

Volume 15, Issue 9 September 2016

#### LOEN Ladies Club Welcomes New Members Year-Round

The Lakes on Eldridge North Ladies Club is a friendly and diverse social organization open to all women residents. We welcome new members throughout the year and encourage any woman, whether a long-time or brand-new LOEN resident, to join our group. The club focuses on providing club members with ongoing activity groups that foster friendship and interaction between LOEN ladies. Our groups include Angels, two Book Clubs, Bridge, Brunch, Bunco, Dinner, Explorers, Garden, and Girls Night Out. We even assist a Men's group to encourage the same rapport between the men of LOEN.

Our next general meeting will be held Tuesday, September 27 at 6:30pm. The meeting begins with a social hour that includes a potluck dinner so members can mix and meet each other and concludes with a brief meeting.

If you would like more information or to join our club, please email us at loenladiesclubpresident@gmail.com.



# LOEST Fall Swim Clinic

There is still time to participate in the Fall Swim Program for swimmers looking for conditioning and stroke development, which runs through end of October. This clinic is open to all swimmers, new or returning, but slots are limited. For more information on days and times, please refer to the team website: http://loedolphins.swim-team.us



#### **IMPORTANT NUMBERS**

Harris Co. Sheriff - (non-emergency)		
Cy-Fair Fire Department - (emergency) 281-466-6161		
(non-emergency)281-550-6663		
Poison Control1-800-764-7661		
Texas DPS713-681-1761		
Waste Management713-695-4055		
(trash collection Mondays & Thursdays)		
TNG MUD 370281-350-0895		
Harris County Tax Office713-224-1919		
Centerpoint Energy		
(give pole # of street which is out)		
Centerpoint Energy713-659-2111		
Comcast Cable		
Houston Chronicle		
Metro Transit Info713-635-4000		
Kirk Elementary		
Truitt Middle School		
Cy-Ridge High School		
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Deadline for submitting articles for the Lakes On Eldridge North Newsletter is the 10<sup>th</sup> of each month. Submissions are subject to space limitations and editorial approval. Email Articles to *loen@PEELinc.com*.

PERSONAL CLASSIFIED ADS: Deadline for submitting personal classified ads is the 10<sup>th</sup> of each month for publication in the following month's newsletter. Email personal classifieds to <code>loen@PEELinc.com</code>.

ADVERTISING: Deadline for submitting ads is the 8<sup>th</sup> of each month for publication in the following month's newsletter. Please contact Peel, Inc. Sales Office at 888-687-6444 or advertising@PEELinc.com *for information on advertising.* 

#### **LOEN Board Of Directors**

President:	Richard Weck
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#### **Article Submissions**

Please e-mail articles and/or photos to <a href="mailto:loen@peelinc.com">loen@peelinc.com</a>.

Submissions must be received by the

10th of the month for the following month's issue.

(Advertising deadline is the 8th of the month.)

#### **LOEN Waterfowl**



Please slow down when entering and exiting the community. We have had 4 ducks killed by vehicles this past month-several byvendors who did not stop. Two beautiful white Pekin ducks have been killed, a gorgeous black mallard, and a Mother Muscovy. It only takes a few minutes to allow them to cross safely. The only lakes that have shrubbery to provide shelter are the two front lakes, so relocation is not possible. The waterfowl are enjoyed by many families and we have a group of 15 volunteers who help

take care of the ducks and feed them daily. Visitors always comment how wonderful it is to see waterfowl and we all should take the time to ensure their safety. Please give them the Right of Way and alert the Vendors who may provide services to your home that we value our waterfowl and to please slow down and be on alert for them.

Thank your for caring and enjoying the ducks, LOEN Waterfowl Club

### National Night Out

#### National Night Out

is a great opportunity for citizens and law enforcement to partner up against crime.

This year, National Night Out is Tuesday, Oct. 4, 2016, from 7 to 9 p.m.

### National Night Out is designed to:

- 1. Heighten crime and drug prevention awareness
  - 2. Generate support and participation in crime efforts
- 3. Strengthen neighborhood spirit and police community relations
- 4. Let criminals know that neighborhoods are organized and fighting back

During the event, residents in neighborhoods throughout Austin and across the nation are asked to turn on their porch lights, lock their doors and spend the evening outside with their neighbors, police officers, firefighters and EMS paramedics. Events such as cookouts, block parties and neighborhood walks will all occur simultaneously throughout the city and nationwide.



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### Memorial Hermann Earns American Hospital Association Awards for Commitment to Quality, Innovation in Palliative Care and Improving Community Health

Only Houston Health System to be recognized at the AHA Leadership Summit

In a rare accomplishment for a U.S. health system, Memorial Hermann was nationally recognized for awards in multiple categories by the American Hospital Association (AHA) – notably for its

commitment to quality, employing innovation in palliative and end-of-life care and for improving community health. Memorial Hermann will be the only Houston health system recognized at the Health Forum/AHA Leadership Summit in San Diego July 17-19.

Earning 2016 AHA honors were: Memorial Hermann Greater Heights Hospital - finalist for the 2016 American Hospital Association-McKesson Quest for Quality Prize® for their leadership and innovation in quality improvement and safety;

the Memorial Hermann Community Benefit Corporation Mobile Dental Program – presented the AHA's NOVA Award for its efforts to improve community health; and the Memorial Hermann Physician Network and Symptom Management Consultants, the recipient of the AHA's Circle of Life Citation of Honor for utilizing innovation in palliative and end-of-life care.

"This type of national recognition by the American Hospital Association is a testament to the visionary leadership at Memorial Hermann and the dedicated and collective efforts of staff and physicians to deliver great care daily to the Houston community," said Dr. Benjamin K. Chu, president and CEO, Memorial Hermann Health System. "It truly demonstrates how our innovative programs are comprehensively serving the community with high quality and safe patient care at our hospitals, employing compassion in end-of-life care and decisions, and helping those most in need with our mobile dental program. All Memorial Hermann employees and physicians should be extremely proud of this wonderful milestone that few systems in the United States have or will achieve."

 $\label{thm:memorial} \begin{tabular}{ll} Memorial Hermann Greater Heights Hospital-McKesson Quest for Quality Prize $`Finalist" Finalist $$ $$$ 

• At the hospital level, Memorial Hermann Greater Heights was the only Houston hospital to earn recognition as an AHA McKesson Quest for Quality finalist attaining that distinction by demonstrating a tireless "organizational commitment to and progress in achieving quality, safety and effective, efficient, timely and patient-centered care" – the criteria required to be met to even be considered for the award.

"I am so very proud that Greater Heights was selected as a finalist for the 2016 McKesson Quest for Quality Award," said Susan Jadlowski, Sr. Vice President & CEO, Memorial Hermann Greater Heights. "We have worked diligently to foster a culture of safety so that every family that leaves a loved one in our care can feel secure in the knowing that their care is the most important thing to us. Our staff is dedicated to our mission of causing zero harm to our patients.

> We work daily to encourage it and our staff fully embraces the goal to be the safest hospital not only in the Greater Heights community, but in the Houston region."

> Rick Pollack, AHA's president and CEO, applauded McKesson Quest for Quality Award winners and finalists saying: "These hospitals have made remarkable strides in the quality of their patient care and they did so because they were committed to excellence. The entire hospital field can learn from the lessons demonstrated by the hard work

of these hospitals, their boards and employees."

Memorial Hermann Mobile Dental Program – AHA's NOVA Award

• The Mobile Dental Program added to the accolades for Memorial Hermann by earning the AHA's NOVA Award – an honor that recognizes hospitals and health systems for their collaborative efforts toward improving community health.

An integral component of the Memorial Hermann Health Centers for Schools clinics, the Mobile Dental Program has served as the "dental home" for uninsured and underinsured students in the greater Houston region since 2000. The program now has expanded to three 40-foot vans that rotate between 10 school-based clinics located in five school districts – Houston ISD, Aldine ISD, Pasadena ISD, Fort Bend ISD and Lamar Consolidated ISD. The program provides a full complement of preventive and restorative dental care at no cost, and is accessible year round to families.

"This award is great recognition for a program that serves an incredible need in our community," said Carol Paret, Sr. Vice President and Chief Community Health Officer for Memorial Hermann Health System and the CEO of Memorial Hermann Community Benefit Corporation. "Its primary goal has been to serve as a safety net for children in need of regular dental care as well as to educate them and their parents about oral health. It has made a difference in the lives of many students in measurable and immeasurable ways. It serves our mission to help people who otherwise wouldn't have access to health care, particularly children."

AHA President and CEO Rick Pollack said of 2016 AHA NOVA winners exemplified the hospitals collaborative in the community to "offer the most to those in need beyond the walls of their buildings.

(Continued on Page 5)

(Continued from Page 4)

The programs recognized by the AHA NOVA award inspire us all with their collaborative, caring approach to improving community health and wellness."

Memorial Hermann Physician Network and Symptom Management Consultants - Circle of Life Award™: Citation of Honor

• The Memorial Hermann Physician Network and Symptom Management Consultants program was recognized by the AHA with a Citation of Honor for the 2016 Circle of Life Award™ celebrating innovation in palliative and end-of-life care. Memorial Hermann's program was recognized for its "integrated partnerships, including academic settings and community hospices as well as collaborative leadership efforts in improving quality of care."

"We are very humbled by this recognition," said Dr. Sandra Gomez, Medical Director of Supportive Medicine at The Memorial Hermann Physician Network (MHMD). "We have worked hard to educate our patients and their families about palliative and end-of-life care – what it is and isn't – with the primary goal being to improve the quality of life for both patients and their families. We use a team approach to care which addresses the unique needs of each patient in order to optimize the delivery of care and improve the management of the patient's symptoms, pain, and the stress associated with their illness. This approach is what distinguishes our program, and we are honored to be cited by the American Hospital Association for our work to bring innovation and thoughtfulness to end-of-life care."

Circle of Life Award<sup>™</sup> nominations were reviewed and site-visited by a selection committee that included leaders from medicine, nursing, social work and health administration. The Circle of Life Award<sup>™</sup> honors palliative programs that among other criteria:

- Serve people with life-limiting illness, their families and their communities.
- Demonstrate effective, patient/family-centered, timely, safe, efficient and equitable palliative and end-of-life care.
- Use innovative approaches to meeting critical needs and serve as sustainable, replicable models for a segment of the field.
- Use innovative approaches to reach traditionally marginalized populations.







# Shield Bearer's Allie Scott Lends Expertise to New Skill Building Course for Women

Shield Bearer is launching an exciting new skill building course for women entitled CONNECTIONS: The Practice of Courage, Compassion, and Resilience. This course will be led by Shield Bearer Clinical Coordinator Allie Scott, MA, LPC, who brings extensive experience in the treatment of depression, anxiety, trauma, codependency, grief, marital issues, and sexual abuse. Ms. Scott purposefully selected a curriculum that features best-selling author and researcher, Dr. Brene Brown, as her in-depth studies of shame, fear, and vulnerability highlight the damaging effects on individuals and relationships.

Allie Scott explains, "This group is for all women who seek to live lives characterized by courage, compassion and connection and who want to stop living in shame, fear, and disconnection. All women who are committed to exploring their pain and learning how to develop a resiliency to shame are welcome. This class will be a closed group, which means that once we start, no new members may join the group. This will help create an atmosphere most conducive to learning and sharing, and one which will create trust and safety for participants."

This course will explore powerfully relevant topics including self-

esteem, love, belonging, authenticity, empathy, connection, power, courage, compassion, and more, with the ultimate goal of building a resilient spirit that fosters healing, joy, and gratitude.

The twelve session course begins September 7th and meets on select Wednesdays through December 14th, from 6:30PM-8:00PM at the Shield Bearer Central Office, 12340 Jones Road Suite 290, Houston, Texas 77070. Space is limited and participants are asked to register by August 31 by calling (281) 894-7222 or emailing intakes@ shieldbearer.org. The course fee is \$300 and includes twelve sessions of course materials, instruction, and refreshments.

Ms. Scott adds, "This could be a life-changing experience for those willing to commit to the class, and it is a commitment - 12 weeks is a long time. However, the benefits will be incredible. I myself am so excited about this experience."

For more information about Shield Bearer, a non-profit 501c3 charity dedicated to building strong and healthy individuals, families, and communities through professional counseling services, education, and prevention programs, visit shieldbearer.org or call (281)894-7222.





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# Karen Parke

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### Kids' Running Team's Cross Country Season Starts September 6th

The Northwest Flyers Track Club Youth Cross-Country Team kicks off the fall season with registration and a mandatory orientation for parents and athletes on Tuesday, September 6, 2016, at 7:00 p.m. at Cypress Creek High School, 9815 Grant Rd., Houston. Registration starts online September 1 at www.northwestflyers.org. Practices are held at the Cypress Creek YMCA and Spring Creek Park in Tomball.

The Northwest Flyers Track Club is a member program of USA Track and Field (USATF), the national governing body for track and cross country. The club is celebrating its 30th year in the northwest Houston area. Ages 6 - 18 may participate in the team, and both beginners and experienced runners are welcome. Middle school and high school cross country athletes can also register, but should compete after their cross country season is over.

For more information contact Coach Eric Wentworth at emw185@gmail.com or 281-961-6603. Visit www.northwestflyers. org to get updates and learn more about the team.



# TEXAS CHRISTIAN HIGH SCHOOL ATHLETIC & ACADEMIC CHAMPION

Class of 2016 graduate, Elisa Kendall, was this year's salutatorian and has been a student at Texas Christian since she was in the 1st grade. Elisa's dedication was evident both inside and outside of the classroom as she came home with the TCAL Singles State Championship, making her a 4 Time State Champion.

Elisa strives to perfect her talent and it shines through in all the tennis tournaments she wins and the sportsmanship she displays. Elisa signed with East Texas Baptist University and is looking forward to the next part of her journey. You can view her accomplishments on www.tennisrecruiting.net/player/highlights.asp?id=753090.

She has grown into a stunning young woman of Godly character who uses her talents for the Lord, and TCHS could not be more proud of her. Way to go Tiger!!!



### "New Developments in Lung Cancer Diagnosis and Treatment"



At the September 22 Cy-Fair Express Network Luncheon, Assistant Professor, Department of Thoracic and Cardiovascular Surgery, Division of Surgery, UT MD Anderson Cancer Center, Dr. Boris Sepesi will share valuable information regarding advancements in cancer treatment.

Dr. Boris Sepesi is an assistant professor in the Department of Thoracic and Cardiovascular Surgery at the University of Texas MD Anderson Cancer Center.

Dr. Sepesi was born in former Czechoslovakia and earned his medical degree with honors from Jagiellonian University Medical College in Krakow, Poland. He completed internship and residency in general surgery at the University of Rochester Medical Center in Rochester, New York, where he also spent a year as a research fellow studying clinical outcomes of esophageal cancer therapies and other esophageal diseases. He then completed a clinical fellowship in cardiothoracic surgery at MD Anderson Cancer Center/ Methodist training program, where he mainly focused on the treatment and multidisciplinary management of patients with complex thoracic oncological diagnoses (lung cancer, esophageal cancer, mesothelioma, mediastinal and chest wall tumors). At MD Anderson, he has also served as chief administrative resident.

Dr. Sepesi is certified by the American Board of Surgery and the American Board of Thoracic Surgery.

This month's CYFEN meeting begins with networking at 11 a.m. followed with a prompt 11:30 a.m. start of the program. Luncheons are held at the Sterling Country Club, 16500 Houston National Blvd.

About Cy-Fair Express Network (CYFEN)

Now over 60 members strong, Cy-Fair Express Network's vision is to be a community and national leader for the support of professional women by providing a nurturing environment for business development, networking, education and mentoring. Our members have opportunities to pursue excellence and achieve both local and national recognition. CYFEN is part of the national organization of American Business Women's Association (ABWA), for more information go to www.CYFEN.org.

About American Business Women's Association (ABWA)

Founded in 1949, ABWA provides business training and networking opportunities for women of diverse occupations and backgrounds. ABWA has dedicated 60 years to women's education, workplace skills and career development training. For more information, visit, www.abwa.org.

#### Luncheon Details

Thursday, September 22, 2016
Networking 11a.m.; Luncheon begins at 11:30 a.m.
Sterling Country Club, 16500 Houston National Blvd., Houston, TX 77095
Costs \$25 with advanced reservations; \$30 at the door



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### Northwest Harris County Aggie Mom's Club

#### WWW.NWHCAGGIEMOMS.ORG

Come join us, on Tuesday, September 13, 2016 at 6:30 pm. at the Houston Distributing Company, 7100 High Life Drive, Houston, Texas 77066. This fun-filled Aggie evening is a great way to meet other Aggie Moms, find out about upcoming events, buy care packages for your student and win door prizes! Enjoy light refreshments and learn a few yells from the Yell Leaders. We are looking forward to meeting all Moms of freshman Aggies, current Aggie students and former Aggies!

#### **ALSO CHECK OUT UPCOMING EVENTS:**

Sat, Sept 10th is Shop Til You Drop from 9am-5 pm at the Berry Center!

Sat, Sept 17th is Hullabaloo Huddle! Football Watch Party starts at 6 pm at Swanny's Grill, 6224 Theall Rd, Houston. 12th Man Silent Auction & Door Prizes! Cheer for the Aggies as they play Auburn, and have a fun evening with other Aggie Moms.

### AHFC Junior Hurricanes (JHSL) Registration Now For Fall 2016 Open

The Junior Hurricanes Soccer League (JHSL) is led by professional United States Soccer Federation (USSF) licensed staff and is designed for boys & girls who want to play and have fun in a safe and developmentally appropriate environment. The JHSL program is being offered at multiple locations and in conjunction with CFSA at the Schiel Road Complex. To learn more about each location and to register please visit www.albionhurricanes.org.

For those wishing only to train, join us in Katy for AHFC Friday Night Academy. Visit Katy Youth Soccer to register for this Friday Fun Program.

Email us at jhsl@albionhurricanes.org for more information or questions.

Office Phone:713-939-7473 Come Join The Fun!



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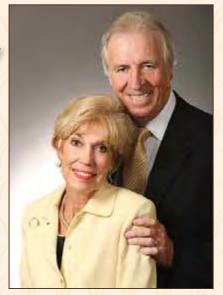
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### September Meeting

The Cypress-Tomball Democrats monthly meeting for the month of September will be held on Tuesday, September 20th 2016, at Rudy's Grill & Cantina, 11760 Grant Rd., Cypress, TX 77429, from 6:30 p.m. to 8:00 p.m.

Everybody is welcome to attend the meeting and to join this growing club, which meets on the third Tuesday of every month. The meetings foster great fellowship and feature informative guest speakers. For further information, visit the website www.cytomdems.com; contact Cris Hernandez at cytomdems@yahoo.com; Follow us on Facebook at Cypress-Tomball Democrats.

### **Cypress Texas Tea Party**

The next meetings of the Cypress Texas Tea Party will be on: Saturday, September 17, 2016 NOON - 2:00 PM

- Charles Blain, Empower Texans Saturday, October 8, 2016 NOON - 2:00 PM
- Renee McGee, Judge, 337th District Court
- Debra Ibarra Mayfield, Judge, 165th District Court

The Cypress Texas Tea Party meets every three weeks on Saturday, Noon until 2:00 PM at:

Spring Creek BBQ 25831 Northwest Freeway Cypress, Texas 77429

Map: http://goo.gl/maps/OoNjY

A schedule of our meetings and confirmed speakers can be found at our website, www.cypresstexasteaparty.org

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On Friday, September 23 and Saturday, September 24 from 9 a.m. to 4 p.m., St. Mary's Episcopal Church is hosting its 11th annual Fall Gift Market. This is the ideal event to kick off your holiday shopping and decorating! The convenient location at the corner of Louetta Road and N. Eldridge Parkway makes it easy to shop the selection of unique jewelry, home decor, creative toys, flower arrangements, handcrafted gifts, collectibles, pottery, candles and trendy clothing for ladies and children. The Fall Gift Market also features The Tea Room offering the famous taco soup, sandwiches, desserts and homemade baked goods, plus the Silent Auction benefiting churchaffiliated projects and outreach. For more information, please visit stmaryscypress.org, or call Michelle at 832-559-8726.

### **Pet of the Month**

Interested in adopting? Please email us to fill out an adoption application; animalrescuekingdom@gmail.com

Randy is 9 weeks old. Mom dog was found pregnant and had her puppies. The mom dog was a white fluffy dog (Westie/Shih Tzu Mix). We do not know what breed the father dog was. These puppies will be medium size max when full grown but may be smaller (their mom was only 15-18 lbs). Randy is a fun loving puppy who would love to find his forever home!





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### **Recipe from the Kitchen**

Hello, everyone. Chef Marty here with a fantastic dressing or marinade (works best with shrimp in my opinion) recipe that many of you got to sample during last month's Grape Stomper's Wine Dinner. By popular demand, I will now share it with you all! Enjoy...

#### Yield: appx 2 cups

- 2 tablespoon lime zest
- ¼ cup lime juice
- 1/4 cup brown sugar, packed
- 1/4 cup ginger, peeled and grated
- ½ cup green onion, chopped, white parts and some green
- 1 cup cilantro leaves, packed
- 1 tsp nutmeg, fresh grated
- ¼ cup honey
- 1 teaspoon balsamic vinegar
- 1 teaspoon Tabasco
- ¼ cup olive oil
- 6 ancho chiles, seeded and cut into strips

1. Place the lime zest and juice, brown sugar, ginger, green onions, cilantro, nutmeg, honey, vinegar, and Tabasco in a food processor or blender and process until smooth.

<sup>1</sup> 2. With the machine still running, slowly pour in the olive oil through the feed tube in a steady stream. Turn off the machine and stir in the ancho chiles. Transfer dressing into a tightly covered container and refrigerate. Will keep for up to 5 days.

## NOT AVAILABLE ONLINE





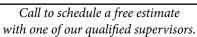


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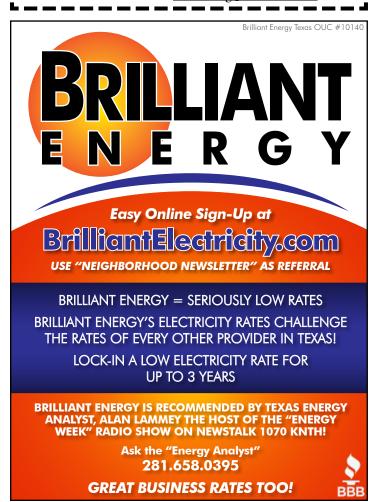
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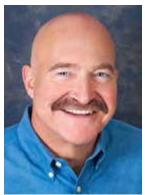






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