



# Houston Deaf Senior Citizens Newsletter

Funded by DARS-DHHS

Non-Profit Organization

Volume 14

June 2013

Issue 6



- 1<sup>ST</sup> Row:** Rochelle Simpson, Judy Lorenz, Tom Langham, Virenda Desai, Mike & Cindy Clifton, Mickey McKenzie, Jim Dermon
- 2<sup>ND</sup> Row:** Don & Fung Hahn, Gertie Sessions, Dinah McKenzie, Sue Wilkirson, Debbie Lokey, Jan Dermon
- 3<sup>RD</sup> Row:** William Lambert, Dorothy Thomas, Margie Graham, James Spaulding, Nancy Morris, Mary Jo Steven, Patsy Walker, Phillip DeLozier, Lavern Fair, Clifford Menard
- 4<sup>TH</sup> Row:** Floyd Wicker, Troy Graham, Danny Hensley, Bubba Lorenz, Paula Szablowski, Sherri Crabtree, Dal Wilkirson, Roger Spivey, Ann Hornbeak, James Fair, Jim Lawrence

Through Estelle Cameron Fund and DARS, 33 seniors enjoyed two-night visit in Vicksburg & Natchez, Mississippi. During our stay, we visited 6 different locations – Old Court House Museum, Coca-Cola Museum, Old Depot Museum, Martha Vick House, Vicksburg National Military Park and Stanton Hall. For full story, visit our website later – [www.hdsclf.org](http://www.hdsclf.org) is still under the construction.

*Wrote by Don Hahn*

### **Board of Directors**

Don Hahn  
Judy Becker  
Patsy Walker  
Nancy Morris  
James Dermon

### **Head Committee Chairs**

**Travel** - TBA

**Refreshment** - TBA

**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

## **June**

### **Birthday**

- 9 Margie Graham  
10 Sheila Kennedy

### **Anniversary**

- 8 Fred & Cathy Simerka  
(1988)  
12 Mickey & Dinah McKenzie  
(2009)  
19 Gus & Zelma Curbello  
(1954)  
22 Troy & Margie Graham  
(1963)



## **SENIOR CITIZENS' FIELD TRIP**



**Friday, June 14, 2013**

**Meet at 8:00 AM**

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

**Bus Departs at 8:30 AM**

*(Breakfast on your own before departure)*

**Stop 1:** Ocean Star Offshore Drilling Rig & Museum

**Stop 2:** Pier 21 Theater - "The Great Storm"

**Stop 3:** Houston/Galveston National Weather Service

**\$5.00**

**Lunch:** *Mario's Ristorante*

**CONTACT:** Don Hahn

**VP:** (832) 413-6183

**Email:** deafglobtravel@gmail.com

## **COMMUNITY EVENTS**

**Tuesday, June 4:**

**PIP: "Terrorism Prevention"  
& "The Beauty of Bees"**

Woodhaven Baptist Deaf Church  
9920 Long Point Rd  
Houston, TX 77055  
7:00 pm

**Friday, June 7:**

**ASL Social**

Thai Spice Buffet  
2520 South Voss @ Wetheimer  
Houston, TX 77057  
4:00 pm to 9:00 pm

**Wednesday, June 12:**

**HDSCLF's Meeting / Father's  
Day Luncheon**

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

**Friday, June 14:**

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

Chick-fil-A  
20010 Southwest Freeway  
Sugarland, TX 77479  
5:00 pm - 9:00 pm

**Friday, June 21:**

**Baybrook Mall Silent Dinner**

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

**Wednesday, June 26:**

**HDSCLF's Social / Seminar**

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

**Friday, June 28:**

**Deaf Social (North Houston)**

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



# HDSCLF's Meeting / Mother's Day Luncheon



We enjoyed the Mother's Day lunch together on Wednesday, May 8th. Thanks to male senior citizens for providing the wonderful luncheon.



Congratulations! 60-Year Marriage!  
**Happy Diamond Anniversary**  
*James & Lavera Fair*

May 2013



Donald  
Hahn

Judy  
Becker

*Submitted and Photograph by Judy Becker*



## HDSC FIELD TRIP — JULY 18, 2013

### First Stop:

### SOUTHERN EMPRESS ON LAKE CONROE



The Southern Empress 2-hour cruise feature a full meal, from salad through dessert, including beverages.

**Where:** Lake Conroe  
**When:** Boarding at 10:30 AM  
**Cost:** \$15 for Member  
\$30 for Non-Member

### Second Stop:

### APACHE HELICOPTER TOUR



**Where:** Lone Star Executive Airport  
Conroe, TX  
**When:** 2 PM — 4 PM

#### Meet at 8:15 AM

Woodhaven Baptist Deaf Church  
9920 Long Point — Houston, TX 77055

#### Bus Departs at 8:30 AM

(Breakfast on your own before departure)

**Contact:** Jim Dermon

**VP:** 936-828-4013

**Email:** jdermon.senior@gmail.com



**Mary Jo Stevens & her son Ronald Stevens**

I went to Austin and watched my son Ronald Stevens at the graduation from the Austin Community College to get a degree of American Sign Language Interpreter Training on May 9, 2013. I am so proud of him because he studied very hard for 2 years and got successfully his degree.

*Wrote by Mary Jo Stevens*

Congratulations to Ronald Stevens.

*Submitted by Judy Becker*



David Manley had surgery to remove 2 big brain tumors on April 9th. He is doing good now and feeling much better. But still has 3 golf-sized tumors in his brain. Doctor wanted to start radiation after checkup on May 30th.

Please pray for him to recover.

*David's road  
to  
recovery from  
surgery ...*

*Submitted by his wife Sandra Manley*

## Eating Well Over 50

### Eating Right as You Get Older

For older adults, the benefits of healthy eating



include increased mental acuteness, resistance to illness and disease, higher energy levels, faster recuperation times, and better management

of chronic health problems. As we age, eating well can also be the key to a positive outlook and staying emotionally balanced. But healthy eating doesn't have to be about dieting and sacrifice. Eating well as an older adult is all about fresh, colorful food, creativity in the kitchen, and eating with friends.

### Senior Nutrition: Feeding the Body, Mind & Soul

Remember the old adage, you are what you eat? Make it your motto. When you choose a variety of colorful fruits and veggies, whole grains, and lean proteins you'll feel vibrant and healthy, inside and out.

**Live longer and stronger** – Good nutrition keeps muscles, bones, organs, and other body parts strong for the long haul. Eating vitamin-rich food boosts immunity and fights illness-causing toxins. A proper diet reduces the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, cancer, and anemia. Also, eating sensibly means consuming fewer calories and more nutrient-dense foods, keeping weight in check.

**Sharpen the mind** – Key nutrients are essential for the brain to do its job. People who eat a selection of brightly colored fruit, leafy veggies, and fish and nuts packed with omega-3 fatty acids can improve focus and decrease their risk of Alzheimer's disease.

**Feel better** – Wholesome meals give you more energy and help you look better, resulting in a self-esteem boost. It's all connected -- when your body feels good you feel happier inside and out.

### Senior Nutrition: What Your Body Needs

Older adults can feel better immediately and stay healthy for the future by choosing healthy foods. A balanced diet and physical activity contribute to a higher quality of life and enhanced independence as you age.

## Senior Food Pyramid Guidelines

**Fruit** – Focus on whole fruits rather than juices for more fiber and vitamins and aim for around 1 ½ to 2 servings each day. Break the apple and banana in half and go for color-rich pickings like berries or melons.

**Veggies** – Color is your credo in this category. Choose antioxidant-rich dark, leafy greens, such as kale, spinach, and broccoli as well as orange and yellow vegetables, such as carrots, squash, and yams. Try for 2 to 2 ½ cups of veggies every day.

**Calcium** – Maintaining bone health as you age depends on adequate calcium intake to prevent osteoporosis and bone fractures. Seniors need 1,200 mg of calcium a day through servings of milk, yogurt, or cheese. Non-dairy sources include tofu, broccoli, almonds, and kale.

**Grains** – Be smart with your carbs and choose whole grains over processed white flour for more nutrients and more fiber. If you're not sure, look for pasta, breads, and cereals that list "whole" in the ingredient list. Seniors need 6-7 ounces of grains each day (one ounce is about 1 slice of bread).

**Protein** – Seniors need about 0.5 grams per pound of bodyweight. Simply divide your bodyweight in half to know how many grams you need. A 130-pound woman will need around 65 grams of protein a day. A serving of tuna, for example, has about 40 grams of protein. Vary your sources with more fish, beans, peas, nuts, eggs, milk, cheese, and seeds.

### Important Vitamin and Minerals

**Water** – Seniors are prone to dehydration because our bodies lose some of the ability to regulate fluid levels and our sense of thirst is dulled as we age. Post a note in your kitchen reminding you to sip water every hour and with meals to avoid urinary tract infections, constipation, and even confusion.

**Vitamin B** – After 50, your stomach produces less gastric acid making it difficult to absorb vitamin B-12 -- needed to help keep blood and nerves vital. Get the recommended daily intake (2.4 mcg) of B12 from fortified foods or a vitamin supplement.

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*Continue to next page 6*



Continue from Page 5.

**Vitamin D** – We get most of our vitamin D intake -- essential to absorbing calcium -- through sun exposure and certain foods (fatty fish, egg yolk, and fortified milk). With age, our skin is less efficient at synthesizing vitamin D, so consult your doctor about supplementing your diet with fortified foods or a multivitamin.



HELPGUIDE.ORG is collaborating with Harvard Health Publications, the consumer health publishing division of Harvard Medical School.



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## Accessible Signs

Let us interpret for you!  
Servicing the Deaf Community over 20 years!  
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Call 713-263-9670  
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*"The Next Best thing to Berries and Grapes!"*

## 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, 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.



## With Heartfelt Sympathy



**Ralph Lupton Daniels**, 83, was born in Beaufort, NC on August 30, 1929 to Burton and Tennie Daniels. He died in Houston, TX on April 21, 2013. Ralph attended the North Carolina School for the Deaf and was taught a carpentry trade, which he used in the employ of his

father, a homebuilder.

Ralph was an avid-sports fan; following all the Beaufort High School teams locally and often out of town. In his younger years he attended stock-car races as well. He was a diehard UNC fan to which his baseball cap and tee shirt collection attests. He loved anything to do with the coast of North Carolina where he spent most of his life. There he was known as "Ruffy" and had many relatives and friends growing up.

A few years ago Ralph moved to Houston to be near his sister, Pat Lester, as he was experiencing multiple health problems. He was situated in Heights Tower, a senior high-rise apartment, where he made friends and enjoyed the busy shops along the street in front. He particularly liked the thrift stores and the "Neiman-Marcus" table in the high-rise basement. He participated in Woodhaven Baptist Deaf Church, enjoyed Wednesday-night suppers at Oak Forest Baptist Church, Houston Deaf Senior Citizens and their many bus trips, Fairbees Square Dance Club and visited with Pat's children in Round Rock, TX and Mableton, GA. Recently he has had the loving caregiving services of Emmanuel Home Health Care.

Ralph is survived by another sister, also deaf, Mildred Argyle of York, SC. He was one of seven children, three of whom were born deaf.

The family wishes to express with deep appreciation the many expressions of love, concern and kindness shown to them during this difficult time.

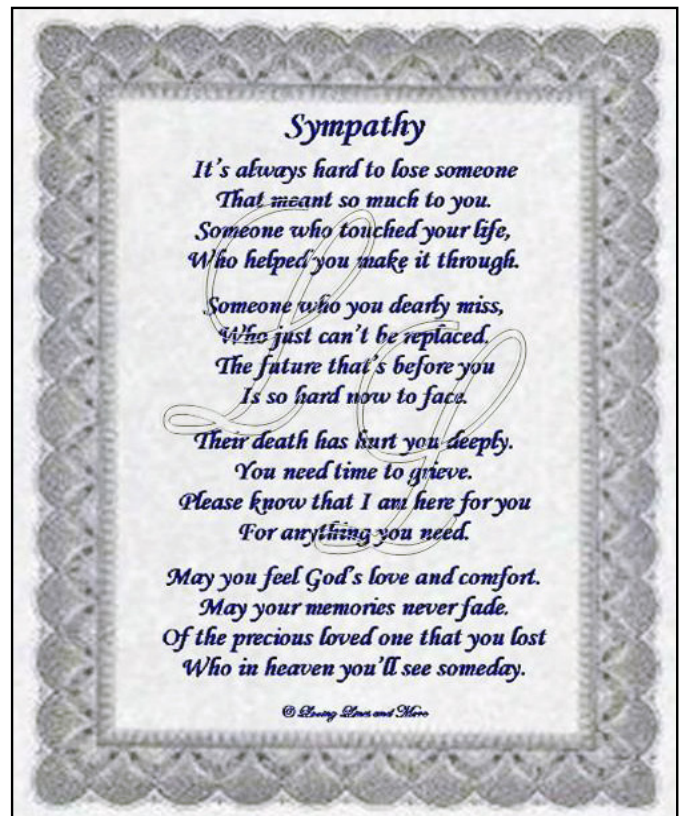
Donations may be made in memory of Ralph Daniels to: Woodhaven Baptist Deaf Church, 9920 Long Point Rd., Houston, TX 77055.



**Linda Keeton Garcia**, 68, was born on December 28, 1944 in Humbolt, Nebraska to Frances Ross Briddle & Forrest Autho Keeton. She is preceded in death by her parents; and her great-grandchildren, John Walters, III, and Kendra Leeanne Williams.

Linda attended the Texas School for the Deaf (TSD) in Austin, Texas in 1950. She left in 1962.

Linda is survived by her husband David Garcia; her daughters, Christina Mercer & husband Keith, Belinda Gann & her husband Clinton Gann, Jr.; her sons, Jacob Mullins & wife Rhonda, David Mullins; her sister Glenda Alvarez & husband Raymond; grandchildren, Keeton Mercer, Keith Mercer, Jr., William Gann, III, Roxanne Gann, Heather Gann, Tabitha Mullins, Alisha Mullins, Aaron Mullins, Jessica Mullins, Jordan Mullins, Joseph Mullins, Davey Mullins and Britnie Mullins; 6 great-grandchildren and many other nieces, nephews aunts and uncles.



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 **June** 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



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#### **New Subscribers**

Lottie Marks, Rafael Martinez, Susan G. Atila,

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#### **Donation to HDSC Love Fund**

Margie Scribner

#### **Donation in memory of Beatrice & James Smith**

Gayle J Smith Starr (their daughter)

#### **Donation in memory of Lola Faye Justiss**

Richard & Mae Busby

#### **Donation in memory of Mildred Holdren**

Polly Walton, Harry & Judy Piercy

#### **Donation in memory of those who passed away in the past year**

Zelma Curbello

*On the behalf of HDSCLF 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*