

HOUSTON DEAF SENIORS OF TEXAS NEWSLETTER

Volume 9

August 2008

Issue 08

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EDITOR'S MESSAGE

I had a wonderful trip to Castle Rock, TX last week with both of my daughters and granddaughters. The weather was so cool and lovely. It was wonderful to sit outside on the upper deck patio to see the sun set each evening behind the Mountains. My step son, Tony Fowler and his girlfriend, Janice, took me to meet some deaf people in Denver and to see Wrong Game. Wow! That was a wonderful movie with deaf actors and actresses. We were laughing and getting scared. Then, we went to Renaissance Festival. That was very neat and fun as it was a beautiful day. We all went to the Zoo in Colorado Springs, CO. Also, in Denver, CO, we went to a Butterfly Museum. All those butterflies were beautiful and lovely as they were so colorful. Also, we went to a Wildlife Museum to see pictures and had fun playing putt putt golf. Of course, I beat everyone! Smiling. We watched Australia on the IMAX screen. That was really interesting. On the way home, we stopped in Oklahoma City, OK to visit the OKC National Memorial and Museum. That was really an enjoyable visit.

If you have any information, jokes, recipes, event, pictures, sports, or news that you want me to publish, please send them to me by the 15th of each month. Please keep articles to less than 300 words, due to limited space on the newsletter. My E-mail address is nmorris726@comcast.net. Or you can mail to me at 15335 Falmouth Ave., Houston, TX 77084-1412.

Please note that Editor may, at her discretion, edit articles or news items for brevity and to correct errors.

Nancy Morris



CHRISTMAS IN GRAPEVINE, TX



Please reserve November 19th for a trip to Grapevine, TX to see Gaylord Texas Lone Star Christmas Ice. Need to wear very warm clothes with gloves and hat or scarf. The Event will provide heavy jackets for us to wear as we view these ice sculptures. We will stop for lunch, but it's still in the works.

Then, we will be staying at Super 8 Motel, 250 E. State Hwy 114, Grapevine, TX. Call 817-329-7222 for your reservations as we are staying one night there. Other plans are in the works right now for other sightseeing. After viewing the ice sculptures, we will go to a Mall. While there, we can select what kind of foods we want to eat that evening. However, you can contact Gertie Sessions (VP 281-447-7575), Julie Spaulding (VP 281-445-1072), or Nancy Morris (VP 281-656-2576). Please call them after you have made your reservations as they need to know how many are going.

The Bus has been reserved to hold up to 50 people. Therefore, we need to know how many are going for sure.

CALENDAR OF EVENTS

August 1, 2008 (Saturday)



ASL Social will be at Acapulco Mexican Grill, 5144 Center St., Pasadena, TX 77505 from 6 PM till 9 PM. Let's come to meet and enjoy chatting with your old and new friends. Any questions, please e-mail to Earl Johnson at ejohnson127@comcast.net

August 7, 2008 (Thursday)



Positive Interaction Program (PIP) will be about "Law Enforcement Animal Investigations". This presentation will inform our members on updates and laws, regarding how local law enforcement deals with this issue, which could be a problem in our neighborhoods around Houston. Please note that this meeting is held on THURSDAY in August. The meeting is held at Woodhaven Church for the Deaf, 9920 Long Point, Houston, TX at 7:30 PM. Door prizes! Interpreter and captioning provided.

August 8, 2008 (Friday)



Houston Deaf Seniors of Texas will have their field trip to Wharton, TX. Everyone needs to be at Woodhaven Baptist Deaf Church, 9920 Long Point Rd. at 8:00 AM as Bus will be leaving by 8:30 AM. We will visit Wharton County Historical Museum and 20th Century Technology Museum. If you sign up and can not make it on the trip at last minute, please call Gertie or Julie to cancel. Please contact Gertie Sessions by VP 281-447-7575 or Julie Spaulding by VP 281-445-1072 if you have questions.

August 8, 2008 (Friday)



Houston Hand Talk Social will be at the Food Court in Galleria Mall, 5085 Westheimer Rd., Houston, TX 77056 from 5 PM till 9 PM. Let's come to meet and enjoy chatting with your old and new friends. Any questions, please e-mail to Roger Spivey at spivey39@yahoo.com.

August 13, 2008 (Wednesday)



Houston Deaf Seniors of Texas will have a regular business meeting at West Gray Adaptive Recreation Center, 1475 West Gray, Houston, TX 77019 at 9:00 am till 1:00 pm. Please attend to give us your ideas for this organization. You need to be present to vote on the motions handled during the meeting. We are in the process of nominating new Officers for 2009. If you want to become an Officer, please come and give your name to Betty Falke, William Hebert, and/or Tommy Wells.

August 15, 2008 (Friday)



ASL Social will be Lenny's Sub Shop, 11130 Gulf Freeway, #100, Houston, TX 77039 from 3 PM till 9 PM. Let's come to meet and enjoy chatting with your old and new friends. Any questions, please e-mail to Earl Johnson at ejohnson127@comcast.net.

August 21, 2008 (Thursday)



Houston Deaf Senior Citizens will have a fellowship and potluck at Woodhaven Baptist Deaf Church at 9920 Long Point Rd. from 9 AM to 1 PM. If you wish to bring a covered dish, contact Evelyn Autry at 713-984-8186 TTY or Jenice Wells 281-442-8015 TTY or 281-442-8016 VP and let them know what you plan to bring.

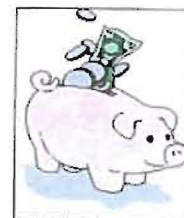
August 27, 2008 (Wednesday)



Houston Deaf Seniors of Texas will have a regular social meeting at West Gray Adaptive Recreation Center, 1475 West Gray, Houston, TX 77019 at 9:00 am till 1:00 pm. Danny Lacey of Kramer Financial will present a Workshop. He spoke to us last year. Please plan to attend this Workshop to learn more.

LOVE FUND

Zelma Curbello wants to thank Betty Telfer for her donation. Also, she wants to thank Jenice and Tommy Wells for their donation in memory of Roger Spivey's Mother, Veloye Spivey; Gertie Sessions in memory of her husband, Travis Sessions; Rubin and Faye Sims in memory of Travis Sessions and Claudia Southwell; and Sydna Smith in memory of Travis Sessions.



Anyone who wishes to donate money to HDSC Love Fund, Inc. (a 501(c)(3) nonprofit corporation) or HDST Newsletter should please make check or money order payable to either **Houston Deaf Senior Citizens - Love Fund** or **HDST Newsletter Fund**. And mail to:

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

OR

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

NEW SUBSCRIBER:

Welcome, Kelly Reagan.

RENEWAL SUBSCRIBERS:

Thank you for your renewal: Dottie Brookes, W R Brubaker, Billy Buza, Kathryn Caldcleugh, Jerry & Peggy Capell, Wanda Carr, Billie R Dover, Paul Fincher, Bonnie B Gough, Sara Harris, Rosie Hoffman, Alice C Johnson, Jennie Lee Jordan, Yvonne L Killegrew, Virginia Mead, Bertha Moses, Vernon & Joan Pate, Antonia C Pitre & Larry D Clostio, Nimm Shelton, Patsy Smith, L V Thornton, and Barbara Warren.

DONATIONS:

Thank you for your support donated to HDST Newsletter: Betty J Telfer, Kelly Reagan, and Gertie Sessions in memory of her husband, J. Travis Sessions.

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### **Are you at risk for falling?** Reprint from Philips Lifeline Brochure Submitted by Roger Spivey

This continues from July's Newsletter. If you answered "YES" to any of the questions, you have an increased risk of falling; the more "YES" answers, the greater your fall risk. Take the checklist to your primary care provider and ask for help to remove or manage your fall risks. Also, learn how Lifeline provides an added measure of safety by calling for quick assistance at the touch of a button.

#### Safety Steps

It's impossible to prevent all falls, so it's important to take steps that will make you feel safer. Ask yourself 2 important questions:

(1) If you fell tonight, how would you get up? Contact your health-care provider about educational material and demonstrations on how to safely get up from a fall.

(2) If you can't get up, how will you get help? Philips Lifeline's medical alert service will call for the help you need, at the simple press of a button.

The Lifeline service can give you added confidence to continue to live independently in the one place you feel most comfortable -- in your own home. Call Philips Lifeline at 1-866-674-9900 ext. 4427 for more information.

# NEWS

## **Email received from Faye Sims**

Stacey and Ronnie Sims are the proud parents of their new baby girl. Savannah Brooke Sims was born on April 22, 2008 at 6:35 pm. She weighed 6lbs. 11 oz and her measurement was 18 3/4 inches. She is so darling baby. The proud grandparents are Rubin and Faye Sims.

## **Letter received from Vernon and Joan Pate**

We had nice chat with Richard Duncan ('55) of San Francisco, CA by surprise videophone call. He already retired from Printing Co. after 40 years. We had not seen him for 40 years. He is cousin to Joan Pate. She ('42) has 30 great grandchildren at present. Baby boy was born on April 1<sup>st</sup> and girl was born on April 22<sup>nd</sup>. She is 80 years old.

Vernon ('50) and Joan flew to Austin on May 28<sup>th</sup> for retirement party and returned home on May 29<sup>th</sup>. They celebrated 20<sup>th</sup> wedding anniversary on June 6<sup>th</sup>. Realized that time flies. We like our new home in Marana, AZ for health with our daughter, Linda Morado. We always enjoy reading Houston Deaf News....Sincerely, Vernon and Joan Pate

## **Mike Houston with DeafLink**

Spoke at HDST Meeting on April 25<sup>th</sup>

Mike spoke with us about the new Video Remote Interpreting (VRI) agency. He explained that "We the people..." need to let others know that we need Interpreters to help us with appointments and meetings that we attend. The Doctors, Dentists, Pharmacies, Police, Banks, Social Security, Supervisors, and others can buy the VRI equipment for their offices to help communicate better with the Deaf people. When the Doctor, Dentist, or others call for an Interpreter, the deaf person will be involved. Everyone needs to inform their primary Doctors, Dentists, and others of this equipment. Mike can contact them also and explain how the service works. He also explained that 211 is used to call a Non-Profit organization to help poor people with money and free ride; 411 is used to get information; and 911 is used for Emergencies.

Mike also talked about the Deaf Link's Accessible Hazard Alert System - Individual Notification. Please visit the website <http://www.DeafLink.com/ahas/ahas/html> and submit your County, State, Zip Code and Email address. You will be receiving Emails when there is an emergency and will be kept informed. You can also check out other Websites like [www.deaflink.com/webview/deafnationcolley.wmv](http://www.deaflink.com/webview/deafnationcolley.wmv) for TX Emergency Management Chief Jack Colley at Deaf Nation and [www.txdps.state.tx.us/dem/pages/deaflink.htm](http://www.txdps.state.tx.us/dem/pages/deaflink.htm) for TX Emergency Management. Be sure to click on the Deaf Link logo. For more information, please Email to Deaf Link at: [info@DeafLink.com](mailto:info@DeafLink.com).

## **Waco Deaf Bowlers**

Flyer received from Billy Buza

The 2<sup>nd</sup> Annual MIXED Handicap Bowling Tournament will be on September 13, 2008. It is opened to deaf bowlers only. It will be held at AMF Westview Lanes, 4565 W. Waco Dr., Waco, TX 76710. The total for the Entry Fees is \$40.00. (Editor's note--No address or Email address was provided to contact someone for more information.)

## **Frost Bank**

Chris Battles, Personal Banker

Please contact Chris for Banking Information through Frost Bank. The address is 1200 Smith St., Ste. 200, Houston, TX 77002. His Email address is [chris.battles@frostbank.com](mailto:chris.battles@frostbank.com). You can call him at 713-388-7822 or fax to him at 713-388-7812.

## **Letter received from Diana Hilliard Duncan**

On July 7, 2008, Andres and Patty Morales spent 2 days in Coldsprings, TX. They took me to Bridgeport, TX for our 63's Senior Camping trip for 4 days. We all went to Arlington Library Senior Citizens Center. Then, we went to BBQ Spring Creek in Arlington, TX. Calvin Adams, his brother Jerry, Kay Wolfe, Dave Shelton, June and Don Greer were there. Calvin, Andres, Patty, and I visited Gary Carpenter and his wife, Illiene at their house in Plano, TX. We went to see Patsy Walker and her dad, Early McVey. All of us played cards and had dinner. Andres and Patty went to LaVista in San Marcos, TX to see friends. Blessed them as enjoyed their trips.



# REST IN PEACE

## OBITUARY



**Ralph Joseph Carr**, 76, passed away June 21, 2008. He was a loving husband to his darling wife and soul-mate of 56 years, Wanda. He was a wonderful and loving father, grandfather, and brother to sons, Ralph, Larry and Jerry; daughters, Sally and Marty; 10 grandchildren; and sister, Delores. He was loved by all who knew him. A visitation was held at 2-3:30 p.m. Wednesday, June 25, 2008, at Stowers Funeral Home, with a life celebration at 3:30 p.m., at which black is not the color to be worn.



**James Claude Smith**, 86, went to be with his Lord and Savior on July 2, 2008 at his daughter's home in Willis, TX with his family gathered by his side. The family received friends from 5-7 PM on Friday, July 4, 2008 at San Jacinto Funeral Home. Funeral services were held on Saturday, July 5, 2008 at 11:00 AM in the chapel of San Jacinto Funeral Home with Rev. Arthur Craig officiating.

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### **The Madisonville Meteor**

Wednesday, June 18, 2008  
Written by Roxanne McKnight

Last Thursday, a group from Houston visited Madison County to learn about its history and taste of its delights. Seventeen members of the Houston Deaf Senior Citizens Group, plus their interpreter Anne Trevino, took a tour bus to the Madison County Museum. There they attended a presentation of the history of Madison County given by Nancy Page of the Daughters of the Republic of Texas.

Gertie Sessions said that when Page mentioned historic names of this area, they all responded to the name McVey. "The program was very interesting," she said. "The name McVey is very familiar to us because our friend is Early McVey and this is his home. He's not doing too well. He has poor health and couldn't make it."

Afterwards, the group went to lunch at the Woodbine Hotel and Restaurant.

### **NEWS by Shirley Dye**

My husband, Dayle and I went to Oklahoma School for the Deaf in Sulphur for the 100<sup>th</sup> Anniversary on May 23 & 24. Some people from Oklahoma who live in Texas were there, too. Good crowd between 425 – 500 people. Wow! We really enjoyed it and it was great to met old friends.

### **25<sup>th</sup> Anniversary Party**

September 24<sup>th</sup> is quickly approaching. If you haven't turned in your form to reserve your spot, please do so. The cost is \$10 with food and \$5 without food.

One of the things I found out is that we actually had more than 6 Editors. In the June's Newsletter, I listed the 6 Editors from 1983 through present. Now, I found out that Lucy Chimelak was the first Editor at the beginning. Z. X. Curry took over for a short time. Then, there were Opal Piercy, Ann Reese, and Marjorie Johnson. If you have any information or copies of papers that you kept through the years, please send copies to HDST, P. O. Box 664, Missouri City, TX 77459. We are trying to get all the information together for this party. The Committee leaded by Patsy Walker will be very grateful for your help. THANKS!

# Healthy Foods for Summer

From "Partners in Health News"

Bring on the Berries -- Colorful berries contain powerful antioxidants to help improve brain function as we grow older. Berries also provide a compound called ellagic acid, which seems to play a role in triggering natural cell death in prostate cancer cells.

Go for the Greens -- The darker the green, the more nutritious. So when tossing your next springtime salad, try adding some baby spinach leaves, endive or parsley to that iceberg lettuce. All of these greens provide heart-healthy folic acid.

Choose Healthful Beverages -- Some people, teens especially, reach for a can of soda to quench their thirst in the hot summer months. But consider healthier alternatives to sugary, empty calorie sodas: cranberry, orange, and tomato juice.

On the Grill -- Instead of the traditional cookout fare that includes hot dogs, hamburgers and bratwurst, select leaner cuts of meat for your meal. If hamburgers are a must, try ground turkey or chicken instead of beef. Try to also choose foods that are lower in saturated fat, like skinless chicken breasts or grilled shrimp kabobs.

## HOUSTON DEAF SENIORS of TEXAS

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| <p><b>James Fair, President</b><br/>Email: jamesfair29@yahoo.com</p> <p><b>Roger Spivey, Vice President</b><br/>Email: spivey39@yahoo.com</p> <p><b>Nancy Krone, Secretary</b></p> | <p><b>For News &amp; Other Information:</b></p> <p><b>Nancy Morris, Editor</b><br/>15335 Falmouth Ave<br/>Houston, TX 77084<br/>TTY/VP: 281-656-2576</p> <p>Email:<br/>hdstnewsletter@yahoo.com<br/>nmorris726@comcast.net</p> | <p><b>For Address/Renewal Due:</b></p> <p><b>HDST Newsletter</b><br/>C/o Audrey Leger<br/>P O Box 664<br/>Missouri City, TX 77459<br/>TTY/VP: 281-437-6224</p> <p>Email:<br/>hdstnewsletter@yahoo.com</p> |
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