



Houston Deaf Senior Citizens Newsletter

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Non-Profit Organization

Volume 14

May 2013

Issue 5

Senior Citizens Field Trips Thursday, April 18, 2013

With predicted storm and cold-front weather, we moved the day with two tours. Our first stop was to Mrs. Baird's Bakeries bread processing plant. It started off with brief no-captioned cartoon video at the visitor center. Then, we walked through the plant watching how bread is made from flour, water, yeast and milk to oven-baked then bag wrapped for shipment. On our way out, we stopped at Bakery Outlet to purchase bargain priced baked goods. After lunch at Northwest Mall Food Court we headed down to Bayou Bend Collection and Gardens. Bayou Bend, the 23-room mansion of Houston philanthropist Ima Hogg, now houses the Museum of Fine Arts with rare and beautiful objects dating from approximately 1620 to 1876. Again, no captioned introductory video, we walked through 16 rooms full of American-made furniture and silver. The house is also surrounding with gracious, manicured & themed gardens. Miss Hogg was the daughter of Texas governor James Hogg.



Mrs. Baird's Bakeries



Bayou Bend Mansion

Submitted by Don Hahn
Photograph by Thomas Langham

Board of Directors

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Judy Becker
Patsy Walker
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James Dermon

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Travel - TBA

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

May

Birthday

- 3 Ellen M. Sias
- 7 Don Hahn
- 14 Phillip Delozier
- 18 Homer West
- 19 Judy Becker

I apologized that I missed adding Larry Fewell & his birthdate (04/9) to April Birthday.

Anniversary

- 16 James & Lavern Fair
60 years (1953)



S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

SENIOR CITIZENS' FIELD TRIP



Friday, May 10, 2013

Meet at 7:45 AM

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

Bus Departs at 8:15 AM

(Breakfast on your own before departure)

George Ranch Historical Park
Richmond, Texas

Includes:

<i>1830s Jones Stock Farm</i>	<i>1930s George Ranch Home</i>
<i>1860s Ryon Prairie Home</i>	<i>and more...</i>
<i>1890s Davis Victorian Mansion</i>	(\$5.00 per person)

Lunch:

Americas Buffet

CONTACT: Don Hahn

VP: (832) 413-6183

Email: deafglobtravel@gmail.com

COMMUNITY EVENTS

Friday, May 3:

ASL Social

Prince's Hamburgers
3899 Southwest Freeway
Houston, TX 77027
4:00 pm to 9:00 pm

Wednesday, May 8:

HDSCLF's Meeting / Social

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

Friday, May 10:

Deaf/ASL Social (Ft. Bend)

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

Tuesday, May 14:

PIP: Blue Star Multi-Housing Program

1602 State St. (Auditorium)
Houston, TX 77055
7:00 pm

Friday, May 17:

Baybrook Mall Silent Dinner

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

Wednesday, May 22:

HDSCLF: Drive Safety Program

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

Thursday, May 23:

Volunteer Park'g Enforcement

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

Friday, May 24:

Deaf Social (North Houston)

North Houston Chick-fil-A
4410 North Freeway (I-45 N)
Houston, Tx. 77022
5:30 pm - 10:00 pm

HDSCLF's Meeting / Seminar

After the meeting, Amanda Tutit from CAAGVRS gave presentation about their services. Communication Access Ability Group (CAAG) provides nationwide services and has ongoing customers across the country. Their headquarters are based in Houston, Texas with satellite offices in Austin, Beaumont, Midland, and McAllen, Texas. They have a strong multi-disciplined management team, a large diverse staff of state and nationally certified interpreters, and CART Providers. CAAG also provides advocacy, support services, awareness training and adaptive equipment assistance. CAAG is committed to removing the barriers to effective

communication between hearing people and those who are deaf and hard of hearing. Their services are available 24/7. Afterwards, light lunch was served. Everyone learns about different VRS providers so they can choose.



April Birthday

Robert Small

Floyd Wicker

Carl Long

Larry Butler

Submitted and Photograph by Judy Becker



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Functions of Water in The Body

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The human body is anywhere from 55% to 78% water depending on body size. A rule of thumb, 2/3 of body is consists of water, and it is the main component of human body. Did you know that your tissues and organs are mainly made up of water? Here is the %:

- Muscle consists of 75% water
- Brain consists of 90% of water
- Bone consists of 22% of water
- Blood consists of 83% water

The functions of water in human body are vital. The water:

- Transports nutrients and oxygen into cells
- Moisturizes the air in lungs
- Helps with metabolism
- Protects our vital organ
- Helps our organs to absorb nutrients better
- Regulates body temperature
- Detoxifies
- Protects and moisturizes our joints



Every cell in your body needs water from head to toe. That is why it is so important to drink enough fluid. Take for example, brain consists of 90% of water, if you do not supply enough water to your body, your brain cannot function well, and you will get headache or migraine. Hence, next time, if you feel fatigue and headache, it may be the sign of dehydration.

Tips for Better Health

Submitted by Gertie Sessions

Water Heals - Drink more water. The body is made-up of 2/3rd water.

See “**Functions of Water in the Body**” as above.

Deep Breathing - Many of us forget the most important chemical in our body is oxygen. Remember to practice deep breathing daily which helps remove body waste.

Go Au Naturel - Spend some time outdoors in natural settings. Staying in touch with nature is essential for good health. Spending time in greener environments cut the time it takes to recover from surgery, improve the way the immune system works and helps achieve healthier blood glucose levels.

Take A Nap - A mid-afternoon nap can improve mood, memory, alertness and learning ability. A 90-minute siesta clears the brain’s short-term memory storage center and makes room for new information.

Listen To Your Favorite Music - We can hear music even before we’re born. Listening to your favorite music may be good for your heart. Emotions aroused by joyful music cause tissue in the inner lining of blood vessels to expand, increasing blood flow. musi also being on sound sleep and reduces anxiety.

And Finally - Living an enjoyable healthy life has a lot to do with living a long life.





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Make a money order or check payable to **HDSCLF** and mail to Houston Deaf Senior Citizens Love Fund, Attn: Judy Becker, 1475 West Gray Street, Mailbox #4, 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.



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OBITUARIES



Hello, I would like to report to you an obituary of **Reymundo Cavazos Jr.** We really do not have any obituary for Reymundo, but our family has lost touch with lots of his friends. He was a deaf man, only 73 years old. He passed away on Monday, March 25, 2013. He suffered 20+ years

from stomach cancer..And finally lost the fight... Our family would like you to please put this on your news. So that all of his lost friends can see. We also would like to send these phone numbers out to people, who have any questions to contact his daughter Frisca Martinez or his second wife Sandra Cavazos about Reymundo's death.

For the deaf & hearing friends:

- Reymundo's Videophone: 361-792-0393
- Sandra's Videophone: 361-364-7712

Submitted by Carmel C.

Dr. Nathie Marbury 1944-2013

In Loving Memory of Dr. Nathie Marbury

We are sad to announce the passing of a valued ACC employee, Nathie Marbury, Professor with the American Sign Language-Interpreter Training department at the Rio Grande campus. Nathie passed away on Monday, April 15, 2013.

Nathie joined ACC on July 5, 1999. The programs that Nathie supported will dearly miss her wonderful smile & enthusiasm for teaching. She was professional & had a committed dedication to the students that will be greatly missed by all.

*Copied from ASL-Interpreter Training Program
at Austin Community College*

Nathie was born in Grenada, MS in 1944 but grew up in Pennsylvania. She graduated from Western Pennsylvania School for the Deaf in 1962. In 1975, she earned her Bachelor's degree from Gallaudet University & her two Master's degrees from California State University at Northridge (CSUN) in 1976.



Barbara Jean Bryant passed away peacefully on Wednesday, March 27, 2013. She was born January 19, 1950. She is survived by her son, Robert Clark & wife Maggie; daughter, Susan Greenwood & husband Jarrod; aunt Dottie Mae Agee of Stephenville; and six grandchildren, Brandon, Justin, Elizabeth, Alex, Patrick and Lauren.

Published in Star-Telegram on March 29, 2013

Nathie completed her doctoral coursework in applied linguistics at the University of California, Los Angeles (UCLA). She completed her doctorate in Deaf studies/Deaf education during the fall of 2007 at Lamar University.

Nathie became the first Black deaf woman to enter the National Leadership Training Program for the Deaf at California State University, Northridge. She was also the first Black deaf female instructor at the Kendall Demonstration Elementary School for the Deaf, 1978-1986.



Nathie had conducted numerous workshops & seminars all over the United States & Canada. She had taught Deaf and hearing students throughout the United States at schools for the deaf, universities / colleges, & community colleges over the last 35 years. She had made variety videotapes for several companies over the last 25 years. Nathie taught primarily ASL classes at Austin Community College (Austin, TX).

Nathie was one of American Sign Language & Interpreter Training (ASLIT) staff. Nathie was 2007 Laurent Clerc Award winner. Nathie was a longtime supporter & member of National Alliance of Black Interpreters Inc. (NAOBI) & a National Association of the Deaf (NAD) Board member (2006-2008). Nathie was the great Black Deaf Comedian/Entertainer.

RIP, Nathie.

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

Please let me know if you have not received **May** newsletter issue.

Judy Becker, Editor of HDSC Newsletter
Email: hdsnews@gmail.com
VP: 281-667-4763

Houston Deaf Senior
Citizens Love Fund
Attn: Judy Becker
1475 West Gray St.
Mailbox #4
Houston, TX 77019



80th Birthday Jokes: "Visiting Grandma"

A young man's grandmother was turning 80 and had moved into a new condo. He wanted to drop by, see her new place, and wish her happy birthday. He called her and she instructed him as follows: "Park in front of the building and come to the main door. You'll see a big panel on the right. With your elbow, push button 115. I'll hit the buzzer and I'll let you in. Walk inside and turn right for the elevator. Get in, and with your elbow press number 115. Walk out of the elevator and turn left. Come down the hall to 115 and ring my doorbell with your elbow."

"Grandmother," he says. "That's easy enough, but why the heck am I pushing all these buttons with my elbow?"

"What?" she replies. "You're coming empty handed?"

New Subscribers

Eva Davis (Gift from Jose G Ybarra), Luther Davis (Gift from Jose G Ybarra), Mrs. Vita M. Jattar (Gift from Robert Yost).

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Allen F Bubeck Jr.

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Joyce Hammons

Donation in memory of Mabel Merchant

Betty Falke

Donation in memory of Sharon Grizzaffi

Robert G. Yost

On the behalf of HDSC 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,
HDSC Treasurer*