

Worthingham

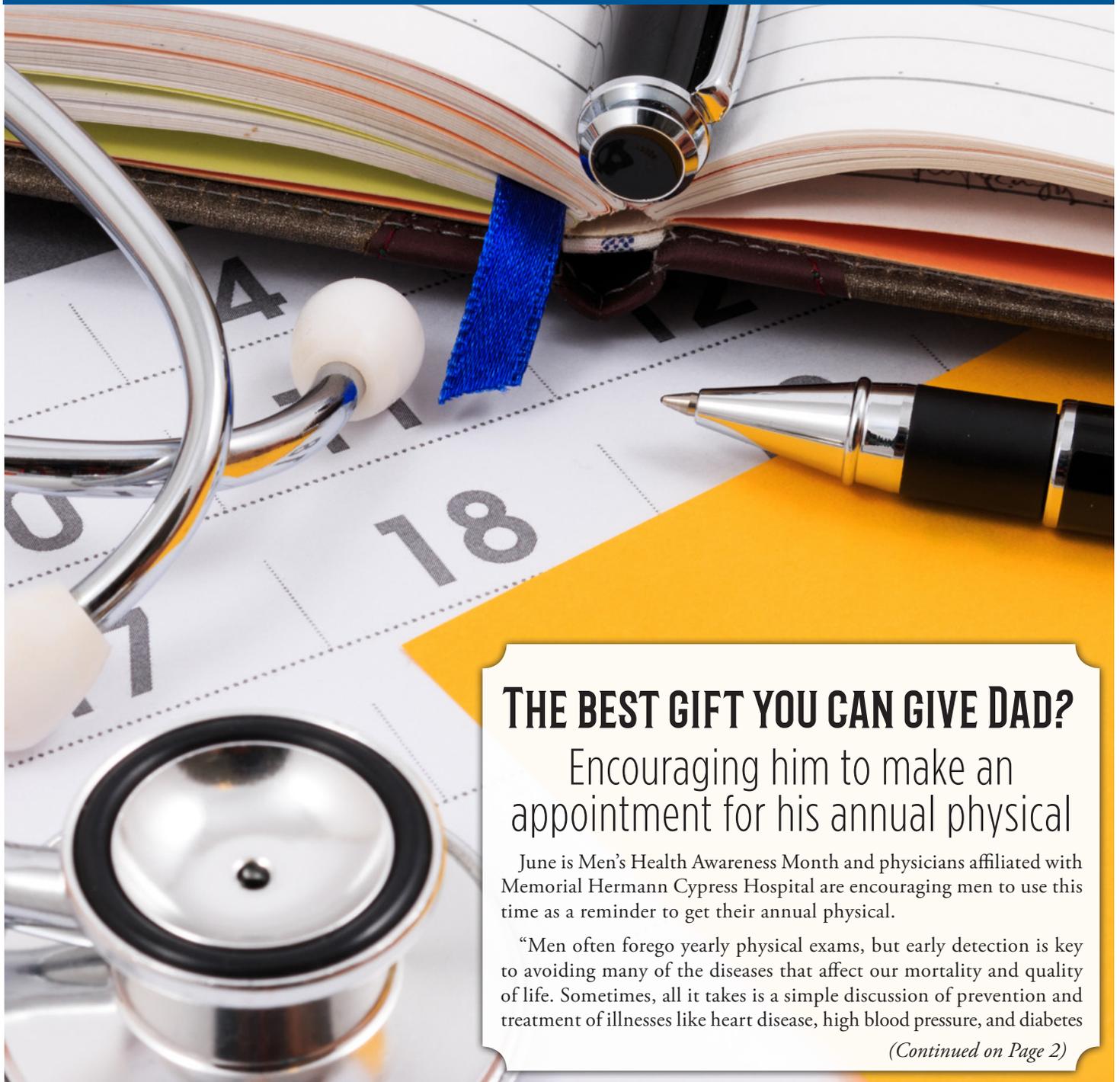
VILLAGES



Volume 18, Issue 6

Worthingham Village Voice

June 2018



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

(Continued on Page 2)

Wortham Villages

IMPORTANT NUMBERS

EMERGENCY NUMBERS

Life Threatening Emergency.....	911
Fire	911
Sheriff's Department.....	911
Poison Control.....	800.222.1222

NON-EMERGENCY NUMBERS

Ambulance	713.466.4073
Sheriff's Department.....	713.221.6000
Harris County Health Dept.....	713.439.6000
Animal Control.....	281.999.3191
Gas - Centerpoint.....	713.659.2111
WATER & SEWER - MUD 222 (Municipal Operations)	
Service & Billing.....	281.367.5511
Street Lights	713.207.2222
Garbage & Recycling (Texas Pride)	281.342.8178
.....email: service@texaspridedisposal.com	

U.S. POST OFFICE - FAIRBANKS STATION

7050 Brook Hollow West 713.937.9108

NEWSLETTER PUBLISHER

Peel, Inc. Sales Office	888.687.6444
News	worthamvillages@peelinc.com
E-Mail.....	advertising@PEELinc.com

(Continued from Cover)

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.

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®



DID YOU SAY FREE?

YES! YOUR NEWSLETTER IS PROVIDED 100% FREE OF CHARGE

and is made possible by the advertisers within. Please frequent their businesses and let them know where you saw their advertisement. While there, be sure to say "Thanks!"

www.PEELinc.com

PEEL, INC.
community newsletters



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.



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.

MENTION THIS AD AND TAKE 10% OFF ANY REPAIRS



ALL-TEX

BOILER & PLUMBING SERVICES

FREE ESTIMATES

**RESIDENTIAL • COMMERCIAL
FOR ALL YOUR PLUMBING NEEDS**

- QUALITY THAT IS AFFORDABLE
- 30+ YEARS EXPERIENCE
- LICENSED, BONDED AND INSURED
- MASTER PLUMBER LICENSE
#38632
- FINANCING AVAILABLE
- SERVICE THAT IS EXCEPTIONAL

281.469.3330 • 24/7
WWW.ALLTEX-PLUMBING.COM



Wortham Villages

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

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.



**SAVE \$30 on our
48-Point Preseason A/C Check-Up
Now Only \$69**

And get up to \$1000 off a new
High-efficiency system **OR**
36 Months of No Interest!

your **COOLING
SERVICE
EXPERTS**

Same Day Service

We Fix It Right The First Time Or Its Free!

281-970-5200

A-PLUS
MECHANICAL SERVICES

Air-Conditioning & Heating

TACLB014192E

www.APlusAC.net



**Full Service Print Shop
Large Run - Short Run**

BOOKLETS • BROCHURES • BUSINESS CARDS
EDDM POSTCARDS • NOTEPADS • FOLDERS
DOORHANGERS • HANG TAGS • LETTERHEAD
CALENDARS • POCKET POSTCARDS • POSTERS
RACK CARDS • TABLE TENTS • & MORE

512-263-9181

QualityPrintingOfAustin.com

**MENTION THIS AD AND RECEIVE 20% OFF
EXPIRES 6/30/2018**

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



Worham Villages

The Worham Village Voice is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use the Worham Village Voice contents, or loan said contents, to others in any way, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

Memorial Hermann Cypress Announces New Chief Nursing Officer



Marci Holub, DNP, RN, NEA-BC, has been named Vice President and Chief Nursing Officer (CNO) at Memorial Hermann Cypress Hospital. In her new position, Holub will have executive oversight over regulatory standards, compliance, patient satisfaction, patient safety, quality of patient care and employee engagement.

“With more than 25 years of nursing experience, Marci brings a wealth of knowledge to this role. She is a proven leader with a track record of not only improving patient

satisfaction, but also garnering respect from those who serve under her. I am excited that she is joining the Memorial Hermann Cypress team,” says Heath Rushing, Sr. Vice President and CEO of Memorial Hermann Cypress and Katy Hospitals.

Holub comes from Memorial Hermann The Woodlands Medical Center, where she served as the Senior Administrative Director of Emergency Services, Trauma Services and Clinical Support Services. Among her numerous accomplishments, Holub was instrumental in helping guide Memorial Hermann The Woodlands on its journey to a Level II trauma designation.

“I am excited to join the Memorial Hermann Cypress team as they work toward a Level III trauma designation. I know how much hard work goes into achieving such an accomplishment and I hope the experience I gained at Memorial Hermann The Woodlands will enhance the already strong work underway at Memorial Hermann Cypress,” says Holub.

Holub earned her doctorate in nursing at The University of Texas at Austin, and her bachelor’s and master’s degrees in nursing from The University of Texas Medical Branch at Galveston. She is a member of numerous professional organizations, including the American College of Healthcare Executives, Doctor of Nursing Practice Organization, Sigma Theta Tau International, Women Leaders of Memorial Hermann and the American Organization of Nurse Executives.

Holub and her husband, Sonny, have three children – Meagan, Blake and Abigail. In her spare time, she enjoys reading, running and being outdoors with her husband and dogs.

Holub will assume the role of CNO on May 28 and will replace Jessica Rivas, who was promoted to Vice President of Operations at Memorial Hermann Cypress in March.

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



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

This work is supported by Crops Protection and Pest Management Competitive Grants Program [grant no. 2017-70006-27188 /project accession no. 1013905] from the USDA National Institute of Food and Agriculture.

The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service or the Texas A&M AgriLife Research is implied. The Texas A&M AgriLife Extension Service provides equal access in its programs, activities, education and employment, without regard to race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity.



Congratulations Gunnar Gregurek!

Gunnar Gregurek will be attending Baylor University with an academic scholarship in the fall. He plans to double major in business and real estate.

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.



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

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

WV

Advertising Exposure Tailored Just For Realtors



**Advertising Helps Sell Your Listings &
Promote Your Real Estate Company.**

Contact A Sales Representative Today
to Make This Space Work For You!

1-888-687-6444 or www.peelinc.com



PEEL, INC.
community newsletters