

# Houston Deaf Senior Citizens Newsletter

Funded by DARS-DHHS

Non-Profit Organization

Volume 14

February 2013

Issue 2

Luckily, the weather was beautiful after all the rain that Houston received for 2 days in a row. On January 11th, 16 deaf seniors went to Chappell Hill, Texas for their day trip. Founded in 1847 by Mary Hargrove Haller, who bought 100 acres for the townsite; she named the town for her grandfather, Robert Wooding Chappell, an early settler.

Chappell Hill offers a history rich in culture, higher education, sandbars and stern-wheelers, cotton, War-Between-the-States, and Polish immigration. The history of Chappell Hill is told through exhibits, documents, and photos at the Museum on Poplar Street. We had a wonderful tour guide that explained the History of this town and answered all our questions. The Historic Methodist Church is located adjacent to the Museum. Main Street offers the Visitor's Center, Providence Baptist Church, the Old Rock Store, and the 1907 Historic Bank (presently Chappell Hill Bank) which still operates since ever.

We stopped at Larry's BBQ in Houston for our lunch. Everyone had an enjoyable time.

*Wrote by Nancy Morris  
Photography by Jim Dermon*



### **Board of Directors**

Don Hahn  
Judy Becker  
Patsy Walker  
Nancy Morris  
James Dermon

### **Head Committee Chairs**

**Travel** - Patsy Walker  
**Refreshment** - Tommy Wells  
**Luncheon** - TBA  
**Prizes** - Patsy Walker  
**Games/Crafts** - TBA  
**Hospitality** - Zelma Curbello  
**Seminars** - TBA  
**Archives** - TBA  
**Website** - Judy Becker  
**Newsletter Editor** - Judy Becker  
**Subscription** - Judy Becker

## **February**

### **Birthday**

17 Cynthia Stevens  
19 Robert Stevens  
23 Luci Ryan  
25 Earl Johnson  
29 Martha Quinn

### **Anniversary**

9 Donald & Fung Hahn  
1985 (28 years)  
14 David & Linda Garcia  
1974 (39 years)

## **HDSCLF's Valentine's Day party**

**February 13, 2013**

***Wear Red Contest  
Heart-Shaped Cake Contest***

**Refreshment provided.  
You bring your own drink.**

## **SENIOR CITIZENS' FIELD TRIP**



**Friday, February 15, 2013**

**Meet at 7:00 AM**

*Woodhaven Baptist Deaf Church  
9920 Long Point Drive - Houston, TX 77055*

**Bus Departs at 7:30 AM**

***(Breakfast on your own before departure)***

**Jasper, Texas**

**Places:**

***Historical Museum  
Art Museum  
Old Jasper Jail  
Jasper County Courthouse  
Historic Belle-Jim Hotel  
Beaty-Orton House  
(\$3.00 per person)***

**Lunch:**

Lone Star Buffet

**CONTACT:** Don Hahn

**VP:** 832-413-6183

**Email:** deafglobtravel@gmail.com

## **COMMUNITY EVENTS**

**Friday, February 1:**

***ASL Social***

Deerbrook Mall Food Court  
20131 highway 59 north  
Humble, TX 77338  
4:00 pm to 9:00 pm

**Friday, February 8:**

***Deaf/ASL Social (Ft. Bend)***

Chick-fil-A  
20010 Southwest Freeway  
Sugarland, TX 77479  
4:00 am - 9:00 pm

**Wednesday, February 13:**

***HDSCLF's Meeting/Valentine***

Metropolitan Multi-Service Ctr  
1475 West Gray Street  
Houston, TX 77019  
9:00 am - 1:00 pm

**Friday, February 15:**

***Silent Dinner***

Baybrook Mall - Food Court  
500 Baybrook Mall  
Friendswood, TX 77546  
6:30 pm - 9:00 pm

**Tuesday, February 19:**

***Volunteer Park'g Enforcement***

Metropolitan Multi-Service Ctr  
1475 West Gray Street  
Houston, TX 77019  
5:00 pm - 9:00 pm

**Wednesday, February 27:**

***HDSCLF's Seminar or Social***

Metropolitan Multi-Service Ctr  
1475 West Gray Street  
Houston, TX 77019  
9:00 am - 1:00 pm

**Benefits payments go digital to save money**  
**(Effective 3/1/2013)**



Starting March 1, 2013, the Treasury Department is requiring that all Social Security, VA, SSI and other federal beneficiaries receive their benefits by ELECTRONIC PAYMENT. Senior citizens and other federal beneficiaries may choose either direct deposit or the Treasury-recommended Direct Express Debit MasterCard.

This new payment method is **NOT** optional. It is the law. Besides saving taxpayers money, switching to electronic payments provides a safer, more convenient and cost-effective way for people to get their federal benefits than paper checks.

Individuals who need assistance in switching to electronic payment can call the Treasury's secure Go Direct Call Center at **800-333-1795**. Our agents are specially trained to answer questions and complete the switch-over process in less than 10 minutes.

**THAT DEAF GUY**



**HEALTH BENEFITS of WALKING**



**20** WALKING 20 MINUTES/DAY WILL BURN 7 POUNDS OF BODY FAT/YEAR



**45** WALKING 45 MINUTES/DAY HALVES ODDS OF CATCHING A COLD



**1** WALKING 1 MINUTE CAN EXTEND LIFE BY 15-2 MINUTES



**20** WALKING 20-25 MINUTES/WEEK CAN EXTEND LIFE BY SEVERAL YEARS



**DEMENTIA**

Seniors who walk 6-9 miles/week are less likely to suffer from mental decline as they age, including dementia.



**DIABETES**

Walking 30 minutes/day, 5 days/week, along with moderate diet changes, can halve risk of Type 2 Diabetes.



**HEART DISEASE**

Walking 30 minutes/day, 5 days/week can halve the risk of heart disease and reduce stress, cholesterol, and blood pressure.



**ARTHRITIS**

Walking can reduce pain and improve function, mobility, mood, and quality of life, without worsening symptoms.



**DEPRESSION**

Walking triggers endorphins, promotes relaxation, and prevents anxiety and depression.

# Shingles

By Mayo Clinic staff

## Definition

Shingles is a viral infection that causes a painful rash. Although shingles can occur anywhere on your body, it most often appears as a single stripe of blisters that wraps around either the left or the right side of your torso.

Shingles is caused by the varicella-zoster virus — the same virus that causes chickenpox. After you've had chickenpox, the virus lies inactive in nerve tissue near your spinal cord and brain. Years later, the virus may reactivate as shingles.

While it isn't a life-threatening condition, shingles can be very painful. Vaccines can help reduce the risk of shingles, while early treatment can help shorten a shingles infection and lessen the chance of complications.

## Symptoms

The signs and symptoms of shingles usually affect only a small section of one side of your body. These signs and symptoms may include:

- Pain, burning, numbness or tingling
- A red rash that begins a few days after the pain
- Fluid-filled blisters that break open and crust over
- Itching

Some people also experience:

- Fever and chills
- General achiness
- Headache
- Fatigue

Pain is usually the first symptom of shingles. For some, it can be intense. Depending on the location of the pain, it can sometimes be mistaken for a symptom of problems affecting the heart, lungs or kidneys. Some people experience shingles pain without ever developing the rash.

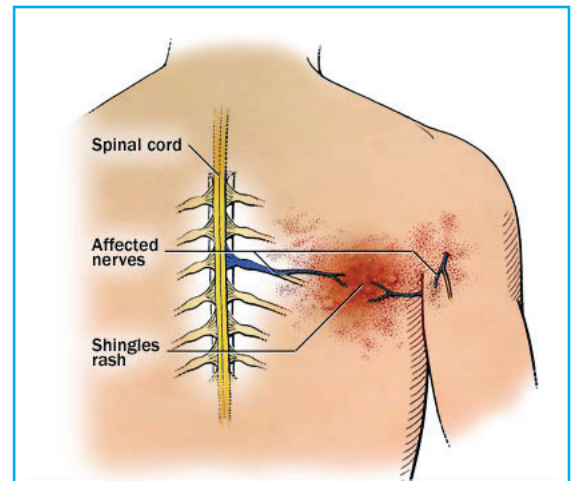
Most commonly, the shingles rash develops as a stripe of blisters that wraps around either the left or right side of your torso. Sometimes the shingles rash occurs around one eye or on one side of the neck or face.

**When to see a doctor** ... Contact your doctor promptly if you suspect shingles, but especially in the following situations:

- The pain and rash occur near an eye. If left untreated, this infection can lead to permanent eye damage.
- You're 65 or older, which increases your risk of complications.
- You or someone in your family has a weakened immune system (due to cancer, medications or chronic illness).
- The rash is widespread and painful.



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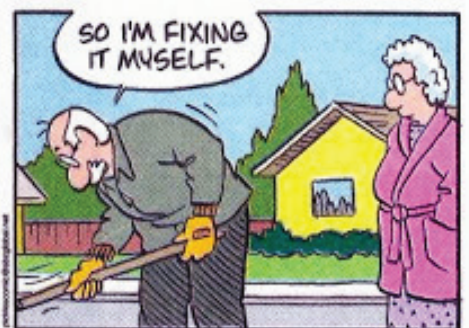
*The shingles rash is associated with an inflammation of nerves beneath the skin.*

# Congratulations!



On Dec. 28, we became proud grandparents to our new grandbaby girl named Kaylynn Leighanne, 8 lbs. 1 oz., 19-1/4 inches. Her parents Mardi and Stephen and her siblings Matthew, Dylan and Gracyn are so excited to welcome Kaylynn.

Bubba and Judy Lorenz





**Donald Hahn**  
 Owner  
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 Houston, Texas 77036

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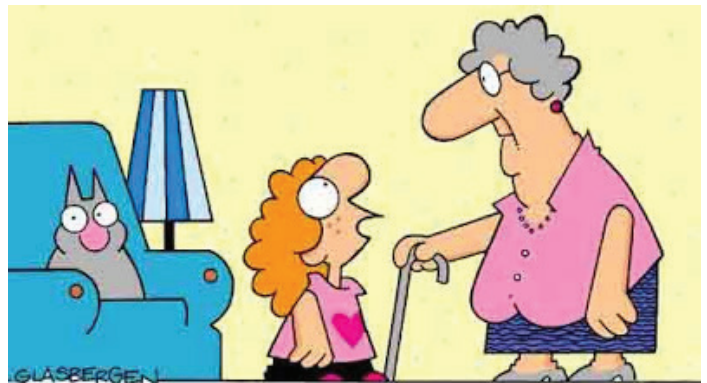


## Accessible Signs

Let us interpret for you!  
 Servicing the Deaf Community over 20 years!  
 We are available 24 hours, 7 days a week.  
 Call 713-263-9670

or  
 Email coordinator@accessiblesigns.com

## Laughing Matters



"My teacher says little girls can grow up to be anything they choose! Why did you choose to be an old lady?"



## SALE

### HDSCLF's Favorite Recipes

\$10 per cookbook  
 (351 recipes + helpful hints + tips + much more)

#### Contact:

Luci Ryan  
 striken263@yahoo.com

Proceeds to Houston Deaf Senior Citizens Love Fund.



Maintaining Vitality & Health with Whole Food Nutrition in a Capsule

**Larry & Sharon Smith**  
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**Juice Plus+® Chewables** are offered in a tasty *"Soft Chewable"* form, that contains all-natural, whole food based nutrition from the **Juice Plus+® Orchard and Garden Blend** and **Juice Plus+® Vineyard Blend®** capsules. The *"Soft Chewable"* are sure to please both the children and adults in your family.

**Juice Plus+ Complete®** is a whole food based powder beverage mix that provides a balanced nutrition drink for a healthier you.

**Juice Plus+ Vineyard Blend®** provides naturally balanced whole food based nutrition from nine varieties of berries and grapes - in convenient capsule form.

*"The Next Best thing to Berries and Grapes!"*



## OBITUARIES



**Vera Edith Butler**  
**09/12/1922 - 12/12/2012**

Vera was born to Beulah Johnston Riley & Henry Riley in Nellie Oklahoma on September 12, 1922.

Vera spent her childhood in Oklahoma and Illinois. She attended the Oklahoma School for the Deaf. Vera married Harold Butler and raised 2 sons, Larry James and Jerry Lee. Vera worked at the Texas School for the Deaf at the school laundry and retired early to spend time with Harold. Vera was a loving wife, mother, sister, aunt, great-aunt, grandmother, great-grandmother and friend. She was preceded in death by her parents, Beulah & Henry; sister Oleta; husband Harold; & great-grandson Josh. Vera is survived by her sons & daughters-in law: Yvonne and Janet; sister Dee Watwood, Dee's children Roger & Karen. Roger's daughter, Kendra. Niece, Susan Collie her husband Mike; sons Kevin & Justin; grandchildren, Susie Snoddy & husband Walter, Shane, Matthew, Ryan; great-grandchildren, Maggie, Hayden, Madeline, and Meredith.

*Published in Austin American-Statesman  
on December 16, 2012*

The "Thank You" card was received from Bertha Moses. She wanted to tell Houston Deaf Senior Citizens. Her message is shown below.

*Thanks for all the lovely things you do.  
But most of all, thanks for being you!*



**Julie Louise Spaulding** entered into the presence of her Great God and Savior on Tuesday, December 18, 2012, in her home here in Houston with her husband and two sons by her side.

Julie was born on July 26, 1944 to James and Eugenia Hiriart as the oldest of her three siblings: Michelle, Randy & Laurreta. She was a student at Texas School for the Deaf in Austin where she was voted most popular, and then went on to attend Gallaudet University. On July 13th, 1970, Julie married James Spaulding and then had two sons: Benny and Andrew. She was a data entry clerk for many years and worked the last 15 years of her career with ExxonMobil in the mailroom until she retired to become a fulltime grandmother. She loved being a grandmother and was very involved in the lives of her grandchildren. She was a longtime member and servant of Woodhaven Baptist Deaf Church including 30 years working with the infants and children. Julie loved to travel and loved life. She never met a stranger and was a faithful friend to many. Julie had a very loving and generous heart, and was always giving to others.

She leaves her loving memories to be cherished by her children Benny Spaulding & his wife Laura, and Andrew Spaulding & his wife Jenny; her adoring grandchildren Ariana, April, Kori Jane, Cade, Hallie & Lacey; her sisters: Michelle Smith and Laurreta Kelley; her brother Randy Hiriart & his wife Pam; and many other cousins, nieces, nephews and friends.

Donations may be made to Woodhaven Baptist Deaf Church for Children Ministry Fund & be mailed to 9920 Long Point Rd., Houston, TX 77055-4116.

*Submitted by Jim Dermon*

Send some news, an announcement (baby, birthday, anniversary, obituary), and some color photos to me before or on **15th day of each month**. Thanks!

Please let me know if you have not received any Newsletter issue.

**Judy Becker**, Editor of HDSC Newsletter

**Email:** hdsnews@gmail.com

**VP:** 281-667-4763

# ADVERTISING RATES

(Printed all in **Colors**)

	Each Issue	12 Issues/year
<input type="checkbox"/> Full Page 7-1/2" x 10"	\$40.00	\$400.00
<input type="checkbox"/> Half Page 7-1/2" x 5"	\$20.00	\$200.00
<input type="checkbox"/> Quarter Page 3-3/4" x 5"	\$10.00	\$100.00
<input type="checkbox"/> One-Eighth Page 3-3/4" x 2-1/2"	\$5.00	\$50.00

Make a money order or check payable to **HDSCLF** and mail to Houston Deaf Senior Citizens Love Fund, Attn: Judy Becker, Mailbox #4, 1475 West Gray Street, Houston, TX 77019 before or on 15th day of any month.

Be sure to make a copy for your record. An advertiser will get a complimentary copy of next issue. Thank you!

## New Subscribers

Edward Cruzan, Frances Longford, James/Brenda Wheeler (gift from Nancy Morris).

## Renewal Subscribers

Jo Ann Adkins, Larry J. Butler, Billy Buza, Carroll Frazier, Gordon/Marie Gibbons, Dana Glasscock, Lena Jo Glover, Cynthia Graham, Marcia Green, Jo Ellen Hall, Marlene Hanks, Winona Heinz, Doris Mae Jameson, Evelyn Marek, Clifford Menand, Nancy Morris, Bertha Moses, David Naumann, Marie Ramos, Anna R. Reese, Doris Roswell, Fred/Cathy Simerka, Tommie Smith, Juanita Thompson, Mary Faye Tippet.

## Donation to HDSC Love Fund

Eileen Brookes, Edward Cruzan, Ralph Daniels, Josephine Davis, Marie Ramos, Doris Williams, Bay Area Club of the Deaf (closed club).

## Donation to Love Fund in memory of Julie Spaulding

Judy Becker, Jim Dermon, Nancy Morris.

*On the behalf of HDSLFB board, we want to thank you for your kind donation, which we received last month.*

*Your generosity makes a difference in the lives of Houston deaf senior citizens. Thanks again for your kindness.*

Jim Dermon  
HDSCLF Treasurer



## Houston Deaf Senior Citizens Love Fund

A non-profit, 501(c)(3) tax exempt organization

### Subscription / Donation Form

Check one of the following:

**Newsletter subscription:** \$10/year X \_\_\_ year(s) = \$\_\_\_\_\_  New  Renewal or  Unsubscribe

Gift subscription from (who) \_\_\_\_\_ (\$10.00 per year)

Donation to HDSCLF \$\_\_\_\_\_ in memory of \_\_\_\_\_ (tax deductible)

Donation: \$\_\_\_\_\_ to the Houston Deaf Senior Citizens Love Fund. (tax deductible)

#### CURRENT ADDRESS: (Please print)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

#### MOVING - NEW ADDRESS: (Please print)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

VP,  TTY or  Fax: \_\_\_\_\_

Mail this form with a check or money order (payable to **HDSCLF**) to Houston Deaf Senior Citizens Love Fund, Attn: Judy Becker, Mailbox # 4, 1475 West Gray Street, Houston, TX 77019.

Thank you.

#### STAFF USE ONLY:

Receipt # \_\_\_\_\_  Cash (in person only)

Money Order

# \_\_\_\_\_

Check

# \_\_\_\_\_