



# The LONGWOOD Letter

September 2011

Volume 5, Issue 9

News For The Residents of Longwood

## Immunizations NOT JUST FOR KIDS

*By- Concentra Urgent Care*

Although most toddlers in the United States have received all recommended vaccines, many adults and adolescents have not. These missed vaccinations increase their risk for infection, hospitalization, death, and disease spread, and they contribute to the estimated \$10 billion that is spent annually on vaccine preventable diseases in the United States.

Evidence shows that currently approved vaccines are safe and effective. However, coverage rates for persons of all ages vary nationwide. Reasons cited include lack of health insurance, unfamiliarity with vaccine recommendations, limited access at physicians' offices, or the perceived cost of vaccines.

What you need to know is that obtaining recommended vaccines in a timely manner can prevent disease. The Advisory Committee on Immunization Practices (ACIP) recommends the following immunization schedule for generally healthy adults and adolescents:

VACCINE	RECOMMENDED SCHEDULE
INFLUENZA:	Yearly, especially if at risk
MENINGOCOCCAL:	One dose, age 11-12 or 13-18 if not previously immunized
TETANUS-DIPHTHERIA/TETANUS -DIPHTHERIA-PERTUSSIS:	One dose, age 11-12, then booster every 10 years
HUMAN PAPILLOMA VIRUS: (FEMALES ONLY)	Three doses, age 11-26
MEASLES - MUMPS - RUBELLA:	If born after 1956, one or two doses if never immunized up to age 65
PNEUMOCOCCAL:	One dose, at or after age 65
VARICELLA (CHICKEN POX):	Two doses if no prior infection or immunization received
ZOSTER (SHINGLES):	One dose, at or after age 60

Specific recommendations for individuals may vary depending on age, prior immunization history and the presence of other existing conditions; please see the Centers for Disease Control (CDC) Web site at: <http://www.cdc.gov/vaccines/recs/schedules/default.htm>.

For more information about immunizations and where to get them, contact your health care provider, your Concentra health specialist, or visit the CDC's Web Site at: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).

# LONGWOOD LETTER

## 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  
Goodson Middle School .....281-373-2350  
Hamilton Elementary.....281-370-0990

### 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)  
Trash Removal .....281-446-2030

### NEWSLETTER PUBLISHER

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## Cy-Fair ISD & Volunteers In Public Schools (VIPS) TEAMWORK IS KEY!

VIPS is an acronym for Volunteers in Public Schools. VIPS in Cy-Fair ISD center the attention of their service on supporting students and staff and making a significant contribution to the education of children. These dedicated individuals, who give freely of their time and resources, impact the academic and personal development of Cy-Fair ISD students. Cypress-Fairbanks ISD is fortunate to be able to draw from a diversity of skills and knowledge in its community.

The district VIPS Executive Board spearheads the business of the VIPS. This board is comprised of volunteers elected to take on specific responsibilities offering support, guidance, and training to all volunteers in the district. The VIPS Executive Board meets monthly to evaluate and address the needs of the district and distribute information relating to volunteer and community activities and strengthen parental involvement in education.

If you are interested in being involved at Cy-Fair schools as a volunteer, please contact Pam Scott, Partners in Education Director at 281-894-3950. Volunteers in Cy-Fair ISD schools believe that Teamwork is Key!

### SEPTEMBER 2011 UPCOMING EVENTS

- September 8..... VIPS General Meeting – 9:30 a.m. to 12 p.m., Berry Center**  
Open to all CFISD school staff, volunteers, parents and community members. Get the latest information on what is happening in CFISD.
- September 20..... Virtual Volunteer Training – 6:30 p.m. to 8:00 p.m., ISC West**
- September 27..... Virtual Volunteer Training – 1:00 p.m. to 2:30 p.m., ISC West**  
Training for Volunteer Coordinators and Liaisons to learn how to effectively and efficiently manage their campus Virtual Volunteer account.
- September 14.....PIE Mentor Training – 9:30 a.m. to 11:30 a.m., Berry Center**
- September 27..... PIE Mentor Training – 6:00 p.m. to 8:00 p.m., Berry Center**  
Training for individuals committed to serve as a role model and friend to CFISD students.
- September 21 Hearing Certification Training – 9:30 a.m. to 1:30 p.m., Berry Center**  
Become a state certified trained volunteer to assist your CFISD school in hearing testing for the students. Please RSVP to your school nurse by September 16.
- September 22..Vision Certification Training – 9:30 a.m. to 1:30 p.m., Berry Center**  
Become a state certified trained volunteer to assist your CFISD school in vision testing for the students. Please RSVP to your school nurse by September 16.
- September 28..... Junior Achievement Coordinator Training  
..... 8:30 a.m. to 9:30 a.m., Berry Center**  
Specifically for those who will take responsibility for implementing the JA program for their campus.
- September 28..... Junior Achievement Volunteer Training  
..... 9:30 a.m. to 12 p.m., Berry Center**  
The purpose of Junior Achievement is to educate and inspire young people to value free enterprise, understand business and economics, and be workforce ready.
- September 30..... VIPS TAG Team Meeting – 9:30 a.m. to 12:00 p.m., Berry Center**  
Training for individuals who are interested in working directly with students to help them reach their full academic potential.

*(Continued on Page 4)*

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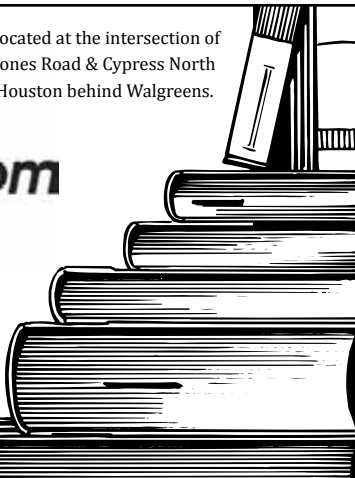
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# LONGWOOD LETTER

Cy-Fair VIPS- (Continued from Page 3)

## TRAINING DATE TO BE DETERMINED FOR:

### Primary Reading and Writing Training, Grades K-1

Techniques and games will be presented that volunteers can use when they assist teachers and students with spelling, high frequency words, phonological awareness as well as developmental stages of writing for Kindergarten and 1st.

### Reading and Writing Training, Grades 2-5

Techniques will be presented that volunteers can use when they assist teachers and students working to improve reading and writing skills in grades 2 through 5.

## HOW TO REGISTER FOR TRAINING

With the exception of Hearing and Vision Certification, register for training by emailing the PIE office at [vipsrsvp@cfisd.net](mailto:vipsrsvp@cfisd.net). Provide your name and the name and date of the training you wish to attend. Registration is required to guarantee a seat and training materials. Adults only please.

## KAPPA KAPPA GAMMA ALUMS OF HOUSTON NW



COME JOIN YOUR SISTERS THIS MONTH AT THE  
**FALL KICK OFF**  
ON THE EVENING OF TUESDAY, SEPT 13TH

*For more information on this or future events & membership please contact Natalie Bunton at [gmat02@gmail.com](mailto:gmat02@gmail.com) or 832-717-3294.*

## *The New* Emergency Room Standard *has been* Set

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## HUGE SALE!

The Northwest Houston Mothers of Multiples ([www.nwhmom.org](http://www.nwhmom.org)) is having a huge sale! Over 25 families with twins, triplets and more will be selling maternity, baby, toddler and children's clothing, toys, furniture, feeding supplies, carriers, you name it!

**DATE: SATURDAY, OCTOBER 1ST**

**TIME: 7:00 AM - 12:00 PM**

**WHERE: KIDS R KIDS PARKING LOT**

**ADDRESS: 10740 BARKER CYPRESS RD  
CYPRESS, TX 77433**

*Mark your calendars, tell your friends  
and come by and see for yourself!*

*Do You Have Reason to Celebrate?*

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the community know!

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# LONGWOOD LETTER



WRAP 2012 planning is underway! WRAP is Cy-Woods High School's parent-driven Project Prom organization. The purpose of WRAP is to provide a drug- and alcohol-free all-night party for the graduating seniors and their guests after their prom.

**Have you filled out your Parent Information Form yet?  
We need this to get you on our e-mail list!**

#### MEETINGS:

KICK-OFF Meeting will be September 13th Cy Woods Commons  
Other meeting will be the 2nd TUESDAY of each month in the Cy Woods Commons (except March, 2012 – TBD)

#### Upcoming Events:

- \* \$20.12 fundraiser – earn up to 10,000 points for every check turned in that amount for your senior in UNTIL Sept. 30th (after that date only 1,000 will be earned)
  - \* Fall Fun Run – more details to follow
- Consider being a sponsor: Gold Sponsorship (\$1,000), Silver Sponsorship (\$500) and Bronze Sponsorship (\$150)

Visit us on



Cy-Woods W.R.A.P. 2012 and become a fan or  
[www.cywoodswrap.org](http://www.cywoodswrap.org) and be an active parent!

## MENTOR ONE CHILD CHANGE TWO LIVES

**CROSSROADS:** Community Partnership for Youth Inc. (CROSSROADS), a United Way agency, provides mentoring for youth involved with the Harris County Juvenile Probation Department. These youth are in need of caring adults who can serve as mentors to provide encouragement and guidance. With thousands in the juvenile justice system, the need for mentors is growing.

Mentors must be at least 21 years of age, commit to 1 hour each week and attend a training and orientation session. There are many sites, areas (Katy, Clear Lake, Chimney Rock/Bellaire, and Downtown) and available times of the week for mentors to meet with their assigned child. Volunteers mentor boys and girls that are placed in facilities by the juvenile probation department and who are in desperate need of a positive role model.

The program is very simple, flexible and especially beneficially to both the youth and the mentor. Please consider devoting just one hour a week to the future of a needy and hurting child (10 -17 yrs. old). Many times you may be the only positive role model in their lives! The mission of CROSSROADS is to prevent or reduce youth involvement with the juvenile justice system by fostering positive relationships between youth and volunteers. CROSSROADS is symbolic of where the youth we serve are standing - at a critical point in time in their lives.

**For more information you may contact us at 713-295-2779  
or visit our website at [www.crossroads-volunteers.org](http://www.crossroads-volunteers.org).**



[cypressfellowship.org](http://cypressfellowship.org)

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**WEDNESDAY NIGHTS BEGINNING SEPTEMBER 7 FOR BOYS & GIRLS IN GRADES 2-5!  
For more information or to sign up, visit us online at [cypressfellowship.org](http://cypressfellowship.org).**

Visit us any Sunday at the corner of Spring Cypress & Telge!  
Worship Services: 9 am & 11 am. Study Groups for all Ages: 10:10 am.

## AMERICAN BUSINESS WOMEN'S ASSOCIATION

CY-FAIR EXPRESS NETWORK (CYFEN)

**EVENT:** Cy-Fair Express Network  
Monthly Networking Luncheon

**WHEN:** September 29, 2011

**TIME:** 11:30 am – 1:00 pm

**WHERE:** Houston National Golf Club  
16500 Houston National Blvd  
Houston, TX 77095

Networking and Business Luncheon; Cy-Fair Express Network invites you to their monthly meeting and luncheon. Bring plenty of business cards for networking. Please make reservations online by September 23 @ [www.cyfen.org](http://www.cyfen.org) or contact Melissa Rotholz @ 713-256-9569.

Our mission is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

## Recipe of the Month TORTILLA SOUP

### INGREDIENTS

- 1 Onion, chopped
- ¼ Cup oleo
- ¼ Cup flour
- 6 cans chicken broth
- 3-4 chicken breasts; cooked and chopped
- 2 - 4 oz. cans chopped green chilies
- 1 can diced Rotel tomatoes or 1 can diced tomatoes
- 2 T chili powder
- 2 tsp. garlic salt
- 1 T Cumin
- 8 Corn tortilla chips, cut up
- 2 chopped avocados
- shredded Monterey Jack Cheese

Combine oleo and flour. Brown. Add broth, tomatoes, chilies, chicken, chili powder, cumin, garlic salt. Simmer for 1 hour. Saute onion and chips. Add to soup. Pour over cheese and avocados. Optional: Add sour cream.

*Enjoy!*

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