



The Official Newsletter
of the Lakes of Rosehill
Homeowners Association

The Rosehill *Report*

June 2018

Volume 9, 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

(Continued on Page 2)

Congratulations **CATE REESE**

We are extremely proud of Cate, she is graduating magna cum laude from Cypress Woods High School. She played basketball on varsity all four years and volleyball 3 years. She has too many awards to mention but the ones she is most proud of is winning State in her freshman year as a starter, District MVP 2 times and being named a McDonald All American.

She will be attending the University of Arizona in Tucson in the fall joining her sister Ali who is already there. Cate is the highest ranked athlete to commit to the Women's Basketball program and is UA's only McDonald All American. Cate will be studying Business Finance.



IMPORTANT NUMBERS

EMERGENCY NUMBERS

EMERGENCY	911
Fire	911
Ambulance.....	911
Constable	281-376-3472
Sheriff - Non-emergency	713-221-6000
- Burglary & Theft	713-967-5770
- Auto Theft	281-550-0458
- Homicide/Assault	713-967-5810
- Child Abuse.....	713-529-4216
- Sexual Assault/Domestic Violence	713-967-5743
- Runaway Unit	713-755-7427
Poison Control.....	800-764-7661
Traffic Light Issues	713-881-3210

SCHOOLS

Cypress Fairbanks ISD Administration	281-897-4000
Cypress Fairbanks ISD Transportation	281-897-4380
Cypress Fairbanks Senior High	281-897-4600
Cy-Woods High School	281-213-1727
Goodson Middle School	281-373-2350

OTHER NUMBERS

Animal Control	281-999-3191
Cypress Fairbanks Medical Center	281-890-4285
Harris County Health Department.....	713-439-6260
Post Office Box Assignment – Cypress.....	1-800-275-8777
Street Lights - CenterPoint Energy.....	713-207-2222
- not working (Report Number on Pole)	
Waste Management	713-686-6666

NEWSLETTER PUBLISHER

Editor	lakesofrosehill@peelinc.com
Advertising.....	1-888-687-6444

COMMUNITY CONTACTS

BOARD OF DIRECTORS

Mike Kucharski	President
Robin Border	Vice President
Mike Finke	Secretary
Mike Bock	Treasurer
David Luck.....	Director at Large

To contact the Board, email Board@lakesofrosehill.com

ACC MEMBERS

Michael McBride, Scott Brown, Ann Kaesermann

LAKES OF ROSEHILL AT NEXTDOOR.COM

MANAGEMENT COMPANY

Gloria Lee, CMCA, AMS	281-537-0957 x27
Direct Line	281-586-1727
Email	glee@chaparralmanagement.com

(Continued from Cover)

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.

GO GREEN
GO PAPERLESS

Sign up to get this newsletter in your inbox! Visit peelinc.com for details.

BASHANS PAINTING & HOME REPAIR

- Interior & Exterior Painting
- HardiPlank Replacement
- Sheetrock Repair
- Cabinet Painting
- Pressure Washing
- Fence Replacement
- Custom Staining
- Wood Replacement
- Interior Carpentry
- Sheet Rock Insulation
- Interior & Exterior Door Replacements
- Stucco Repair
- Wallpaper & Texture Removal
- Crown Molding

NO MONEY UP FRONT
20 Years Experience • References Available

Commercial/Residential
~ FREE ESTIMATES ~

BashansPainting@yahoo.com

♦ FULLY INSURED

281-347-6702

281-347-1867



HARDIPLANK®



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.

Wonder Minds Montessori School

Licensed Child Care Home

14707 Chapel Cove Ct Cypress Texas 77429

- Summer Programs.
- Preschool - ages 3 & up.
- Limited Capacity 12.
- Snacks and Meals Served.
- Teacher with 9+ years of Montessori experience.
- 290 & Cypress Rose-hill rd.
- Very Attractive rates

Call for a tour 281-213-4899

www.wondermindsmontessorischool.com

WHEN YOU WORK WITH ME, YOU WORK WITH THE

#1

NAME IN REAL ESTATE.

Keller William #1 in Real Estate



Lakes of Rosehill Resident
& Your Neighbor

BJ Alexander

Realtor

713-419-0549

bj.alexander@kw.com

www.sellwithbj.com

kw

KELLERWILLIAMS.

Each Office is Independently Owned and Operated



LAKES OF ROSEHILL

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 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.



Cypress Area Food Pantry

Do you know of someone who has trouble putting food on the table? Maybe their employment was suddenly terminated; maybe it's a choice between medications or food; for whatever reason a family can find themselves in a situation where they need a little help.

Fountain of Life Church of God on Mueschke Road runs a food pantry on Mondays from 3:30 pm to 6:00 pm and the only requirement is that the client should live in zip code 77433 and west of Skinner 77429. For more information, contact 281-373-9337. Food donations and volunteers are also greatly appreciated.

Computerized job search and resume preparation and printing are also available.



PEEL, INC.
community newsletters


ADVERTISE
YOUR BUSINESS
TO YOUR
NEIGHBORS

support your community newsletter

Nichole Taylor

ntaylor@peelinc.com • 512-263-9181
Sales Representative

EXPERT ROBOTIC-ASSISTED SURGERY FOR IMPROVED RECOVERY



At Houston Methodist Willowbrook Hospital, we use innovative surgical procedures for improving patient recovery. Our fellowship-trained surgeons use advanced robotic-assisted surgical options to reduce risk of complications, pain and recovery time.

Robotic-assisted surgery offers a less invasive and more effective option for conditions across a variety of specialties including:

- Bariatric surgery
- Cardiac surgery
- Colon and rectal surgery
- Gynecologic surgery
- Thoracic surgery
- Urogynecologic surgery
- Urologic surgery

Knowing your surgical options is important.

Call **281.737.2500** to schedule an appointment with a trained robotic-assisted surgeon today.

HOUSTON
Methodist[®]
WILLOWBROOK HOSPITAL

18220 State Hwy. 249
Houston, TX 77070
houstonmethodist.org/willowbrook



LAKEs OF ROSEHILL

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 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.

WIRED

ELECTRICAL SERVICES

SERVICING ALL YOUR ELECTRICAL NEEDS

- Panel Upgrades
- Home Inspections
- TV Install/Mounting
- Troubleshooting
- Remodeling
- Landscaping Lighting
- Home Generators

RESIDENTIAL & COMMERCIAL 24-7 SERVICE
LICENSED & INSURED

Take \$25.00 Off Your
Next Service Call



FAMILY OWNED AND OPERATED

713.467.1125 or 281.897.0001

www.WiredES.com



TECL 22809 Master 100394



Paulette **BLACKWOOD TATE**

The Power of Knowledge



✓ **BUYing** or ✓ **SELLing**

paulette.tate@sothebyshomes.com

832.687.0410

*Your Cypress
Area Real Estate
Professional*



Operated by Sotheby's International Realty, Inc.

Martha
Turner

Sotheby's
INTERNATIONAL REALTY



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSR STD
U.S. POSTAGE
PAID
PEEL, INC.

LOR

ANDERSON RESTORATION

Hail & Windstorm Damage?
Many roofs in your neighborhood are damaged from recent wind & hail storms. Find out if you qualify for a new roof covered by your insurance. (Even if you have been denied.)
DON'T GET LEFT OUT!!

BBB ACCREDITED BUSINESS
Angie's list
GAF Master Elite
PABCO Roofing
SHINGLE MASTER COMPANY

CALL 281-376-7474 FOR A FREE INSPECTION
www.AndersonRestore.com

**ROOF REPAIR
COUPON**

\$250

* includes basic roof maintenance of caulking around roof flashings & general roof inspection for up to one hour. Does not include material. May also be applied to complete roof replacement.



OTHER SERVICES:

- INTERIOR & EXTERIOR PAINT • PATIO ADDITIONS • ROOM ADDITIONS
- BATHROOM & KITCHEN REMODELING • FENCING & FENCE REPAIRS
- ENERGY EFFICIENT VINYL REPLACEMENT WINDOWS
- HARDIPLANK FIBER CEMENT SIDING • ROOF MAINTENANCE & REPAIRS