



Are you game?

Sports Physicals \$25. Walk-ins welcome.
See any one of our physicians listed below:

	<p>Dr. Carolina Young-Ortiz The Centre at the Stone 15003 FM 529, Suite A Houston, TX 77095 281-500-8850</p>	<p>Dr. Cynthia Pham Willowbridge Professional Sq. 10028 West Road, Suite 102 Houston, TX 77064 281-500-8900</p>	
	<p>Dr. Timothy Iannone The Plazas at Barker Cypress 8190 Barker Cypress, Ste 1500 Cypress, TX 77433 281-500-8600</p>	<p>Dr. Tracy Hoang Grant Village Square 12101 Grant Road, Ste G Cypress, TX 77429 281-500-8700</p>	
	<p>Dr. Rashmi Sheshadri The Plazas at Barker Cypress 8190 Barker Cypress, Ste 1500 Cypress, TX 77433 281-500-8600</p>		




Jean Dreyer (left) hands out food-filled care packages and a new pair of jeans to a local homeless man.

NONPROFIT

Cy-Fair Helping Hands

Devoted couple lends a hand to homeless on Hwy. 290

By Molly Ryan

Driving down the Hwy. 290 feeder road at W. Little York Road, a lady in a black pickup truck rolls down her window and reaches her hands out in the more than 100 degree heat. In one hand, she grasps a bag filled with water and canned food, in the other she shakes the hand of a homeless man with a sign reading, "Hungry."

The lady, Jean Dreyer, and her husband John, come to this corner, as well as other corners on Hwy. 290 between Hollister Road and Huffmeister Road where the homeless stand, twice a week to hand out care packages.

Handing out these packages filled with food and water to the homeless is the main aspect of their new nonprofit organization, Cy-Fair Helping Hands.

"As far as I'm concerned, there is no doubt in my mind that this is what we are supposed to be doing," Jean said. "A lot of people don't understand how many homeless are in this area."

The number of homeless living and begging along Hwy. 290 increases every week, said Jean, who has been delivering food to corners on the road since October 2010. The Dreyers estimate they hand out about 50 care packages a week.

"If we can get enough volunteers, I would love to go to other pockets," Jean said. "We have other areas we want to expand to like the Beltway and Hwy. 249."

The Dreyers, who are Jersey Village residents, retired from their antique business on Jones Road in 2010 in part to focus their efforts on helping the homeless.

"[Helping the homeless] seemed to be the most needed service out here," said John. "No one is looking after them."

Unlike in the City of Houston, there are

no organizations in Cypress that regularly support the homeless besides churches that give them hot meals, Jean said.

In addition to providing food care packages twice a week, the Dreyers also give clothes, such as jeans, scarves and socks, to the homeless. If a homeless person needs medical attention, they will call the correct hospitals and make sure the person receives first aid treatment.

For a few homeless people who are serious about wanting to get out of their current situation, the Dreyers can provide financial and emotional support.

"When we get to know them and see the potential in them, we decide if we want to take them under our wing," Jean said. "We have a couple [of two] living in a trailer, we make sure they have food and phone service, but they have to follow certain guidelines."

So far, the Dreyers have helped the couple get food stamps, and they hope to help them get them jobs in the coming month so the couple can move out of the temporary housing.

The Dreyers are able to support their efforts with Cy-Fair Helping Hands from donations from local businesses, churches and residents. They also allow volunteers to go out on rides with them when they hand out care packages.

"Their smiles and the glister in their eyes when they see us just warms my heart," Jean said. "I think a little bit of kindness goes a long way."



A PART OF
CY-FAIR REGIONAL HEALTH NETWORK

*On behalf of Dr. Rashmi Sheshadri,
we are pleased to announce that*

Dr. Timothy Iannone

*has joined our practice at the 8190 Barker Cypress location.
Please call our office at 281-500-8600 to schedule an appointment.*

	 <p>The Plazas at Barker Cypress</p>	
--	--	--

8190 Barker Cypress, Suite 1500
Cypress, Texas 77433

Cy-Fair Helping Hands
www.cyfairhelpinghands.org
cyfairhelpinghands@yahoo.com