

SPECTATOR

June 2018

NEWS FOR THE RESIDENTS OF CYPRESS CREEK LAKES

Volume 7, Issue 6



THE BEST GIFT YOU CAN GIVE DAD?

Encouraging him to make an appointment for his annual physical

June is Men's Health Awareness Month and physicians affiliated with Memorial Hermann Cypress Hospital are encouraging men to use this time as a reminder to get their annual physical.

"Men often forego yearly physical exams, but early detection is key to avoiding many of the diseases that affect our mortality and quality of life. Sometimes, all it takes is a simple discussion of prevention and treatment of illnesses like heart disease, high blood pressure, and diabetes with a family doctor for people to get on a better health track," says Adan Alvarez, M.D., a family medicine physician with Memorial Hermann Medical Group Copperfield.

Dr. Alvarez emphasizes the importance of basic screening and patient education to help patients prevent more serious interventions down the line.

"If you're seeing your physician annually, you'll be more involved with tracking your overall health—simple things such as changes in your blood pressure and weight are good indicators. Monitoring risk factors, getting appropriate lab work, and making lifestyle modifications now will go a long way and may spare you the need for medications or even surgery down the line," says Dr. Alvarez.

Family medicine physicians with Memorial Hermann Medical Group treat patients of all ages for a variety of conditions, including routine physicals, chronic disease management, and immunization. All clinics are staffed by board-certified physicians and offer X-ray and lab services on-site.

Memorial Hermann Medical Group Copperfield is open from 8 a.m. – 6 p.m. Monday through Thursday, and 8 a.m. to 5:30 p.m. on Friday. It is located in the Kroger shopping center at the corner of Hwy 6 N and Pebble Lake Dr., between West Road and Huffmeister. Call 281.550.9005 to schedule an appointment.

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Harris County Public Library.....	281.290.3210
Cy-Fair Hospital.....	281.890.4285
North Cypress Medical Center.....	832.912.3500

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BECOMING A NEW MOM AGAIN, 19 YEARS LATER

Care from maternal-fetal medicine physician helps ensure the delivery of a healthy baby for one Cypress area woman

As a mother of three girls, Noor Alam knew a thing or two about pregnancy. But when she and her husband found out she was pregnant at age 44 with their fourth child, 19 years after the birth of their first, she knew things would be a little different this time around.

"I think our biggest concern was having a healthy baby, especially considering my age. We had some genetic testing done and when it came back normal, I think we both breathed a sigh of relief," remembers Alam.

Due to several factors, including high blood pressure, diabetes and advanced maternal age, Alam's OB-GYN referred her for co-management with a maternal-fetal medicine (MFM) physician. MFM physicians have special training for high-risk pregnancies as well as fetal ultrasound and prenatal diagnostic testing and counseling.

"While a MFM physician may assume the full care of a high-risk pregnant patient, more often than not, we provide consultations or



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co-management of patients in conjunction with the care provided by their OB-GYN,” says Ndaya Muleba, M.D., a maternal-fetal medicine physician with McGovern Medical School at UTHealth who is affiliated with Memorial Hermann Cypress Hospital.

Alam would be monitored by both Dr. Muleba and her OB-GYN throughout the course of her pregnancy. She says knowing she had two physicians gave her peace of mind.

“Towards the end of my pregnancy, I experienced a few difficulties. It was nice to know both physicians were following my case and monitoring my medications as well as the wellbeing of both myself and my child. When I would go in for an appointment, they had already spoken and had a plan in place for any changes in care that I might need,” Alam says.

Alam says she was grateful to have a team of people closely watching her progress because she ended up needing an emergency cesarean section to deliver her son, Ibrahim, on Valentine’s Day at Memorial Hermann Cypress.

“I can definitely say it was the most unique Valentine’s Day my husband and I have ever had!” Alam says.

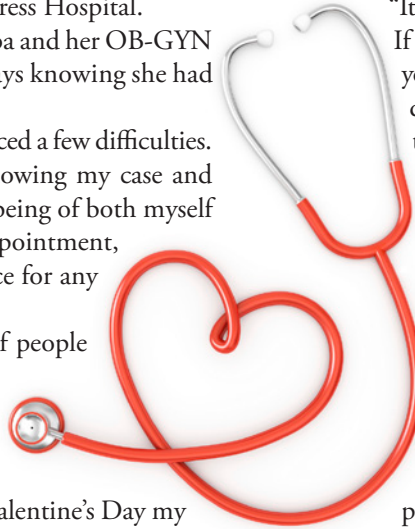
Dr. Muleba says it’s important for women with medical conditions

affecting their pregnancy to initiate prenatal care as early as possible to optimize the treatment of any high-risk conditions that might be present and receive a consultation from a MFM physician as early as possible.

“It’s important for women to take charge of their health. If you have a chronic health condition that may affect your pregnancy such as diabetes, obesity, prior pre-term delivery, or you are over the age of 35, you should talk with your primary care provider about having a consultation with a MFM physician to address these issues,” says Dr. Muleba. “Seeking prenatal care early to address complications of pregnancy can help improve outcomes for both mother and baby.”

The Birthing Center at Memorial Hermann Cypress Hospital offers a High-Risk Pregnancy Clinic in partnership with McGovern Medical School at UT Health. Women can receive a wide range of prenatal diagnostic testing, such as amniocentesis and DNA and enzyme analysis, preconception and genetic counseling, as well as specialized fetal care. A physician referral is required.

For more information, call 346-231-4060.



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WHAT'S LIVING IN MY CHIMNEY?

By Cheryl Conley, TWRC Wildlife Center



If you're hearing twittering followed by rapid, high-pitched chirps in your fireplace, you've got Chimney Swifts but before you call an exterminator to have them removed, it's important to know that the birds have the

law on their side. They are protected by federal law under the Migratory Bird Treaty Act. It is illegal to remove or disturb their nests, eggs or young during the breeding season. Any knowledgeable, respected exterminating company won't touch them. Once the babies are old enough to chirp, they'll only be around for a couple of weeks before they leave the nest so hang in there and leave them alone. They cause little to no damage.

Sadly, according to the North American Breeding Bird Survey, Chimney Swift populations have decreased by 72% since 1966. Their favorite nesting places are old hollow trees and masonry chimneys. With urban sprawl many of the trees are being removed and newer homes and buildings are being constructed without fireplaces. If fireplaces are being built, newer materials such as metal liners are being used making it impossible for the Swifts to cling to the sides.

Once a nesting site has been found, Mom and Dad Swift construct a half saucer-shaped nest made of twigs. The twigs are held together by glue-like saliva from a gland under the bird's tongue. The nest is "glued" to the side of the chimney.

Chimney Swifts fly almost constantly except when roosting overnight and nesting. They even bathe while flying. They fly down to the water, hit the surface with their body, bounce up and shake off the water. When it is time to rest, they don't sit on perches. They have long claws that cling to textured walls and other textured vertical surfaces such as the walls of your chimney.

Swifts are very beneficial. They gobble up thousands of mosquitoes, flies and other insects while in flight. Two parents along with their nestlings will consume up to 12,000 flying insects every day.

Come fall the birds migrate back to the Amazon River Basin.

Chimney Swifts are admitted to TWRC Wildlife Center every year. As part of our mission, we want to educate the public to the laws regarding this species as well as many other migratory species. If you have Chimney Swifts in your chimney, please leave them alone and don't risk the fines and possible jail time associated with disturbing them. If you have questions, please give us a call at 713-468-8972 or check our website at www.twrcwildlifecenter.org.

CY-FAIR HELPING HANDS NAMES NEW CO-EXECUTIVE DIRECTORS

The Board of Directors welcomes Jean Dreyer and Patricia Hudson as Co-Executive Directors of Cy-Fair Helping Hands, a community ministry offering hope to the homeless and hungry of Cy Fair. Dreyer, who will serve as Executive Director, Homeless Initiatives, and Hudson, who will serve as Executive Director, Community Outreach, were selected to replace Executive Director Gwen Franke, who served from 2013 to April of 2018. Board member and volunteer, Tracy Martin, describes the new directors as "...two amazing ladies. They are very giving and passionate about serving and reaching out to the community." Jean and Patricia were formally introduced to volunteers, donors, business leaders and the community at the Spring Open House, Wednesday, May 16, 2018, at the Cy-Fair Helping Hands office.

Jean's corporate years were spent with the largest computing services company in Houston where she retired as Vice-President, Director of Operations. After her retirement, Jean and her husband purchased a floundering antique business which Jean managed and developed into a profitable, thriving business. Jean is a faithful follower of Jesus Christ and is a member of The Foundry United Methodist Church.

For many years Jean, working beside her husband, did street outreach to the homeless in the Northwest Houston area. They began ministering to the homeless from their truck, storing food, clothes and other needs of the homeless in their garage. It did not take long for John and Jean to realize they needed to provide much more than these items for the homeless. In 2010 they sold their antique business to fund Cy-Fair Helping Hands, a 501(c)(3) organization founded to help the homeless become self-sufficient. Under Jean's guidance, the fledgling organization grew and soon included office space and a food pantry which enabled CFHH to serve not only the homeless, but the hungry of Cy-Fair. "I am very excited to be back with Cy-Fair Helping Hands and working with the most enthusiastic, passionate person that I know, Pat Hudson."

Pat's calling to serve led her to a 28 year-long career as a special education and English as a Second Language teacher, coach, and mentor at HISD's Scarborough High School. Recognized for excellence in the classroom and dedication to her students, she received multiple honors, including the HISD Teacher of the Year, Tom Landry Special Olympics Coach of the Year, and the Crystal Award for Outstanding Teachers. After retiring in 2010, Pat volunteered for four years at Cypress Ranch High School, serving as a member of the Mustang Band Board of Directors, Team Mom for the Mustang Baseball team, photographer, and campus volunteer. Pat and her son, Sean Christopher, were awarded The Presidential Service Award from President Barack Obama through the Cypress Ranch Key Club.

When Sean went off to college in 2014, Hudson promptly replaced him with a yorkie poo, and set about finding a new focus in her life. She found Cy-Fair Helping Hands, where for the past four years, she has served as Resource Director, volunteer coordinator, public speaker, and translator. Pat is a follower of the Catholic faith. She has been married to her husband, Robert, a NASA engineer, for 34 years. "I am honored to

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serve with our founder, Jean Dreyer. Not only does she have a genuine love for the marginalized in our community, but she is driven to serve. She brings a wealth of knowledge and is a wonderful mentor for our staff."

Glenanne Robinson, Director of the ministry's Homeless Teen Initiative, is excited to work with the new directors. "Jean has a true heart for those living on the street. Her passion is evident to anyone she meets. Pat has a gift for resourcing both supplies and volunteers, and then making the best use of both. Together, these women have cast a strong vision for the future of CFHH."

About Cy-Fair Helping Hands Run entirely by a volunteer staff, Cy-Fair Helping Hands provides the basic physical needs, spiritual guidance, and mentoring needs for low-income individuals, families and the homeless in our community. CFHH serves approximately 250 clients monthly and distributes Compassion Bags to 100 homeless weekly. The ministry depends on community businesses, churches, schools, organizations, and individuals for monetary donations, as well as non-perishable food and toiletries to assist those that are living on the street and struggling to care for themselves and their families. Donations are accepted at the Cy-Fair Helping Hands office, 7510 Cherry Park Drive, Suite G, Houston, Texas 77095, on Monday, Tuesday, Thursday, and the first and third Saturdays, from 9:30 a.m. - 12:30 p.m. Those living in Cy-Fair in need of food, encouragement, and prayer are welcome to come in and register at the dates and times listed above.



Cy-Fair Republican Women June Meeting

**Cy-Fair Republican Women to meet on June 12th.
CFRW will meet on Tuesday, June 8th at 10:30 AM.**

Hearthstone Country Club,
7615 Ameswood, Houston, TX 77095

Meeting is \$3 – Meeting with Lunch at Noon is \$23.

State Senator Paul Bettencourt, business owner, Radio personality, and former Harris County Tax Assessor-Collector will be our speaker in June. In his first Legislative Session, Senator Bettencourt wasted no time in bringing about conservative solutions to Texas' challenges. His work recently earned him the distinction of "Most Valuable Freshman" by Capitol Inside. Don't miss this opportunity to hear from and meet your State Senator from Senatorial District 7.

See the website for details and RSVP to www.cfrw.net by June 5th.

Several candidates attend our meetings regularly so come and get to know them. Invite your friends and neighbors for this event. We look forward to seeing you there.



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Pickled Fig, Pistachio, and Ricotta Canapes

FOR PICKLED FIGS

12 dried black Mission figs sliced into thin disks
1 Cup red wine vinegar
¼ cup sugar
3 sprigs fresh thyme

In a small pot, combine figs, vinegar, sugar, thyme and ½ cup water. Bring to a simmer over medium heat about 5 minutes. Remove from heat and cover. Let the figs steep for 2 hours OR overnight in the fridge.

FOR CANAPES

1 cup whole ricotta cheese
24 of your favorite crackers
Olive oil
Sea salt
Honey for drizzling
½ cup of pistachios (lightly crushed)
Fresh thyme for garnish

DIRECTIONS

Spread about 1 heaping teaspoon of ricotta on each cracker. Place the pickled figs (one or two) per cracker atop the ricotta. Then top with olive oil, sea salt, a drizzle of honey and a hefty sprinkle of the crushed pistachios. Finish with fresh thyme leaves and serve immediately.

YIELD: 24 mini tartines

TEXAS A&M AGRI LIFE EXTENSION

MUD DAUBERS



Mud daubers are a great wasp to have around. They are solitary, generally docile, and can help to reduce various bugs in the landscape. Mud dauber wasps are $\frac{3}{4}$ -1" in size and come in a variety of colors. They have a very thin, thread-like waist.

Mud daubers create a mud structure that they provision with insects and/or spiders; they lay an egg on each prey item within a cell in the nest, and then seal the nest off. When larvae hatch from eggs, they eat the items provisioned for them, pupate, and then emerge as adults to begin the process over.

Management is not usually needed for mud daubers as they do not guard their nest like other wasps. While they are capable of stinging, they are not considered to be aggressive. If you do not like the look of the mud nests, you can remove them with a putty knife.

For more information or help with identification, contact Wizzie Brown, Texas AgriLife Extension Service Program Specialist at 512.854.9600. Check out my blog at www.urban-ipm.blogspot.com

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Cypress Texas Tea Party

The next meetings of the Cypress Texas Tea Party will be on:

Saturday, June 9, 2018 NOON - 2:00 PM

Saturday, June 30, 2018 NOON - 2:00 PM

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

Kids' Running Team Registration Starts September 4th

The Northwest Flyers Track Club Youth Cross Country Team kicks off the fall season with a mandatory orientation meeting for parents and athletes on Tuesday, September 4, 2018, at 6:30 p.m. at the D. Bradley McWilliams YMCA at Cypress Creek outdoor pavilion, 19915 TX-249, Houston, TX. Registration starts online September 1 at www.northwestflyers.org. Practices are held at the YMCA and at 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 31st 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 school cross country season is over.

For more information contact Coach Genia English at (818) 223-1618 or genia.english@gmail.com. Visit www.northwestflyers.org to get updates and learn more about the team.



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