SUNDAY SCHOOL
PLACE: ZHCC,
8787 W. Airport Blvd.,
Houston, TX 77071
Tel: 713-270-9339

TIME: Different timings for each group
DATE: December 8, 2019

**Children’s Session**
The Sunday School session starts at 10.30 a.m. to 11.30 a.m.

**Middle Group:** The Sunday School session at 10.30 a.m. to 12:30 p.m.

**Youth Group:** Sarosh Collector, Kaemerz Dotiwalla conduct this session.

UPCOMING EVENTS

- **Tuesday, Dec 31, 2019** – NAZC 2020 New Year’s Eve NAZC2020 Fund Raiser – See Flyer
- **Saturday, Feb 1, 2020** – Jashn-e-Sadeh – Details to be announced
- **Sunday, Feb 9, 2020** – ZAH Annual General Meeting
- **Saturday, Feb 15, 2020** – Youth Group Fund Raiser
- **Saturday, Mar 21, 2020** – Hamba and Jamshedi Nauroz function
- **Sunday, Apr 12, 2020** – ZAH Carnival

REPORTS

**Library Report**
*By Jangoo Mistry*

Going down memory lane, November 22, 2002 was our first library event where Dr. Ken Vincent was our very first speaker and his talk was, *A Christmas Card.* Dr. Vincent is the author of several books, has studied Zoroastrianism since his youth, and is a respected friend of the Houston Zoroastrian community. His most relevant book for us is: *The Magi: From Zoroaster to the Three Wise Men*, which is a comparison of the religion of the Magi (Zoroastrianism) to Christianity.

One of the most enduring and endearing images of Christmas is that of the Magi. Have you ever wondered who the Magi were and just why they were motivated to travel from afar to honor the Savior of the Christian faith? The search for the identity of these Magi is the key to opening a startlingly refreshing insight into Christianity's roots, little-known and unappreciated except by scholars. The Magi were Zoroastrians, and their religion provided the primary religious heritage of the Western world. Magi is the Greek word for Mobeds, a term still used for Zoroastrian priests.
**MEMBERSHIP DUES**

**CATEGORY AND RATES**

<table>
<thead>
<tr>
<th>Category</th>
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<tr>
<td>Patron Family Membership</td>
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<tr>
<td>Patron Single Membership</td>
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<tr>
<td>Patron Senior Family M’brshp</td>
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<tr>
<td>Single Senior Membership</td>
<td>$40</td>
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<tr>
<td>Student Membership</td>
<td>$25</td>
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</tbody>
</table>

**Manashni Surcharge**  
$15  
For Printed/Mailed copies

**Definition of Categories**

- **Family Member**  
Parents and their children under 18
- **Family Senior Member**  
One spouse is over the age of 65
- **Single Member**  
Unmarried individual over age 18
- **Single Senior Member**  
Individual over the age of 65
- **Single Member Head of Household**  
Single parent with children under 18

**PLEASE MAKE YOUR CHECK PAYABLE TO:**  
ZAH

**AND MAIL TO:**

ZAH Treasurer  
8787 W Airport Blvd.  
Houston, TX 77071

Or pay online:  

Dr. Vincent has gifted several figurines of the Magi to the Library. At this appropriate holiday season, we have displayed them in the Purvez Rustomji room in the display cases along the wall. They are very uplifting for our community because when you look at the brightly-clad Magi you will appreciate the powerful ideas that our religion imparted to Judaism, Christianity, Islam, and Bahai. Do stop by and look at the display next time you are at the Center. It will bring a smile to your face.

**Odds and Ends**

In last month’s Library Committee report, we had talked about our decision to discontinue regular Library events at least through 2020. Plus, we expect considerable overlap in programming and acquiring speakers for the North American Zoroastrian Congress in Houston coming up at the end of next year.

So we are taking this hiatus as an opportunity to get organized and catch up with routine maintenance and other tasks that were on the back burner till now. We are working to take stock of our collection, identify duplicate and misplaced books, etc.

Also, Yezdi Engineer and Aderbad Tamboli worked to construct a lot of shelving in the storage area of the Purvez Rustomji room. This will provide an organized storage area for our use. **We are indebted to Yezdi and Aderbad for their countless hours and hard work to do this for the community.**

**Youth Group Report**  
*By Dina Hormuzdi – Vice President*

In November, some of the Youth and Middle group members went to the annual ZANT (Zoroastrian Association of North Texas) lock-in. Once again, special thanks to Delnaaz Irani for always organizing the lock-in and making sure the kids had a great time on their trip to Dallas. Thank you to Nozer and Minaz Dungor and Tanaaz and Edul Chikhliwala for driving the kids. We cannot wait to go back again next year! Detailed report by Natasha Dungor follows.

In December, we had our annual Christmas Party, which was an amazing success. Thank you to Rayomand Hormuzdi for coming back from college and being our Santa this year. Also, huge thanks to Yasmin Medhora for donating several gift cards for the raffle. Also, thank you so much to Minaz and Nozer Dungor for the pizza, Rustom and Firozi Sabawala for the pasta, Sarosh Collector for the popcorn and snow cone machine, Sorab and Arzin Italia for the chicken nuggets, and Zubin Vakil for bringing ice. I would like to thank all the following youth members who participated in this fantastic event, Rohan Hormuzdi, Cyrus Mistry, Diana Sabawala, Roshi Chikhliwala, Cyrus Surveyor, and Shanaya Vakil. I hope next year also results in the same success! Detailed report by Dina Hormuzdi follows.

For January, we plan to host a cleaning day for the Atash Kadeh. Since we are planning our big fundraiser event for February, we will be working closely with the Entertainment Committee to make sure everything runs smoothly for the event. We will also be contacting the little and middle groups mentors to get them involved as well.
ZOROASTRIAN ASSOCIATION OF NORTH TEXAS

BECOME A MEMBER
RENEW YOUR MEMBERSHIP

MEMBERSHIP - DUES

2019 ZAH Membership ends on December 31, 2019. Exciting things are happening at the ZAH. Preparations are progressing for the North American Zoroastrian Congress to be held in December 2020. Select the amount from the list of categories given in the column on the left on Page 2, make out a check, pay your annual membership as indicated and be a part of this vibrant community.

MEMORIES FROM 2019 ZAH/ZANT LOCK-IN
By Natasha Dungor

On November 29th and 30th 2019, four kids from ZAH went to Dallas (Zoroastrian Association of North Texas) to attend the annual Thanksgiving weekend lock-in. Though there were fewer kids at this camp compared to previous years we used it to our advantage and were able to bond more closely. We thoroughly enjoyed both days of the camp. While most of us had met previously at the Houston Z-Camp; we were able to re-bond and create new shared memories.

Friday was spent playing indoor games due to rain and bad weather. The games were very innovative, and all the activities kept everyone entertained. The activities and games on Friday were so interesting and entertaining that we completely forgot about our phones for almost 12 hours.

On Saturday, we completed our part of the Huvarsha Project by packing bags of foods for the non-profit organization called “Weekend Wonders 4 Kidz”. This organization provides bags of food to kids who don’t have access to food on the weekends and during the holidays.

This lock-in gave all of us a great experience of spending time with people our age from different places and was a great way of meeting other Zarathushti’s.

Special thanks to Delnaaz Irani Aunty for organizing the lock-in and making us feel like a part of the ZANT community. She and many other families in Dallas had put in a lot of effort and had worked very hard to make us feel at home. We would also like to thank Nina Kalianivala Aunty, Anahita Sidhwa Aunty, and Spenta Irani Uncle who helped conduct the activities. Also, thanks to Tanaaz and Edul Chikhliwala, Delnaaz Irani, and Benifer Kaikobad for sleeping at the center with us.

The lock-in was very successful and we hope that more Zoroastrian kids from Houston will attend next year!

PUBLICATION COMMITTEE ‘TOR’ ON ZAH WEBSITE

The Terms of Reference (TOR) of the Publication Committee are on the ZAH Website. In addition to detailing rules for Manashni and e-blasting, MANASHNI will now accept ads in its publications. Please use this link for details. http://zah.org/wp-content/uploads/2019/12/TOR_Publication_Committee.pdf
CHRISTMAS PARTY
By Dina Hormuzdi

The Christmas party was a great success. Zara Italia and I planned the Christmas party this year. We would personally like to thank the following Youth Members who were ready to set up at 9am, Rohan Hormuzdi, Cyrus Mistry, Diana Sabawala, Roshni Chikhliwal, Cyrus Surveyor, and Shanaya Vakil.

First, we made holiday festive cards that will be sent off to St. Jude’s. The card supplies were kindly donated by Vehishta Aunty. Then, we had lunch which was donated by our amazing donors Minaz and Nozer Dungor for the pizza, Rustom and Firozi Sabawala for the pasta, Sarosh Collector for the popcorn and snow cone machine, Sorab and Arzin Italia for the chicken nuggets, and Zubin Vakil for bringing ice. After lunch, we played musical chairs and Just Dance. During Just Dance, Santa made a surprise appearance and performed a dance. I would like to thank Rayomand Hormuzdi for coming back and supporting the youth group by being our Santa this year. Lastly, Santa gave all the little kids their gifts.

Thank you to all the youth group members who contributed things such as the game prizes, chips, and water bottles. Without all of you guys this event would not be possible, so once again thank you so much to amazing Zoroastrian community for always contributing and supporting us!

SAVE THE DATE
Youth Group Fundraiser

The Youth Officers are planning the Youth Fundraiser - Music and Dance from the 70s, 80s, and 90s, scheduled for Saturday, Feb 15, 2020. Please mark your calendars. We hope you will attend this event in large numbers and support ZAH Youth and Middle Group. More details to follow.

Your Youth Group wishes all ZAH members a Happy & Safe Holidays!

GOLDEN GROUP AT BISMILLAH
Contributed by Jehanbux R. Mehta

It was a perfect day for lunch at Bismillah Restaurant. After three dreary and wet days, mother nature smiled upon the Golden Group on November 16. The sun was out and the air not cold but nippy: just the right weather for the food that the restaurant has to offer. And how, all enjoyed it!

Bismillah, on Hillcroft, has been around for quite some time but it was very recent that the café and the restaurant merged and moved into a larger area to accommodate more customers. Being a Saturday, we expected it to be crowded. And, it was, confirming its popularity. Twenty-seven goldies, including a few assistants, were requested to be present by 11:30 a.m. A bit early for Parsis to have lunch, but necessary to avoid the rush. Lyla Daroga of our Helping Hands made it doubly sure for all to be seated in one area by coming well ahead of time to capture the seats and she did that bravely, ignoring the annoyed looks of other customers.

Bismillah sports a large and varied menu from traditional Punjabi dishes such as karahi gosht, Bihari kababs, chat-pattie fried fish and more to bun kababs, chana batata and their signature omelet with parathas. The
Pakistani food was tasty but several among us found it rather spicy. The less bold among us quite enjoyed the anda paratha and gol-guppas. Absence of biryani before 1:00 p.m. was rather disappointing.

With Thanksgiving just a couple of weeks away, while Diana Balsara was attending to the needs of the diners, Anita Kavina tested our knowledge with a thanksgiving trivia – a multiple choice questionnaire. Okay, okay, I failed miserably, scoring only one correct out of 12 questions, but can you blame me for not knowing that a turkey has 3,500 feathers? Prompted by what I have been seeing on TV of local council elections, I too made bold to ask for a recount but was soundly reprimanded. However, a lovely booby prize compensated for the humiliation. See, there is a bright side to every episode!

We owe many thanks to our Helping Hands for organizing something different each time the Golden Group has a function and also to our members for taking keen interest in events by attending in large numbers. Our next write-up may not be till next year, literally. So, from us Helping Hands, a very happy new year with blessings of good health and fortune to all.

MARK YOUR CALENDAR

WZCC – Houston Chapter and ZAH Joint Event
“IF YOU FORGET, IS IT ALZHEIMER’S?” Talk by Dr. Dolly Dastoor

DATE: Sunday, February 9, 2020
TIME: 11:00 am to 12:30 pm (Before lunch and ZAH AGM)
PLACE: ZHCC

Dr. Dolly Dastoor, Assistant Professor, Psychiatry, McGill University; FEZANA Past President and an outstanding speaker, will deliver a very informative and interesting talk about Dementia and Alzheimer’s Disease. This is a growing social concern and she will talk about how we can prepare ourselves for its challenge. She will be covering the study of causation, risk factors, dementia and pathophysiology, early diagnosis, clinical stages, prevention of dementia, information on caregiver support, etc. Please mark your calendar. This is a unique opportunity and everybody is encouraged to attend.

VISIT BY INTERFAITH GROUP TO ATASH KADEH AND ZAH
By Arnavaz Godiwalla

My good friend Elizabeth Jeter had gently goaded me into leading her Interfaith group to learn about our Zoroastrian culture and faith. Reticent at first, I gave it some thought and finally conceded to create the experience for one of another faith.

This particular Interfaith group, “Women’s Voices”, meets monthly, at our local Barbara Bush Library. This group was spearheaded by Nancy Agafitei. The attendee group was diverse. We had Christian, Baha’i,
Hindu, Muslim and Jewish faiths witness a Zoroastrian experience, that day.

November 18, 2019, we had around fourteen Interfaith members attend an orientation at the Bhandara Atash Kadeh. Our information specialist, Kaemerz Dotiwala gave an introduction and brief explanation of our ancient Persian roots and ancestry. We spoke of Kusti rooms, and our prayers, our holy fire and how Agiaries came to be.

Then, the group experienced a Boi Ceremony and tandorosti prayer led by our priest, Maneck Sidhwa. Ervad Maneck followed up with a brief explanation of the prayers. No one was afraid to ask questions and they were met with a volley of good information from Kaemerz and Aban.

Following this, we went to our Library where Aban Rustomji, founder of our Library, proudly spoke of our pioneering spouses that led us to this point. She also gave us a wonderful tour and information on Zoroastrian authors, present and past in the library. Aban showed us rare manuscripts and artifacts of Persian, Pakistani and Indian origins and even had some handouts for those who wished to know more.

The Interfaith members keenly expressed an appreciation for the sharing we demonstrated and the depth of the questions answered. They also noted how receptive and welcoming our community was. Elizabeth said, “Truly, it demonstrated that even though we may have different faith-traditions, we have so much in common and a shared belief in one God.”

Finally, it was the call of the palate and stomach that led us all to Bombay Sweets, who did not disappoint! There, we introduced our group to an Indian vegetarian delight! They savored the buffet and enjoyed sampling our various street food cuisines, topped with good Indian sweets and complimentary Masala Chai. Thank you Bombay Sweets!

Most importantly, many thanks are owed to Ervad Maneck Sidhwa, Kaemerz Dotiwala, and Aban Rustomji for giving their time at the drop of a hat! More thanks to Persis Behramshah and Pervin Sagar for making sure this was a success. They each deserve a big pat on the back for tirelessly giving their “all” to our Center- not just today, but always.

Last but not least, our utmost thanks to The Bhandara family for giving us the joy and privilege of this beautiful edifice of worship for one and all.

Overall, it was wonderful meeting new friends of this Interfaith faction and sharing stories over lunch. Above all, it gave me a perspective of what it means to be respectful of other’s faiths; yet, proud to be a Zarathushti!

Ushta Te,
**AWARDS & ACCOLADES**

**School Play**

Emma Kolah’s school, Pershing Middle School, participated in the Houston School UIL District’s One-Act Play competition, and they won first place for the play *The Girl in the White Pinafore*. Emma was in charge of technical aspects, such as controlling the projections on the stage. Her creativity was recognized and Emma was awarded a medal for her Technical capability. At the UIL Regionals, they were the 1st runner up.

**Scholarship Winners of ZAH**

**Serena Setna** won FEZANA’s Bapsy Irani Scholarship for Culinary & Fine Arts. Serena is a senior at the Conrad N. Hilton College at the University of Houston from where she will graduate with BS in Hotel and Restaurant Management. Upon graduating, she would like to continue working with large scale contract food service companies. Serena says “I am so grateful to be receiving this scholarship, I cannot wait to see what my future holds in the hospitality world.”

**Dilshad Patel** won a 2019 Fali Chothia Charitable Trust Scholarship. She is working toward an MS in Exercise and Health Science at the University of Houston, Texas. She has invented movement therapy methods (some of which are already being utilized in hospital settings) to help professional athletes as well as patients in medical rehabilitation. Dilshad works extremely hard to juggle school with work, as well as to establish a framework for her new movement therapy techniques.

**Friyana Sidhwa** won a 2019 Fali Chothia Charitable Trust Scholarship. She is working toward a Master’s in Human Resource Management at Texas A&M. Friyana has taken the lead in several scholastic and non-scholastic organizations, and has won numerous honors and awards. She has also been an active member/volunteer of the Houston Zoroastrian community since she was six, and, among other things, has chaired the first ever blood drive for the Zoroastrian Association of Houston.

**NAVJOTE**

Cyrus and Kaya, children of Percy and Mitali Kapadia, had their Navjote Ceremony on November 23, 2019, in Houston, Texas. This was the first Navjote at the Bhandara Atash Kadeh and was followed by lunch at the Center.
Notice of the Annual General Body Meeting of the Members and Election of Officers to the ZAH Executive Committee – 2020

The Annual General Body Meeting (“AGM”) of the Zoroastrian Association of Houston (“ZAH”) will be held on Sunday, February 9, 2020 at 1.30 pm at The Zarathushti Heritage and Cultural Center, 8787 W. Airport Boulevard, Houston, TX 77071 (“ZHCC”).

AGENDA ITEMS: Members For 2020 (as defined below) wishing to include any items for discussion may forward the subject matter to the ZAH Secretary, by e-mail at kbdastur@yahoo.com by Sunday, January 26, 2020 so that they can be included in the agenda. If you do not have access to email, submissions can be made to the ZAH Secretary by post marking your mail to ZHCC before the deadline and follow up with a text message to (281) 948-5319. Please note that no new agenda items will be entertained from the floor at the AGM.

NOMINATIONS FOR EXECUTIVE COMMITTEE OPEN POSITIONS: The following positions on the Executive Committee are up for election in 2020:

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<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Term Information</th>
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<tbody>
<tr>
<td>Lyla Daroga</td>
<td>Member</td>
<td>Completed one 2-year term</td>
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<tr>
<td></td>
<td></td>
<td>Completed one 2-year term and is not running for another term</td>
</tr>
<tr>
<td>Nozer Dungor</td>
<td>Member (elected Chair for 2019)</td>
<td>Completed one 2-year term</td>
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<tr>
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<td></td>
<td>Eligible for re-election and is running for another term</td>
</tr>
<tr>
<td>Mitra Khumbatta</td>
<td>Treasurer</td>
<td>Completed two 2-year terms</td>
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<tr>
<td></td>
<td></td>
<td>Term completed</td>
</tr>
<tr>
<td>Sweta Sethna</td>
<td>Member</td>
<td>Completed one 2-year term</td>
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<tr>
<td></td>
<td></td>
<td>Completed one 2-year term and is not running for another term</td>
</tr>
<tr>
<td>Fezana Representative</td>
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No positions for the Atash Kadeh Committee are up for election in 2020.

PROCEDURE FOR NOMINATION OF MEMBERS: A Nomination Form is included with this notice. Only Members For 2020 may send any completed and signed Nomination Forms by Sunday, January 26, 2020 by e-mail, to kbdastur@yahoo.com. If you do not have access to email, please post mark your nomination by the deadline and mail to the ZAH Secretary at ZHCC and follow up with a text message to (281) 948-5319. No nominations will be accepted after the deadline and no nominations will be accepted from the floor during the AGM. The nominating Member For 2020, nominee and a seconder must all sign the Nomination Form for it to be valid.

While making your nomination, please be guided by the following:
- All nominees must be regular members for a period of at least six (6) months prior to the election and must be eighteen (18) years of age or older. This means that they should have paid their 2019 membership dues already and would need to pay their 2020 dues by Sunday, January 26, 2020.
- No two (2) members of an immediate family shall serve on the Executive Committee at any one time.
- No member of the Atash Kadeh Committee shall simultaneously serve on the Executive Committee.
- Voting will be by secret ballot. Proxy votes will not be accepted.

ONLY MEMBERS FOR 2020 ARE ELIGIBLE TO VOTE, SUBMIT NOMINATIONS, AGENDA ITEMS AND/OR TO ATTEND THE AGM.

Lunch will be served from 12.30 pm to 1.30 pm. Although ZAH is hosting this lunch, donations are welcome. Please RSVP to kbdastur@yahoo.com for headcount for lunch.
Zoroastrian Association of Houston (ZAH)
Executive Committee Nomination Form

PROCEDURE FOR NOMINATION OF MEMBERS: Completed, signed and scanned Nomination Forms must be emailed by Sunday, January 26, 2020 to ZAH Secretary at kbdastur@yahoo.com. If you do not have access to email, please post mark your nomination form by the deadline and mail to the ZAH Secretary at The Zarathushti Heritage and Cultural Center, 8787 W. Airport Boulevard, Houston, TX 77071 and follow up with a text message to (281) 948-5319.

No nominations will be accepted after the deadline and no nominations will be accepted from the floor during the Annual General Meeting.

The nominating Member For 2020 (as defined below), the nominee and a seconder must all sign the Nomination Form for it to be valid.

While making your nomination, please be guided by the following:

- All nominees must be regular members for a period of at least six (6) months prior to the election and must be eighteen (18) years of age or older. This means that they should have paid their 2019 membership dues already and would need to pay their 2020 dues by Sunday, January 26, 2020.
- No two (2) members of an immediate family shall serve on the Executive Committee at any one time.
- No member of the Atash Kadeh Committee shall simultaneously serve on the Executive Committee.

ONLY MEMBERS FOR 2020 ARE ELIGIBLE TO SUBMIT NOMINATIONS. TO BE A “MEMBER FOR 2020” ZAH MEMBERSHIP DUES FOR 2020 SHOULD BE PAID IN FULL BY SUNDAY, JANUARY 26, 2020.

I hereby nominate _____________________________________________ for the position of (select only one):

☐ Member  ☐ Treasurer  ☐ FEZANA Representative
for the Zoroastrian Association of Houston Executive Committee.

I understand that the nominee must be eligible for election, and satisfies the requirements of ZAH’s by-laws, policies and procedures.

NOMINATING MEMBER:  SECONDED BY:  NOMINEE:

Signature:  Signature:  Signature:
Name:  Name:  Name:
Date:  Date:  Date:
The NAZC 2020 Team presents

New Years’ Eve Gala
Featuring a VEGAS Experience
Sponsored by Kershaw K. Khumbatta, PLLC

Tuesday, Dec 31st, 2019
8 pm to 1 am at ZHCC

Early Bird Special
Adults - $75
11-18 - $55
Under 11 - $30
Ends 11/30/19

Unlimited Bar Package
$25

Separate lounge area with dance music
Vegas style Gaming
Food from around the world
Midnight Burgers
Balloon Drop & Party Favors

Includes:
$50 Chips
Midnight Champagne
Fabulous Door Prizes
Incredible Raffle

For any queries pl. call Yasmin M 713-301-1521/Arzin 713-679-4998/ Kayo 832-802-3036

Regular Price: Adult - $99, 11 to 18 - $75, Under 11 - $50
Late (12/20-12/25): Adult - $149, 11 to 18 - $99, Under 11 - $75
Register early-Limited capacity
Walk Ins - $5,000 pp cash only

NEW YEAR’S EVE 2019 GALA RAFFLE

Win Fabulous RAFFLE prizes

Tickets
1 for $20
5 for $50
20 for $100
(best value!)

For raffle tickets please contact Yasmin Medhiwalla at (713) 301-1521 or Nargis Chowan at (713) 679-4998 or Kayo Sullivan at (832) 802-3036

10
Dear Seniors ‘n College grads:

Here is your chance to apply for this year's scholarship award and find your copy of the application on our ZAH website and to make it easy, just hit on the link shown here.............. http://zah.org/congress2000legacy-2/

Always remember, for any questions, advice, clarifications you can call us and we will have an answer for you.

We wish you good luck and do strive to pay careful attention to details in your application and be one of our proud Legacy Scholarship winners.

For members who wish to donate to this cause and/or add an award with a one time lump sum donation in the memory of a loved one or a family, please call me and let's talk, no pressure at all!

Best wishes
Homi Davier
Chair
WHEN AND HOW TO WASH YOUR HANDS

Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.

Wash Your Hands Often to Stay Healthy  You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing or eating food
- Before and after treating a cut or wound
- After blowing your nose, coughing, or sneezing
- After changing diapers or cleaning up a child who has used the toilet
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After using the toilet
- After handling pet food or pet treats
- After touching garbage

Follow Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it’s one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol.

PLEASE, follow these five steps every time.

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
Lather with soap, the backs of your hands, between your fingers, and under your nails.
Scrub your hands for at least 20 seconds.
Rinse your hands well under clean, running water
Dry your hands using a clean towel or air dry them.
Disability Inclusive Health

Together, we can improve the health of people with intellectual disabilities by increasing access to quality health care and health promotion programs.

As CDC honors International Day of Persons with Disabilities, we ask you to join us in being a part of the global movement to change attitudes toward, and promote the inclusion of, people with disabilities in society and in programs that support health and prevent disease. Intellectual disability (ID) is a term used when there are significant limitations to a person's ability to learn at an expected level and function in daily life. Although the life expectancy of individuals with ID is now longer than it was a generation ago, it is still an average of 10 to 20 years shorter than that of the general population. In the United States and around the world, people with IDs face significant health inequalities compared to people without IDs. In fact, there is a growing body of evidence that people with IDs in the United States are more likely to have obesity, diabetes, arthritis, heart disease, and asthma. They are also more likely to be admitted to the hospital by emergency room doctors for conditions that could have been treated in outpatient settings.

Disease of the Week Scarlet Fever

Scarlet fever is a bacterial infection caused by group A Streptococcus or “group A strep.” The classic symptoms of the disease are a sore throat and a certain type of red rash that feels rough, like sandpaper. Although anyone can get scarlet fever, it is most common in children ages 5 through 15 years old. It is usually a mild illness, but people with scarlet fever need antibiotics to prevent rare but serious health problems. Antibiotics also help someone with scarlet fever feel better sooner and protect others from getting sick.

FOR OUR SENIORS

Remember it's the National Influenza Vaccination Week, get yours today!
Your vision is important.
That’s why it’s Time to Schedule Your Eye Exam
with our very own ZAH Ophthalmologist

20% OFF Laser Vision Correction for ZAH members and their family
LATEST ALLEGROTEC® TECHNOLOGY

Dr. Nisha Shah (Mody), MD
Board Certified, Fellowship Trained Ophthalmologist

- Cataract Surgery including Advanced Laser Cataract Surgery and Premium Lens, Blade-free Laser Vision Correction (LASIK/PRK), Glaucoma, Diabetic Eye Disease, Eye Emergencies and Infections
- Medical and Surgical Diseases of the Eye
- Routine eye exams for the whole family

Medical Clinic of Houston, 1701 Sunset Blvd,
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