



# WOMEN'S NIGHT OUT

## FIRST THURSDAYS SERIES

### 6 - 8 PM | Sept. 2019 - May 2020

Join us every first Thursday evening of the month for fellowship, food and friends. Women of Palmer will gather to socialize and share a meal followed by a speaker-led discussion of different topics. Drinks will be provided and all are asked to bring an appetizer to share.



#### **SEPTEMBER 5 — BOOKS FOR DEVELOPING COUNTRIES: HOW LIBRARIES CHANGE PEOPLES' LIVES WITH CONNIE WALLACE**

Parishioner Connie Wallace was invited by friends on a mission trip to the West Nile region of Uganda with a small Houston nonprofit, Books for Development, and she has worked with the organization ever since to address book famines in developing countries, primarily in Africa. The organization collects donated books at its Houston warehouse, sorting, boxing and shipping them overseas, and sending volunteers like Connie to set up libraries and train librarians. Twice, Connie has traveled to Uganda to further the organization's mission. She will share her experiences in Africa, learning about the people, the beautiful country and how libraries can change lives.



#### **OCTOBER 3 — LET FOOD BE THY MEDICINE AND MEDICINE BE THY FOOD WITH CAROLINE JESUDASON**

Caroline Jesudason's food adventures have taken her from the Himalayas to her home in Houston, Texas. Those experiences, her creative nature, and her heart and desire to love people with food have led her to start her new business, Caroline's Catering. Palmers have been the grateful recipients of her talents in recent months on Great Wednesdays and other parish events. Caroline holds a B.S. Degree in Psychology and Sociology and a Masters Degree in Human Resource Management.



#### **NOVEMBER 7 — SOLAR IMPULSE: A MESSENGER OF HOPE FOR ALL HUMANITY WITH SARAH EMES**

Sarah Emes, a Parishioner of Palmer since 2002, has worked the past 20 years for Solvay, a global advanced materials and specialty chemicals company headquartered in Brussels, Belgium. Solvay was the main partner of Solar Impulse, an extraordinary initiative to fly zero-emissions aircraft around the world to demonstrate the sustainable use of clean technologies and energy efficiencies. As a member of the Corporate Communications team during the "Across America" and "Round the World" flights, she experienced the full power of human innovation up close. Sarah grew up in England. She is a graduate of King's College and the University of London.



#### **DECEMBER 5 — TRIVIA TEAM NIGHT! - ALL ATTENDEES**



## **FRIDAY, JANUARY 10 – SUNDAY, JANUARY 12 – WOMEN'S RETREAT**

All women are invited to join for the 2020 Women's Retreat at Camp Allen.



## **FEBRUARY 6 – ARCHWAY ACADEMY – WHERE EDUCATION MEETS RECOVERY WITH SASHA McLEAN**

Sasha McLean is the Executive Director of Archway Academy, a high school on the Palmer campus for teens in recovery from substance use disorders and other co-occurring issues. Archway is currently the largest recovery high school in the nation. A Licensed Professional Counselor and Licensed Marriage and Family Therapist, Sasha is also the Board Chairman for the National Association of Recovery Schools. Prior to Archway, Sasha was the Director of The High Road at The Council on Alcohol and Drugs Houston where she ran the Alternative Peer Group and Intensive Outpatient Program. Sasha speaks nationwide about addiction, recovery schools, teen development, and related issues.



## **MARCH 5 – THE GLASSCOCK SCHOOL WITH COURTNEY TARDY**

Courtney Tardy is Director of Development at the Susanne M. Glasscock School of Continuing Studies, where she promotes the fundraising and engagement priorities of the Dean of the Glasscock School through individual, community and corporate donor relationships. Prior to taking on the position in December 2018, Courtney served four years as Associate Director, Fundraising, at the Rice Design Alliance (RDA), overseeing corporate and individual membership programs and the annual gala. Like the Glasscock School, RDA's community blends both Rice and Houston. She earned a B.A. in History from the University of the South (Sewanee) and a Masters in Architectural History and Certificate in Historical Preservation from the University of Virginia.



## **APRIL 2 – BEST PRACTICES FOR GREAT ORAL HEALTH WITH KATHY L. O'KEEFE, DDS, MS**

Kathy L. O'Keefe, known to us at Palmer as Parishioner Kathy Herrin, is a full time practicing General Dentist at Dentists on Dorrington Street, where she focuses on prevention, restorative and cosmetic dentistry. Kathy spent the first half of her career in academics, achieving the rank of Associate Professor with Tenure at UT Health School of Dentistry, where she taught, conducted research in Oral Biomaterials, mentored graduate students, and published and presented her research at national and international meetings. In 2006, she transitioned into private practice, joining her long-time friends, Drs. Elizabeth and Steve Hunsaker, at Dentists on Dorrington Street. She is President-Elect of the Board of Directors of the Greater Houston Dental Society.



## **MAY 7 – PUBLIC HEALTH WITH CATHY TROISI**

Cathy Troisi, PhD is an Associate Professor in the Divisions of Management, Policy, and Community Health and Epidemiology at University of Texas (UTHealth) School of Public Health and coordinator for the Leadership Studies Concentration. She holds a B.A. in Chemistry from the University of Rochester, an MS in Biochemistry from Michigan State University, and a PhD in Epidemiologic Sciences from the University of Michigan. She is a recipient of the Public Health Community Service award and the Excellence in Teaching award from UTHealth, as well as the American Public Health Association Advocacy award. In 2007 she was elected to the APHA Executive Board. Cathy has had 16 op eds published in Texas newspapers and given over 130 media interviews on public health issues.