors to our meetings. Sign up new members (\$36/annual or \$250 Life member) and men Associates (\$250 Life membership.) **Hospitality** – Help find comfortable locations for meetings and events. Plan refreshments for meetings. **Program** – Help plan enjoyable activities for our members and guests. Help develop new special interest groups with input from our members. We hope you can help us revitalize Emma Lazarus.

**Thanks from Co-presidents: Lynn Abrams and Laurie Gass.**

**April News and Views Deadline: March 15, 2018**

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

## GROUP MEETINGS

**Anne Frank** - Wed. March 14 at 10:30 am at The Council on Recovery, 303 Jackson Hill. "America's Opioid Crisis..." Maureen Wittels tells her story about the overdose death of her son. Crystal Collier, PhD, explains the Science of Addiction. RSVP to Betty, [kinder-teacher77063@yahoo.com](mailto:kinder-teacher77063@yahoo.com).

RSVP by March 9. Mail your \$14 check made to Anne Frank Hadassah to Betty Babenture 1559 W. Sam Houston Pkwy S., Houston, 77042.

**Lazarus** - Fri., March 9 at noon for lunch and movie "Humor Me" at 1:00 pm at ERJCC. Lunch and movie is \$9 for JCC members, \$14 for non-members. RSVP to Esther Bethke, 713-595-8186 by Wed, March 7.

**Lunch with Lazarus** - Mon., March 19 from 12:30 to 2:00 pm at Escalante's, Meyerland Plaza.

**Leff** - Thurs., March 15 at 6:30 pm. Dinner at Cafe Express (Meyerland.) 8:00 pm movie at ERJCC, 5601 S. Braeswood. Enjoy food and fun then attend Jewish Film Festival's movie "Saving Neta." RSVP to [annettebotas@gmail.com](mailto:annettebotas@gmail.com)

**Szold** - Wed., March 4 at 11:00 am at Jan Rose's, 10714 Paulwood. Cantor Meir Finkelstein will present a musical medley. A dairy luncheon will be served. RSVP to Carol, 713-726-8745.

### 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.

## 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](http://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](mailto:rosemariewagman@gmail.com).

### IT'S WOMEN'S NIGHT AT THE ERJCC FILM FESTIVAL



Join us as we celebrate Women's Night on Thursday, March 8 at 6:30 pm for dinner and a movie. Before the showing, join the women of our community for dinner and wine! Bring your own dinner, or order, in advance from Laykie's Café at the J. To keep the mood festive, Israeli wine will be provided! If you want group seating at dinner and/or the movie, please contact Nada Chandler @ [nada36@aol.com](mailto:nada36@aol.com).

You will laugh, you will cry, you will cheer, and you will be thoroughly engrossed with the showing of "The Wedding Plan" (an Israeli movie, in Hebrew, with English subtitles.)

Michal, 32, is blindsided by her fiancé's decision to call off their wedding with only a month's notice. Unwilling to return to lonely single life, Michal puts her trust in fate and the Almighty and continues with her wedding plans, believing Mr. Right will appear by her chosen date. She enlists the help of two matchmakers as her skeptical mother and sister look on with trepidation. Trailblazing writer-director Rama Burshtein (*Fill the Void*) returns to the cloistered Orthodox community she knows intimately with this poignant comedy.

DAYLIGHT  
SAVING TIME  
BEGINS  
SUNDAY  
MARCH 11





# SCENE AT...



EMMA LAZARUS GROUP MEETING  
(ABOVE & RIGHT)



MARC CHAGALL  
GROUP  
KOMEDEY WITH  
KENNY  
(LEFT)

**PLEASE SEND AN UPDATE OF YOUR ADDRESS  
NEW OR TEMPORARY TO THE HADASSAH  
OFFICE AT [RDORFMAN@HADASSAH.ORG](mailto:RDORFMAN@HADASSAH.ORG)**

## JOIN THE EMMA LAZARUS GROUP AT A NEW MONTHLY MAH JONGG GAME

The games will start at 1:00 pm at Café Express in Meyerland. You are encouraged to come early to order your food and grab a table.

Players will use the 2017 card until the new card arrives in April. Experienced players and beginners are welcome to attend!

If you are interested in playing, please contact coordinator, Eileen Barrett at [tenniseileen@yahoo.com](mailto:tenniseileen@yahoo.com). Don't forget to bring your mahj card! You don't have to be a Lazarus group member to attend. Have fun and good luck!



ANNE FRANK GROUP  
(ABOVE)

HOUSTON HADASSAH

 Find us on  
**Facebook**

Be sure to "friend" and "like" the Houston Chapter Facebook page. To do so go to the link: [https://www.facebook.com/The-Houston-Chapter-of-Hadassah-53483181577/?notif\\_t=page\\_invite\\_accepted-if\\_id=1493399350892908](https://www.facebook.com/The-Houston-Chapter-of-Hadassah-53483181577/?notif_t=page_invite_accepted-if_id=1493399350892908)



# HADASSAH MEDICAL ORGANIZATION (HMO) UPDATE

## DOV'S STORY ABOUT HMO

Thanks to his physicians at the Hadassah Medical Center, Dov Guggenheim, who was diagnosed with Multiple Sclerosis (MS) in 2015, has gone from "depressed to optimistic, paralyzed to athletic and most important, hopeless to hopeful."

In appreciation for this drastic improvement in his quality of life, he is running the Jerusalem Marathon to raise money for Hadassah's MS program. With trust in his doctors and faith in the rapidly developing research into medical treatments for MS, Dov has been able to keep a positive outlook. Together with others at Hadassah's MS Center, he established the MS running team and registered for the next Jerusalem Marathon. The team members dedicated themselves to raising money and awareness for the groundbreaking research being done by Hadassah in developing a stem cell cure for MS (and hopefully ALS as well.)

Dov ran the marathon with one leg barely functioning because of another MS attack, and "celebrated" back in the Emergency Room. That, however, was his last attack until he was hospitalized once again. This time for treatment with a relatively new MS drug that has had good results in preventing attacks and even reducing brain and spine lesions. But he has been lucky enough to regain control of his life during the past year. He has brought together another dedicated running team to raise money for Hadassah research with this breakthrough treatment. If all goes well, he may no longer need this treatment, but thousands of MS and ALS sufferers may benefit.

## "HEART GUARDIANS" STORY ABOUT HMO

The first cadre of Jerusalem's Arab-sector volunteer "Heart Guardians" received graduation certificates at Hadassah Hospital Ein Kerem last month, from the Hadassah Medical Organization's Linda Joy Pollin Cardiovascular Wellness Center for Women, recognizing their leadership in bringing better health to their local community.

The graduates attended two intensive pilot courses. The first was a 22-week curriculum on the prevention of diabetes, a disease that so many of the women in Jerusalem's Arab population have developed--a disease that puts them at major risk for heart disease. The second was a leadership course, during which they were trained to create and implement health projects in their community.

"What we learned in conducting these courses," relates Pollin Center Director Dr. Donna Zfat-Zwas, "is that these women know what they need to do to be healthy, but they don't know how to translate this knowledge into their own daily reality." Parallel courses took place in two community centers where 25 women were chosen for potential leadership roles, particularly because of their ability to create and carry through community health initiatives. The 25 new leaders, all of whom are homemakers, presented their health projects before the graduates and Hadassah Hospital staff at the graduation event.

Among their health initiatives:

- A school-wide health project in three boys' schools in the Old City and in the neighborhoods of Shuafat and Sur Baher. Implementing this project required approaching the principals for buy-in, overcoming suspicion of something new by the communities, and convincing the local kiosk owners to provide healthier substitutes for the junk food they were selling near the school. Different classes competed with each other to choose healthier alternatives--drinking water, instead of sweetened drinks; eating a healthy breakfast at home; and including fruit and vegetables in their school snack.
- A project to get women to walk on a regular basis. The women had to overcome their husbands' objection to their going out alone, and they had to find a safe environment for their walks. They published a brochure about the impact of walking in reducing diabetes and heart disease, and created interesting walking paths within their neighborhood, as well in a local community center's playing field. Twenty women still meet regularly for walking, thanks to this new initiative.
- A project to create an "Over a Cup of Coffee" health club, where healthful recipes are shared and health issues are presented in different women's homes. Women whose husbands object to them leaving their own homes for such meetings are nonetheless included in the WhatsApp groups, where the discussion focuses on women's health issues.