

# THE VILLAGES OF *Compass* NORTH POINTE

VOLUME 9, ISSUE 5

A NEWSLETTER FOR VILLAGES OF NORTH POINTE

MAY 2018

## COMMUNITY COMES TOGETHER TO SUPPORT TRAUMA SURVIVORS



It was a wet and chilly day, but that didn't dampen the spirits of runners and walkers at the 2018 Running for Hearts 5K Family Fun Run and Walk on Saturday, April 7 at Windwood Presbyterian Church! The community came together to support local trauma survivors including those affected by human trafficking, abuse, crime, war, and natural disasters like Hurricane Harvey.

"If someone in our community of any age has experienced trauma, Shield Bearer is the place that helps healing take place," stated race sponsor Esther Halford of Halford Busby Construction Consultants. "Shield Bearer helps families heal and find hope again. That's why this race is so important and why I wholeheartedly support it."

Runners and walkers of all ages warmed up with the coaches of Iron Tribe Fitness and local DJ KLS Entertainment before a timed, trail style 5K and 1-mile family walk. Kids enjoyed activities like face

painting, fire truck tours, egg relays, photos with the Chick-fil-A cow, and a giant inflatable soccer goal from Sport Quest. "We love how Shield Bearer is helping families and had such a great time being part of this event. It was a privilege to be involved," stated Jim Spence, Sports Quest founder and a medal winner in the race.

Over fifty volunteers including teens from local Cy Fair ISD and Klein ISD helped with set up, activities, cheering, and planning the event. "It really is a labor of love for our volunteers. Many of them have been working on this race for months. They do it because they want struggling families right here in Northwest Houston to have access to counseling services and educational programs. They know their support helps change lives for the better," stated Shield Bearer Associate Director Melissa Rotholz.

Over three dozen local businesses joined in the fun this year, many offering prizes and discounts for race attendees. Race sponsors included Avanti Senior Living, Halford Busby Construction Consultants, Action Specialties, Tonya and John Frye, Kintegrity Development Services, Lindsay's Light, Kroger, Windwood Presbyterian Church, Misfit Design Group, Amegy Bank, Fox Focus Photography, Iron Tribe Fitness, Houston Methodist Willowbrook Hospital, Chick-fil-A, Proline Supply Company, Sprouts, HEB, and Sports Quest. Race day vendors included Aire Serv of Houston Northwest, Louetta Foot and Ankle Specialists, Ava Ray-Personally Poetic, The Get Together Northwest, Pure Life Family Wellness, Good Moves Properties, KoolAuf, Kim Howell-Mary Kay, Lesa Young-doTERRA, Reason 2 Race, Ducerus, Texas C.R.E.S., Brookside Funeral Home-Champions, Harris County Precinct 4 Commissioner R. Jack Cagle, and BioLife Plasma Services.

Shield Bearer Executive Director added, "It was wonderful to see

*(Continued on Page 2)*

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(Continued from Cover)

the support of businesses, churches, and the race participants. It takes all of us working together to make a difference in the lives of our neighbors and to strengthen our community. We look forward to building this event at Windwood Church for years to come.”

For more information about getting involved at Shield Bearer, a Houston based 501c3 nonprofit organization that provides professional counseling services and programs for individuals, couples, and families, visit [shieldbearer.org](http://shieldbearer.org), call (281) 894-7222, or join them for a free community breakfast the first Tuesday of each month at 9AM at 12340 Jones Road Suite 290, Houston, TX, 77070.



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## MEMORIAL HERMANN CYPRESS HOSPITAL CELEBRATES FIRST ANNIVERSARY OF OPENING WITH PLANS FOR EXPANSION

Memorial Hermann Cypress Hospital is celebrating its first year of delivering high-level services to the community with plans to expand. The recently approved expansion will develop empty space already built on the Cypress campus.

“We’ve seen amazing growth in the hospital’s first year of operation and we are dedicated to continuing to provide the community with the excellent care they have come to expect from us. I am proud that the community has embraced us as a trusted care provider,” said Heath Rushing, Senior Vice President and CEO of Memorial Hermann Cypress.

The nearly \$25 million expansion will add 24 licensed beds, including Intensive Care Unit (ICU) beds, as well as an additional catheterization lab for heart procedures and endoscopy suite for gastrointestinal procedures. Since opening March 31, 2017, the 81-bed facility has added multiple services, including a high-risk pregnancy center, Memorial Hermann Wound Care, robotic surgery capabilities, and occupational medicine services for companies in the region. The hospital now offers services provided by 480 affiliated physicians spanning 40 specialties.

In addition to the expansion project, Memorial Hermann Cypress has also started its journey toward becoming a designated Level III trauma center and Level II Neonatal Intensive Care Unit.

“It takes time to demonstrate the consistent, high-quality care offered at the hospital needed to receive these designations. We feel confident that we will show the state that we can provide remarkable care to seriously injured and ill patients and we are confident that we will receive recognition for both our trauma center and our NICU,” said Jessica Rivas, Vice President of Operations at Memorial Hermann Cypress.

The expansion project will roll out over the course of next year and is expected to be finalized by summer 2019.

Learn more about the full range of services offered at Memorial Hermann Cypress and its connection to Memorial Hermann’s fully integrated, comprehensive care network.

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## WHEN IS A RABBIT NOT A RABBIT?

*By Cheryl Conley, TWRC Wildlife Center*

Life is pretty tough for rabbits. It seems like everything wants to eat them. Bobcats, coyotes, raptors and even snakes. The Eastern Cottontail, which is the most common in our area, is lucky if it lives two years in the wild. Thank goodness they are prolific reproducers. Cottontails begin breeding as early as two months old and can have up to seven litters in one year, although they usually have three or four.

There are three native wild rabbits in Texas and one hare: the eastern cottontail, swamp rabbit, desert cottontail and the black-tailed jackrabbit. The jackrabbit is actually a hare. However, they all belong to the Lagomorpha order of mammals. Hares are larger animals and have longer ears. A hare's pregnancy lasts 42 days. Newborn hares are called leverets and are fully developed at birth, born with fur and eyes open. Mom doesn't build a nest but can deliver her young in something as simple as a depression in the ground. Babies are able to hop around shortly after birth. Female rabbits give birth after about 30 days. They build a nest three to four inches deep and about eight inches across. They line the nest and cover it with soft dead grass and some of her own fur. Newborn rabbits are called kits or kittens and are born with eyes closed and no fur.

Compassionate people with good intentions will sometimes "kidnap" baby rabbits thinking they have been abandoned or that something has happened to mama rabbit. Mom only feeds her young at dusk and dawn so chances are, you probably won't see her. If the babies are warm and appear to be well fed, she's taking care of them. Just to be sure, here are a few things you can try. Place string or yarn in the shape of an "X" on top of the nest in the late afternoon. You can also encircle the nest with flour. In the morning, check the nest. If the string or flour has been disturbed, Mom has been there taking care of her kits.

With spring comes lawn-mowing. A WORD OF CAUTION: if you see small "dead" sections of grass in your lawn, check it out before mowing. It may be a nest of baby rabbits. If it is a nest, you can simply lift the top layer of dead grass to reveal sleeping babies. Please leave them alone! They will be gone in a couple of weeks. Please be sure to protect nests from your dogs, too. If your dog discovers a nest, you can cover it with a wheelbarrow or fencing making sure there is an entrance point just large enough for Mom to go in and out and strong enough so the dog can't tear it down. There are other options, too. Just do a little research on the internet.

TWRC Wildlife Center is here to help. If you have questions about wildlife or find an injured or orphaned animal, please call us: 713-468-TWRC. You can also find helpful information on our website at [www.twrcwildlifecenter.org](http://www.twrcwildlifecenter.org). You'll also find cute photos and good information on our Facebook page. Please "Like" us!

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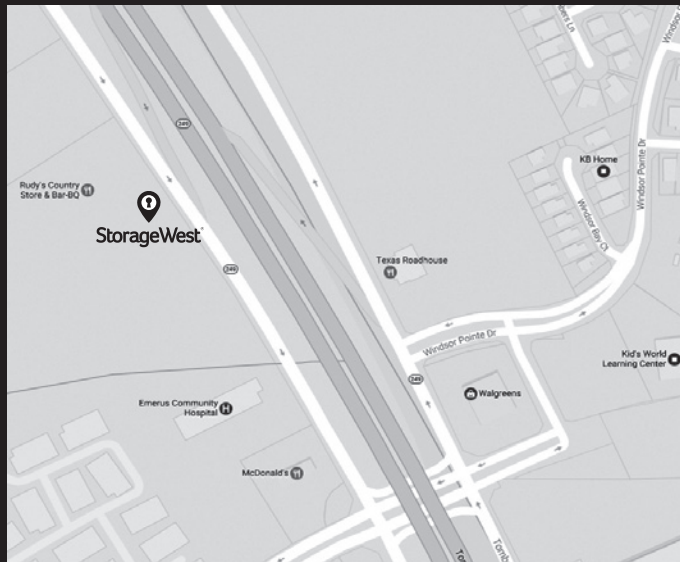
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