

# HOUSTON DEAF SENIORS of TEXAS NEWSLETTER

Volume 7

December 2006

Issue 12

We are planning monthly field trips for  
Houston Deaf Senior Citizens



When the place and date are settled,  
they will be announced  
in the newsletter



Field Trip: Moody Gardens in Galveston, TX – December 8, 2006 (Friday)

Houston Deaf Senior Citizens will meet at Woodhaven Baptist Deaf Church, 9920 Long Point Rd, Houston, TX. Be there by 1:30 PM. The bus will depart at 2:00 PM.

3:00 PM – Check in at the Group Ticket Window (Visitor's Center); afterward look around at your time and then meet together at the bus around 4:30 – 4:40 PM

5:00 PM – Dinner at Garden Restaurant (Buffet)

6:00 PM – Ride in a bus, sightseeing Christmas, the Festival of Lights in Moody Gardens area

We already have 38 seats reserved (bus has 39 seats). If you have to cancel due to illness or emergency, please contact Rochelle Simpson at 281-463-3645 TTY/VP or Audrey Leger at 281-437-6224 TTY/VP or Zelma Curbello at 713-941-3247 TTY ASAP to allow people on standby to go. See you on Dec 8<sup>th</sup>, and let's have fun together.

## ***From the Editor:***



Dear Friends:

I am stepping down as the editor effective February 28, 2007. This is due to personal reasons and health issues. I made an oral announcement at the October 2006 meeting.

I have been working with the Newsletter team since December 1999, when the late Frank Shaw was the editor. I took his place as Editor in September 2003, and have acted in that capacity until now. I have really enjoyed working on the Newsletter and with the staff.

I hope someone will step forward to volunteer to be the editor so that we can continue with the Newsletter. I will assist with the Newsletter during the search for a replacement as much as I can.

I appreciate very much your support to send us news, obituaries, pictures, etc. And I want to say thanks a million. Let's keep on sending anything newsworthy to our new Editor.

Have a Blessed and Merry Christmas. Happy New Year.

*Truly yours, Audrey*

Please send any news, information, jokes, pictures, recipes, sports or anything that you want to share with Senior Citizens.

**Please keep articles at 300 words or less, due to limited space in the newsletter.** Please note that the editor may, at her discretion, edit articles or news items for brevity and to correct errors. **The deadline is on the 15<sup>th</sup> of each month.** Items received after the 15<sup>th</sup> will be held until the next issue.

**NOTE:** Unpaid subscriptions are discontinued after three months. In order to serve you better, a reminder will be sent during the second month. The third month will be your last subscription.

If you have any questions, don't hesitate to contact us at  
281-437-6224 TTY / VP / FAX or  
E-mail us at [hdstnewsletter@yahoo.com](mailto:hdstnewsletter@yahoo.com)

**Houston Deaf  
Seniors of Texas  
Newsletter**

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Rochelle Simpson  
Roger Spivey  
*Mary Jo Stevens*

**Temporary**  
Margie Graham



**From Zelma Curbello of LOVE FUND**

William Hebert and I.D. & Floyd Wicker,  
We wish to thank you for your generous donation to **LOVE FUND**.

~~~~~  
Thank you all for your hearty thoughtful donations to  
**LOVE FUND IN MEMORY OF YOUR LOVED FRIENDS**

**FRED DUNCAN**  
Bobby Jo Griggs

**FRED GUNN**  
Pernella Smith

**BARBARA LEE**  
Bobby Jo Griggs

~~~~~  
Anyone who wishes to donate \$\$\$ to **LOVE FUND** or **HDST NEWSLETTER FUND** should please make a check or money order payable either to **Houston Deaf Senior Citizens - Love Fund (or) HDST Newsletter Fund.** And mail to:

**HDSC - Love Fund**  
**C/o Mrs. Zelma Curbello**  
**9623 Tiltree**  
**Houston, TX 77075-4042**

**OR**

**HDST Newsletter Fund**  
**C/o Audrey Leger**  
**P. O. Box 664**  
**Missouri City, TX 77459**

~~~~~  
Audrey Leger and Deborah Lokey, thank you for your hearty support donation to **HDST Newsletter**.

~~~~~  
Subscription is a great gift for your loved family or friends

**NEW SUBSCRIBERS:**

Manuel T. Garza  
Clifford Menard

**SENIOR CITIZEN MEMBERS:**

Welcome back  
Glynn & Alma Whittimore

**RENEWALS:**

Thank you for your renewal.

Patsy Bunch  
Alfred G. Cramer  
Billy & Ellen Crochet  
Roland De Los Santos  
Judy Griffin  
Jimmy G. Jackson  
Gracia Lorello  
Melvia Nomeland  
Zane A. Owens  
M/M Eugene W. Roswell

Leonor Royce  
Steve Sirois  
Edgar & Phyllis Smith  
Betty Lou Stone  
Billie Jean Strickland  
Louis & Andra Swick  
Finice Taylor  
M/M Nathan Wallace  
Arnie & Kermit Yeazey



## CALENDAR OF EVENTS

### December 1, 2006 (Friday)



FRAT will have a meeting and luncheon from 11 AM to 3 PM at Golden Corral Restaurant (get off at the Hollister exit from North 290, and make a U-turn. Restaurant is on your right).

### December 1, 2006 (Friday)



ASL Social will be at Pappas Bar-B-Q at 4430 I-45 North, Houston, TX 77022 from 3 PM to 9 PM. Let's come to meet & enjoy chatting with your old and new friends. Any questions please e-mail to Earl Johnson at [ejohnson127@houston.rr.com](mailto:ejohnson127@houston.rr.com).

### December 5, 2006 (Tuesday)



Positive Interaction Program (PIP) will hold a meeting 7:30 PM at Woodhaven Baptist Deaf Church, 9920 Long Point Rd, Houston. This month the presentation topic will be D.W.I. Awareness. This will be a very informative presentation. Let's join and learning something new.

### December 8, 2006 (Friday)



Houston Deaf Senior Citizens will have a field trip to Moody Garden in Galveston, TX. We meet at **Woodhaven Baptist Deaf Church at 9920 Long Point Rd, Houston, TX** at 1:30 PM. Hope you can join us. It's sure to be enjoyable. (See editor page 2, for more information).

### December 8, 2006, Friday



Houston Hand Talk Social will be at Greenspoint Mall – Food Court at 12300 North Freeway, Houston, TX 77060 from 5 PM to 9 PM. Let's come to meet & enjoy chatting with your old and new friends. Any questions please contact Roger Spivey at [spivey39@Yahoo.com](mailto:spivey39@Yahoo.com).

### December 9, 2006 (Saturday)



Houston Black Deaf Advocates Inc presents General Membership Meeting and Christmas Dinner from 3:30 Pm to 6:30 PM at 1516 Binz St, Houston, TX 77004. Fee for dinner: Adult \$5.00. For more information contact Essie Smith at [essie\\_smith@tmail.com](mailto:essie_smith@tmail.com).

### December 13, 2006 (Wednesday)



Houston Deaf Senior Citizens will have a business meeting and Christmas Dinner at **Metropolitan Multi-Service Center** at 1475 West Gray, Houston from 9 AM to 1 PM. Patsy Walker and Billy Buza are responsibility for the dinner plans. Please see 'News' page for more details. Let's attend the meeting; afterward enjoy the dinner and chatting with friends!

### December 14, 2006 (Thursday)



Houston Deaf Senior Citizens will have a fellowship and potluck at **Woodhaven Baptist Deaf Church** at 9920 Long Point from 9 AM to 1 PM. If you wish to bring a covered dish, please contact **Evelyn Autry** at (713) 984-8186 TTY or **Nancy Krone** at (281) 565-8614 TTY and let them know what you will bring.

### December 15 – 17, 2006 (weekend)



**Woodhaven Baptist Deaf Church** will have the *Christmas Drama* through the weekend of December 15<sup>th</sup> – 17<sup>th</sup>. Schedules: Dec 15<sup>th</sup>, Friday night, the 16<sup>th</sup> Saturday afternoon and night, and the 17<sup>th</sup> Sunday afternoon. For more information and time contact Evelyn Autry at TTY 713-984-8186 or Gertie Sessions TTY/VP 281-447-7575.

### December 25, 2006 (Monday)



Have a *Merry Christmas!*



### December 27, 2006 (Wednesday)



**ATTENTION:** There will be **NO** Houston Deaf Seniors of Texas social meeting.

# NEWS



## CHRISTMAS DINNER

Houston Deaf Senior Citizens will have Christmas Dinner on December 13<sup>th</sup> after the business meeting. Patsy Walker, Social Director and Billy Buza, Chairperson will order some meats. You should bring covered dishes, desserts, or drinks.

We will also have about 20 Door Prizes after dinner. Please contact Patsy Walker at [patsywalker@tmail.com](mailto:patsywalker@tmail.com) or VP at 281-446-2056 or Billy Buza VP/TTY at 713-921-7073 to let them know what you will bring.

**NEWS:** Mary M. Dunagan

I have been living in Minnequa Med Center for one month now. I enjoy my new place. I really miss other Senior Citizens a lot.

I have been in the hospital three times due to not enough sodium and potassium, and bad nerves around my ankles and legs. Now I feel fine. My doctor, Dr. Nancy Mayo is a wonderful doctor.

Minnequa Med Center is like an assisted living facility. I can go anywhere any time I want. I visit with my son and his family every weekend. We seniors go to the zoo and restaurants every month.

Best wishes to all of you.

Sincerely, *Mary*

P.S. The Deaf here are very nice and friendly. I enjoy their company a lot.

## FIELD TRIP

A group of Houston Deaf Senior Citizens had a field trip to Burton & Brenham, TX on Friday, November 10<sup>th</sup>. They toured the Burton Cotton Gin and Museum in Burton. There was a nice, sweet lady as a tour her Deaf uncle history of cotton. questions. They seeds at the



Burton Cotton Gin and Museum in Burton. There was a nice, sweet guide, who could fingerspell a little. She learned sign language from when she was a little girl. She gave such a good speech about the The Senior Citizens were very interested and asked a lot of also watched videotape about how cotton is separated from the factory. After that they took a tour of the Cotton Gin.

They then went to Brenham and had lunch at Purcell's Country Style Buffet. The food was good. They stopped by the Brenham Heritage Museum to look around by themselves (without a tour guide). There is a collection of 75 Texas Photos, which was taken from different towns in Texas. That's neat.

They enjoyed their trip.



## 16<sup>TH</sup> WINTER DEAFLYMPICS

The 16<sup>th</sup> Winter Deaflympics will be held in Salt Lake City, Utah February 1–10, 2007. Competition will be world class, with deaf athletes from around the world.

A closing ceremony will be held at the Salt Lake City Sports Complex and then a farewell celebration party at Salt Palace Convention Center.

For more information visit the Deaflympics website at [www.2007deaflympics.com](http://www.2007deaflympics.com).



## DOYLE BUNCH

Patsy & David Bunch's son Doyle was married to Chester Green's daughter, Dolly on Nov 10, 2006. Childhood sweethearts finally became adult sweethearts. Yea!!!

### THE DEAF CHILD'S PRAYER

Submitted by Montie Strother



Do Angels sing in heaven, Lord?  
Will I hear music there?  
Or must I in a corner stand,  
While others join in prayer?  
Will I wonder what they're saying, Lord?  
Like I often do down here?  
Must I sit still & be patient, Lord,  
While the bells ring loud and clear?  
Can I read your lips in heaven, Lord,  
Or will I be brushed aside?  
Will I hide my hands in pockets, Lord,  
Because of wounded pride?  
Will the Saints all stand to praise Thee,  
Lord, while I in silence wait?  
Will there be someone in heaven, Lord,  
To lead me through the gate?

And God, who loves the humble bent,  
To sooth the anxious fear,  
My child, has no one told you that  
There is no silence here?  
Hold out your hands, my little one,  
For heaven all to see;  
We've seen them pray so many times,  
Each prayer reached up to me,  
See all the Angels waiting now,  
The gates are open wide;  
Your crown of life is waiting, child,  
And I shall be your guide.  
I have a song to give your, and  
You will sing loud and clear.  
Your new, new song will fill the sky,  
The sweetest song up here.

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## RECIPE

COAST TO COAST SENIOR CITIZEN NEWS

Submitted by Evelyn Autry



### Broccoli-Rice Quiche

1 ½ cups cooked rice  
1 egg, beaten  
¾ cup (3-ounces) shredded Cheddar cheese,  
divided  
1 (10-ounce) package frozen broccoli  
1 tablespoon minced onion

1/3 cup milk  
2 eggs, beaten  
¼ teaspoon pepper  
1 (4-ounces) jar sliced mushrooms, drained

Combine rice, 1 egg, and ½ cup cheese, mixing well.  
Press mixture into a greased 9-inch pie-plate; set aside.  
Cook broccoli according to package directions.  
Drain well/ Add ¼ cup cheese and remaining ingredients to broccoli; mix well.  
Pour broccoli mixture into rice-lined pie-plate.  
Bake at 375 degrees for about 50 minutes or until done.

Yield: one 9-inch quiche

## Medical Matters

Consumer Reports on Health – June 2006

**1.) Hernia surgery is often unnecessary:** Doing nothing about the most common type of hernia can be a reasonable option for men with mild cases, the first study of surgery vs. “watchful waiting” has found.

Doctors have traditionally recommended prompt surgical repair of inguinal hernias, in which part of the intestine bulges through a weak spot in the muscle near the groin. The operation can prevent “incarceration,” in which a loop of bowel becomes trapped in the hernia, compromising circulation and causing intestinal blockage. Delaying repair supposedly makes the procedure harder and riskier.

To test that notion, researchers from five U.S. medical centers enrolled more than 700 men with hernias that were causing little or no discomfort. Roughly half the men were randomly assigned to undergo surgery and half to just monitor their symptoms and have follow-up visits after six months and then annually.

The untreated hernias rarely caused the feared intestinal complications, which arose in fewer than 1 percent of patients per year. Moreover, pain and functioning were no worse after two years in those who waited than in those who had immediate surgery. Both groups reported similarly high levels of satisfaction with their care.

About one-fourth of the watchful-waiting group opted for surgery at some point during the two years because of worsening symptoms. Those delayed-surgery patients fared no worse than the immediate-surgery group in key measures such as infection, operation length, or hernia recurrence.

Given the risks of surgery, those comparable outcomes argue strongly in favor of watchful waiting. About one-fifth of the 375 surgery patients developed complications such as infection and urinary retention, and three suffered life-threatening problems. Other recent studies have shown that even with successful surgical repair, more than 5 percent of patients continue to suffer chronic pain for months or years afterward.

It's not known whether the overall finds apply to women and children, who can also develop these hernias, though much less often than men. For now, the study indicates at least that men should not rush to undergo hernia repair if the symptoms are mild or non-existent.


**2.) Nonsurgical options for treating uterine fibroids:** Two new procedures for uterine fibroids are allowing more women to avoid surgery—including hysterectomy—for these common, non-cancerous tumors. But the long-term safety and efficacy of the new alternatives are still unknown. And for some women they're not the best choice (see recommendations, below).

- **Uterine artery embolization.** An interventional radiologist punctures the skin around the groin, threads a catheter into a major artery supplying the uterus, then infuses plastic or gelatin beads into the smaller vessels feeding the fibroids. The beads block blood flow, shrinking the fibroids. Embolization relieves pelvic pain and excessive menstrual bleeding in about 80 percent to 90 percent of fibroid patients. In the short run, it appears to be at least as safe and effective as myomectomy, the standard surgery for removing fibroids while leaving the uterus intact. The main side effect, experienced by most patients, is uterine cramps, which can last up to several days and require pain medication. In one study, however, 29 percent of embolization patients required surgery for recurrent fibroids within three to five years, compared with only 3 percent after myomectomy. Moreover, embolization has led to permanent cessation of menstrual periods in about 2 percent to 8 percent of patients. The overall likelihood of impaired fertility after the procedure has not been determined.
- **Ultrasound ablation.** Even less is known about the long-term consequences of this procedure. The Food and Drug Administration approved the first device (ExAblate 2000) for this use in October 2004. High-energy sound waves heat and destroy fibroid tissue targeted by an MRI scanner, without any incision. Patients remain awake during the procedure, which can last as long as three to four hours. In studies submitted to the FDA, about 70 percent of women reported significant symptom relief six months after the procedure. By one year, however, about 20 percent of patients sought surgical treatment for their fibroids, and the recurrence rate theoretically may increase over time. Moreover, the ultrasound beam could weaken the uterus and potentially impair fertility. Other adverse effects of the ablation were minor and rare.
- **Recommendations.** Our medical consultants say each of those treatments may be worth considering by many women, in part because they're less traumatic and permit significantly faster recovery than surgery does. But myomectomy is a better choice for women hoping to have children. And hysterectomy may still be preferable for postmenopausal women who want a more certain solution or who have no health problems that might make surgery hazardous.



# REST IN PEACE

## OBITUARY



**Carrie Lou Brooks Abbott, age 89**, died October 26, 2006. Carrie was born in Austin, Texas, on January 12, 1917. She was preceded in death by her parents, George Albert Brooks, Sr. and Delia Williams Brooks, her brother, George Albert Brooks, Jr. and her loving husband of 66 years, Lee Wilson Abbott.

Carrie graduated from Austin High School and the University of Texas with a B.S. degree in Education. She started teaching at the Texas School for the Deaf in 1935 and retired in 1976 after 41 years. Her unselfish devotion to the interests of Deaf people, both on and off the campus, has endeared her to the hearts of all who knew her.

Carrie was a member of Congress Avenue Baptist Church for 77 years. She has been honored on many occasions for her love and devotion to the Deaf Ministries and Education at the Church.

The family received friends on Sunday, October 29, 2006, from 3:00 until 5:00 p.m., at Harrell Funeral Home. Funeral Services were held at 10:00 a.m. on Monday, October 30, 2006, at Congress Avenue Baptist Church. Burial at Oakwood Cemetery Annex.

Memorial contributions may be made to the Texas School for the Deaf Scholarship Fund, 1102 S. Congress Ave., Austin, Texas 78704 or the Deaf Ministries of Congress Avenue Baptist Church, 1511 S. Congress Ave., Austin, Texas 78704.

She is preceded in death by her loving husband of 48 years, John Martin Matl. She is survived by her daughters, Linda Page and husband, Douglas of Granbury, Texas and Jane Dodson of Houston, Texas; grandchildren, Darryl Campbell, Jr. of Grapevine, Texas, Michael Campbell and wife, Michelle of San Leandro, California, Debbie Stouse and husband Mark of Houston, Texas, Kim Dodson and Chuck Dodson, both of Houston, Texas; great-grandchildren, Cody Campbell, Devin Beal and Alexander Stouse; brother-in-law, J W Swafford of Conroe, Texas; brother, Joe Bailey and wife, Gladys Bailey of New Caney, Texas; sisters-in-law, Agnes Bergamini of Katy, Texas, Tillie Sorrell of Houston, Texas and Ruby Matl of Bastrop, Texas.

Above all, Frances was a Christian, and a devoted and generous wife, mother, sister, grandmother and friend. She was always ready to listen and counsel others as they dealt with the difficulties of life. She never gave up on those around her but persevered with them, sharing their trials and rejoicing over their accomplishments.

She will be profoundly missed by family and friends. The family received friends from 6:00 p.m. to 8:00 p.m. on Friday, October 27, 2006, at the Heights Funeral Home, 1317 Heights Boulevard, Houston, Texas 77008.

Graveside services were held at 10:00 a.m. on Saturday, October 28, 2006, at the Resthaven Memorial Gardens, 13102 North Freeway, Houston, Texas 77060, with Tim Mansell officiating.



**Frances Eugene Matl, (Jane Dodson's mother), 94**, our cherished mother, grandmother, great-grandmother and friend passed away peacefully in her Westbrae Court Apartment on October 25, 2006.

The family wishes to give special thanks to Interactive Health Care Hospice Services for their compassionate care of Frances during these last few weeks. Frances was born in Center, Texas on January 4, 1912 and has been a resident of Houston for over 78 years.



### THANK YOU NOTE

*Senior Citizens,*

Your kindness  
in our time of sorrow  
was deeply appreciated.

Love,  
*Juanita and Van Gunn*