



Non-Profit Organization

Tidbits

Volume 18 – Issue 07

www.hdsclf.org

July 2017

Some of us gathered to eat at Luby's for the "Father's Day" lunch after our HDSCLF meeting on June 14, 2017 (Flag Day).



First Row: Jim Dermon, Robert Yost, Deborah Daniels

Second Row: Bertha Moses, Josephine Davis, Leonard Coleman, Sr.

Standing: Larry Rice

Third Row: William Lambert, Judy Becker, Mickey McKenzie, Paula Szablowski, Dinah Mckenzie

Fourth Row: Larry Butler, Fung Hahn, Don Hahn, Cathy Simerka, Patsy Walker

(Photographed by Jan Dermon)



Happy Birthday!
Tony Ramirez - June 6



Happy Anniversary!
Dinah & Michael McKenzie
June 12, 2009

JULY

Happy Birthday!

- 06 William Lambert
- 08 Willie Woodson
- 09 Audrey Leger
- 16 Troy Graham
- 19 Suzy Cooke
- 22 Fung Hahn
- 26 Nancy Morris
- 27 Debra Sonnier

Happy Anniversary

Vera & Debra Sonnier – 07/27/1980

HDSCF Events

- | | | |
|-----------------|---|----------|
| Wed., July 12 | Fuddruckers | 11:00 AM |
| | 3929 Southwest Fwy
Houston, TX 77027 | |
| Wed., August 09 | No Social Gathering @ MMSC | |
| Wed., Sept. 13 | HDSCF Meeting/Social
@ MMSC | 9:00 AM |

HDSCF Field Trip

No Summer Trips
October, November, December – TBA

HDSCF Annual Trip

Tues-Thurs, Oct. 3-5 Oklahoma City & Dallas
For your information, see a flyer

Send some exciting news, delicious recipes, an announcement (newborn baby, birthday, anniversary, obituary), and color photos (JPG or PNG formats) to me before or on 15th day of each month.
Thanks!
Judy Becker, Editor of HDSCF Tidbits; Email: hdscf8web@gmail.com



Jim went for a bike ride and stopped at the pond to say "Hello" to the turtles.



Submitted by Jan Dermon

David Fair's Visit

Our son, David Fair who lives in Fremont, California came home to visit with us Monday, June 12 through Saturday, June 18. We had a fun filled and enjoyable week!

David is a true TEXAS boy at heart and always will be even though his home now is in California! He always enjoys coming back to Houston and seeing ALL the sites and changes to our beautiful city throughout the years. He also wants to eat at ALL of his favorite restaurants so we did! First one after picking him up from Hobby we stopped for lunch at Pappas BBQ then had dinner at Schlotsky's (Lotz)!!!

Donna and brother David went to the Astros vs Rangers game on Tuesday. Before the game they had dinner at Biggios Restaurant near Minute Maid Park. They ordered a delicious filet mignon sandwich which is a Biggios family special recipe. Although the Astros lost, it was a fun evening!

Wednesday was a beautiful day so we all took a road trip to Galveston! We enjoyed lunch at The Spot on the seawall. We drove around town and enjoyed the seawall beach view and historical sites. We also went back to Galveston on Friday so we could enjoy lunch at The Shrimp N Stuff!

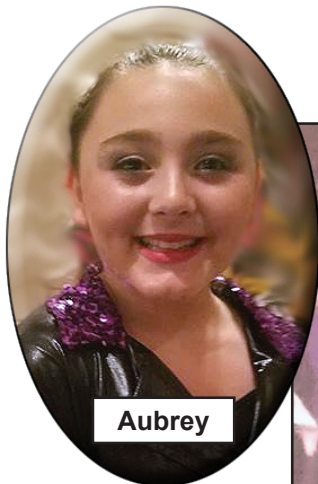
Thursday we drove past our longtime home on Palmetto, drove through downtown and went to Woodhaven and visited with Pastor Josh Bruffey. It was good to fellowship and catch up with him.

David loves ALL our Houston teams... Astros, Texans, Rockets and UT Longhorns!! He is always on a mission to look for sports shirts & memorabilia. He loves wearing shirts of his home teams in California so we did alot of shopping looking for new things!!

We ate Mexican food at ALL his favorites...Monterreys, Casa Ole and Jimmy Changas!! California just does NOT have great Mexican food like we do here!

David left Saturday evening to go back to California but I think we checked off most everything he enjoys and likes to do while in Houston!! We really enjoyed his visit and feel blessed that he was able to come and see us!!

Submitted by Lavern & James Fair



Aubrey



Chloe

On Saturday, June 17th Dance World Studios, Inc. presented Musical Greats (54 different songs) at the Deer Park High School Performing Arts Center. We enjoyed watching girls and boys dance. They were amazing dancers (15 groups) ranging from 2 years old to 18 years old. My granddaughters Aubrey (11) and Chloe (5) were involved with them. There were different styles of dances like jazz, ballet, and tap.

Submitted by Judy Becker

LEMON WATER Benefits

1 Aids in digestion & detoxification

Because lemon juice's atomic structure is similar to the digestive juices found in the stomach, it tricks the liver into producing bile, which helps keep food moving through your body and gastrointestinal tract smoothly. Lemon water also helps relieve indigestion or ease an upset stomach.

2 Bumps up the vitamin C quotient

Because your body doesn't make vitamin C on its own, it's important to get enough of it from the foods and drinks you ingest, like lemon water. Vitamin C stimulates white blood cell production, vital for your immune system to function properly, and also protects cells from oxidative damage.

3 Rejuvenates skin & body healing

The antioxidants in lemon water fight damage caused by free radicals, keeping your skin looking fresh. It also helps the body produce collagen, essential in smoothing out lines in the face.

4 Helps shed pounds

Regularly sipping on lemon water can help you lose those last pounds. That's because lemons contain pectin, a type of fiber commonly found in fruits. Pectin helps you feel full longer.

5 Boosts energy and mood

Skip the morning cup of coffee — lemon water can boost energy levels without the caffeine crash. When negative-charged ions, like those found in lemons, enter your digestive tract, the result is an increase in energy levels.

Dr. Axe

12 Benefits of Walking

1. Lose Weight

2. Healthy Heart

3. Increase Self-Esteem

4. Tone Muscles

5. Increases Metabolism

6. Reduces Stress

7. Improves Mood

8. Increased Energy

9. Decrease chance of injuries

10. Low Impact

11. Reduce risk of High Blood Pressure

12. Builds Lean Muscle

<http://www.developgoodhabits.com/10000-steps-blueprint>

<https://draxe.com/benefits-of-lemon-water/>

<http://www.developgoodhabits.com/benefits-of-walking/>

U.S. Glaucoma Cases Expected to Surge by 2030

Routine eye exams the best way to prevent this major cause of vision loss, eye experts say

By Mary Elizabeth Dallas

HealthDay Reporter

FRIDAY, Jan. 6, 2017 (HealthDay News) -- Glaucoma affects more than 3 million Americans, but that number is expected to surge to more than 4 million by 2030, eye experts say.

Glaucoma is a group of incurable eye diseases that gradually lead to vision loss. There are two main types of glaucoma, but the most common form, which typically affects older people, causes an increase in pressure inside the eye that damages the optic nerve, according to the Glaucoma Research Foundation.

Glaucoma is the No. 1 cause of preventable blindness, but the condition often develops without warning, the foundation said. Medication or surgery can help slow or prevent vision loss, but many people with glaucoma aren't even aware they have it.

In many cases, the condition isn't detected until people lose side -- or peripheral -- vision. Eventually, glaucoma may cause people to permanently lose up to 40 percent of their vision, the foundation added.

Worldwide, 4.5 million people are blind due to glaucoma, according to the World Health Organization. In the United States, up to 12 percent of all cases of blindness stem from the disease. Blacks, Hispanics and Asians are disproportionately affected, the Glaucoma Research Foundation notes.

Others at greater risk for glaucoma include:

- Older people,
- People with relatives who have glaucoma,
- People with diabetes,
- People who are very nearsighted.

As the population ages, a blindness epidemic may develop if glaucoma awareness doesn't increase and more people don't get routine eye exams, the foundation warns. The group says the best way people can protect their vision is to have regular comprehensive eye exams, which can lead to earlier detection and treatment.

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Sorenson BuzzStickers

Sorenson BuzzStickers are the latest way to stay ntouch! Have even more fun communicating by using 15 ASL "stickers" in your text messages to friends and family. Sorenson BuzzStickers for iOS® (iPhone) are animated images of ASL signs and expressions that can be sent in a text message or alone as a picture. Examples include "jaw drop" and "I love you."



To send a sticker, start a text message, tap on the sticker and send. It's that easy!

Download the Sorenson BuzzStickers app today

<http://www.sorensonvrs.com/buzzapps>

Sweet Potato Fries

⌚ Prep: 15 m | Cook: 30 m | Total: 45 m
SERVINGS: 4-6

Ingredients

2 Medium Sweet Potatoes
Olive Oil
2 Tbsp Hidden Valley®
Original Ranch®
Salad Dressing &
Seasoning Mix



Directions

1. Take 2 medium sweet potatoes and cut into French fry sticks.
2. Preheat the oven to 450°F.
3. Lay fries out in a single layer on pan. Toss (or spray) with olive oil and liberally apply garlic powder and salt to potatoes.
4. Cook for 15 minutes and turn fries over. Cook for an additional 15 minutes till done.

YUMMY

Bell Systems Picturephone

The Picturephone



The Bell Systems pavilion at the Fair was something that captivated many people. Bell Systems used a 15-minute ride at their pavilion that showed fair goers the progress of communication from smoke signals to their newly invented picturephone. Bell's exhibit housed not only the picturephone but also telephones that allowed fair goers to place calls anywhere around the world and a device that converted voice to symbols on a TV. Bell Systems was advanced for the time and surprised fair goers with futuristic technologies.¹²

Bell Systems was able to foreshadow the future in 1964 and create something that people in 1964 may not have seen as useful, but essential to so many now in 2015. The Bell Systems picturephone allowed callers to see each other on screens in live time and talk on the phone to transmit their voices. People in 1964 did not think that it was possible to actually be able to see the other person on the phone in live time, this was quite spectacular for the time. Fairgoers loved the idea and many were stunned at how great the technology actually worked. Unfortunately, people did not find this to be feasible in the market and did not purchase the device despite the overwhelming attention it received in the fair. People did not find it necessary at the time to be able to see the other person on the other side of the line and plus for the price it was not justifiable. Bell Systems did however place picturephones in large cities to allow the public to pay and use them. They were implemented in cities like New York City, Chicago, Los Angeles, and Pittsburgh. Westinghouse had Bell Systems install picturephones in their headquarters.²³



America not being ready for the Picturephone in 1965 says a lot about the state of America. To me it says that America was content and is still in a period of real face to face communication opposed to depending on technology to conduct life as it happened to be now in 2015. The idea that the picture phone is a source of entertainment is valid because it allows to users to communicate and see each other for live time entertainment.



Dr. Lori C. Walters, "Emerging from the Shadows: Japan Pavilion Promotional Materials at the 1964/65 New York World's Fair" in *Meet Me at the Fair: A World's Fair Readers* (467-472)¹

"Nywf64.com – 1964 / 1965 New York World's Fair 1964 / 1965." Nywf64.com – 1964 / 1965 New York World's Fair 1964 / 1965. Accessed May 5, 2015.²

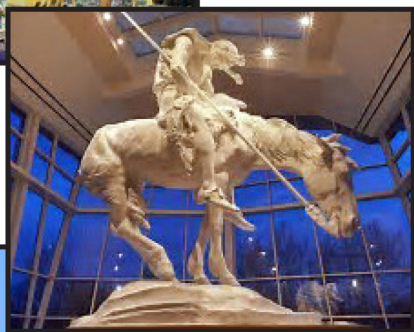
Lipartito, Kenneth. "The Social Meaning of Failure." In *Picturephone and the Information Age: The Social Meaning of Failure*, 50-81. 1st ed. Vol. 44. Johns Hopkins University Press and the Society for the History of Technology, 2003.³



HDSCLF ANNUAL TRIP (Oklahoma City & Dallas)

October 3-5, 2017

\$140 per person*



Price includes:

- ✓ **Hampton Inn & Suites accommodations**
 - **1 night – Oklahoma City Bricktown**
 - **1 night – Dallas Downtown**
- ✓ **2 Hot breakfast buffet meals**
- ✓ **Entrance fees**
 - **Oklahoma City National Memorial Museum**
 - **National Cowboy & Western Heritage Museum**
 - **State Fair of Texas**

* Price is for anyone over 60 years old and resides in Houston area. Full payment is due no later than August 31, 2017. Monthly payment can be arranged. After August 15, 2017 is non-refundable. Anyone under 60 years old is to contact Don Hahn at (832) 413-6183 for pricing. For reservation, call Gertrude Sessions at (281) 249-5284.

Please send the payment to **HDSCLF** stating “**Annual Trip**” on the memo:

HDSCLF
Attention: Annual Trip
P. O. Box 130705
Houston, TX 77219-0705

Renewals:

Linda Ainsworth
Jo Ellen Hall
Janet Hamilton
Gayle J Smith Starr
Patsy Walker

New Subscriber:

Denis T Tucker

In Memory of:

Beatrice & James Smith
(Gayle J Smith Starr)

On the behalf of HDSCFLF board, we want to thank you for your kind donation. Your generosity makes a difference in the lives of Houston Deaf Senior Citizens.

Thanks again for your kindness.



Jim Dermon
HDSCFLF Treasurer

BOARD OF DIRECTORS

Don Hahn



Jim Dermon



Judy Becker



Patsy Walker

HDSCFLF MEETING/SOCIAL

@ Metropolitan Multi-Service Ctr.
1475 W. Gray St.
Houston, TX 77019

HDSCFLF meeting/social is held
on second Wednesday
from 9:00 am to 1:00 pm.

Head Committee Chairs:

Greeter – Robert Yost
Event Planner – Judy Lorenz
Luncheon/Prizes – Patsy Walker
Refreshment – Doris Williams
Travel – Gertrude Sessions
Subscription – Jim Dermon
Tidbits & Website – Judy Becker

HDSCFLF Officers:

Judy Becker, Acting President

hdsclf8web@gmail.com

Vacant, 1st-Vice President

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Patsy Walker, 2nd-Vice President

waynellus@hotmail.com

Don Hahn, Secretary

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Jim Dermon, Treasurer

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Mail to:

Houston Deaf Senior Citizens Love Fund
P. O. Box 130705
Houston, TX 77219-0705

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Houston Deaf Senior Citizens Love Fund
A non-profit, 501(c)(3) tax exempt organization
SUBSCRIPTION / DONATION FORM

Choice one: ☐ \$5.00 (Electronic) or ☐ \$12.00 (Paper) X ____ year(s) = \$____.00 ☐ New ☐ Renewal

☐ Gift Subscription from (Giver) _____ [☐ \$5 or ☐ \$12]

☐ Donation to HDSCFLF \$_____ in memory of _____ (Tax deductible)

☐ Donation: \$_____ to the Houston Deaf Senior Citizens Love Fund. (Tax deductible)

PLEASE PRINT: ☐ CURRENT ADDRESS ☐ NEW ADDRESS

Name: _____ (DOB: ____ / ____ / ____)

Spouse: _____ (DOB: ____ / ____ / ____)

Address: _____

City/State/Zip: _____

Email: _____ ☐ VP, ☐ TTY or ☐ Fax: _____

(Require)

Anniversary:

____ / ____ / ____

Make payable to **HDSCFLF** and mail this form with personal check or money order to Houston Deaf Senior Citizens Love Fund, Attn: Treasurer, P. O. Box 130705, Houston, TX 77219-0705. Thank you.

OFFICE USE ONLY:

☐ Cash
(in a person)

☐ Money Order

☐ Check

Receipt # _____
