



Non-Profit Organization

Tidbits

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August 2021



MY CANCUN VACATION JUNE 4-11, 2021 By Sidney Gilland

I was so excited to go to Cancun because I had never been there before. It was raining in Houston the day we left but nice and sunny when we arrived in Cancun, Mexico. The flight was only 2 1/2 hours long.

I sat by the window and saw the land of Texas and a lot of big billowy clouds. It made me feel like I was in heaven. Then I saw the Caribbean water. It was a beautiful blue-green color.

We landed in Cancun and walked through the airport. I saw many people trying to sell us things, but we said, "no thank you" and went outside to find our driver to take us to The Westin Laguna Mar Resort. He spoke good English and was very polite.

WOW! The resort was luxurious and fabulous! When we walked in, I saw big fountains, three giant infinity pools, and the beach. SOOO beautiful! We stayed in a charming, big condo with a kitchen, big balcony, and excellent ocean view.

We woke up early every morning to go swimming in the pool and ocean. I swam all day, every day, and talked to lots of friendly people from many other States. We got very tan and a little sunburned too. The weather was perfect, and Jan took lots of pictures. In the evening we went to excellent restaurants, ate good food and watched the sunset.

I went Parasailing for the first time with Jan. It was scary to be up so high in the sky, but we relaxed and enjoyed the view. Woo Hoo! Parasailing was a blast!

I was thrilled to go on a week's vacation with my sister Jan and brother-in-law Jeff. All the pictures turned out great, and I will never forget the fun I had in Cancun.



Alaska Three-week Vacation June 2021 By Carolyn Dill

I did not have a vacation since summer 2019 unless I count short trips to south Texas. This Alaska trip had a bucket list goal to see the Snowy Owl or bust! I indeed saw that owl, nine of them!

This was a guided group bird trip, not my first, so I knew what to expect. It meant being with people I didn't know, other than the guide, and no one that could sign, except for a few random universal signs like "eat" and a few letters. The communication part was not fun, but I saw hundreds of birds.

We started at Anchorage and went south to Seaward and Homer, then back up to Anchorage briefly for our vans to drop off those going home and pick up new bird watchers. Next, we headed to Fairbanks and spent the night there, onward to Denali Highway and to the Arctic Circle.

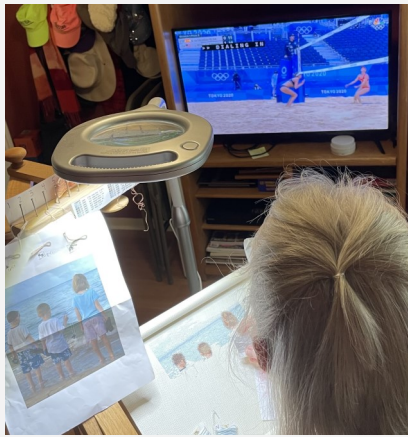
The Arctic Circle was the most interesting part! We drove in sight of the big pipeline going all the way across Alaska from Prudhoe Bay. Bouncing along with a very wavy up and down highway built on permafrost. No buildings in sight but fir trees for hours and hours. Above the Arctic Circle for the first time, we stayed at Coldfoot and Deadhorse, which are camps, not towns. I learned later only 2% of tourists ever go to the Arctic Circle. Everyone else there is for the oil business unless native. We had barely any dark every night when in Southern Alaska, and by the time we were in Fairbanks, only three hours of the night were not dark at all, just less light. Once we arrived at Coldfoot, it stayed bright and sunny 24 hours a day. The Arctic sun isn't going to bed until August!

In addition to the birds, we saw caribou, moose, dall sheep, mountain goats, wild musk ox, lynx, and fox. On the ocean trips, we saw seals, humpback whales, sea otters, and orca. Unfortunately, I missed seeing a bear that others saw at a far distance, and no one got polar bears.

Unique at the top of the world, Barrow, Alaska. We flew in a tiny piper cub plane that was half cargo and a few seats. No roads or boats to there. Very cool place; you need your winter coat. Barrow, also known as Utqiavik, is one of the oldest towns in the world, in continuous existence for centuries. The ocean was still partly frozen, thawing out but still lots of ice and icebergs. Yet if I looked one way, I felt I was on a Texas prairie. I looked the other way and saw frozen waves, ha.

I want to return someday; the memories are priceless.





Editor Note: I watched the Olympics while I did the cross-stitches. It crossed my mind about the Deaf Olympic, and I looked it up on the internet. I want to share the information with you.

Postponement of the 2021 Summer Deaflympics

On 29 January 2021, Plural Committee of the 2021 Summer Deaflympics received the ICSD Letter concerned with the safety and health of deaf athletes, teams, families, organization, volunteers and spectators from all over the world during COVID-19 pandemic.

ICSD suggests to consider postponing the 2021 Summer Deaflympics to 2022. Understanding the reasons and accepting the request of the ICSD, it was decided that the event should take place between the **01 and 15 May 2022 in Caxias do Sul, Brazil**.

The decision to postpone it is due to restrictions caused by the COVID-19 pandemic. As vaccination around the world presents significant differences between one country and another, the measure seeks to guarantee a longer time for the immunization of the world population. It mirrors the need to rank human health and efforts to stop this virus spreading above any other consideration.

Today, the ICSD Executive Board have concluded that the 2021 Summer Deaflympics in Brazil must be rescheduled to a date beyond 2021 but not later than summer 2022, to safeguard the health of the athletes, everybody involved in the Deaflympics and the international community.

The ICSD will continue to monitor the official updates of COVID-19 so that the health and safety of everyone continues to be cared for. We believe it is an assertive decision that will bring great benefits in relation to the organization and preparation of deaf athletes.

We hope to see you all in 2022!

<https://www.deaflympics.com/news/postponement-of-the-2021-summer->



Mary Ann Ryba made a beautiful lighthouse!

To make one for yourself, here is the website.

Terra Cotta Pot DIY Lighthouse Garden Project

<https://www.craftsbycourtney.com/how-to-crafts/terra-cotta-pot-diy-lighthouse-garden-project/>

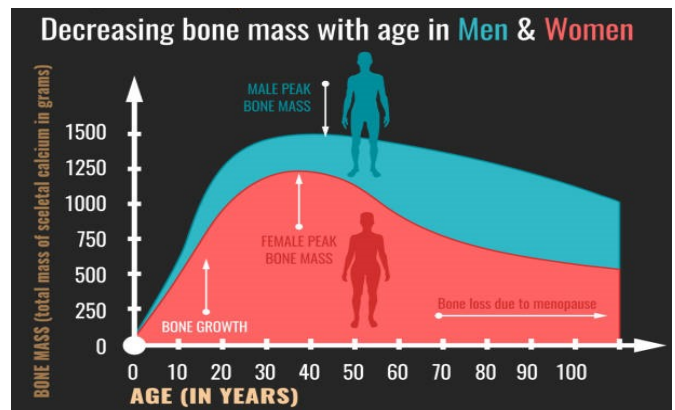
Here's how to age without injury:

Talk with your doctor about fall prevention, and health conditions like osteoporosis or hypotension (low blood pressure) that can increase your risk of falling. Medicare covers **bone mass measurement**, the best way to know if you have (or are at risk for) osteoporosis, if you meet certain conditions.

Ask your doctor or pharmacist to review the medicines you take. Some medicines may make you dizzy or sleepy, which can increase your risk of injury.

Stay active. Do exercises to strengthen your legs and **improve your balance**.

Submitted by Nancy Morris
Written by Medicare to advise their Patients



Picnic Party



When:

August 11, 2021

9 AM—3 PM

Where:

**Timbergrove
(Woodhaven)
946 W 17th St.
Houston, TX 77008**

What to Bring:

Contact

**Patsy Walker
281-973-2242 or
Christine Johnson
979-413-5014**

**Social Meeting
(2nd Wednesday)**

September 8th

October 13th

9:00 am—3:00 pm

Social Games

(4th Wednesday)

August 25th

September 22nd

October 27th

9:00 am—3:00 pm

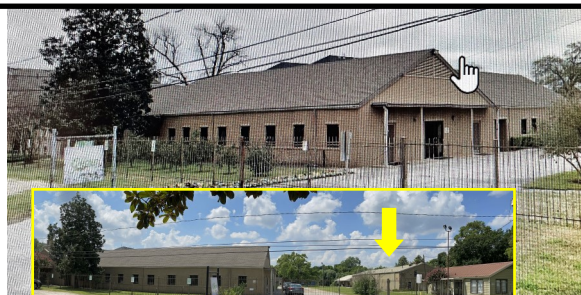
Where:

MMSC

**1475 West Gray St
Houston, TX 7719**

Please Note:

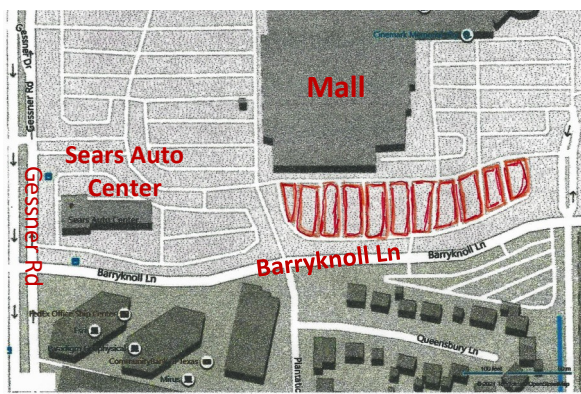
Schedules are subject to change.



**Timbergrove Baptist Church
946 W 17th St, Houston, TX 77008**

—Map—

**For Bus Field Trips
Memorial City Mall—South Parking Lot**



HDSCLF Field Trip Astros Afternoon Baseball Game Kansas City Royal

When:

August 25, 2021

Cost: \$10.00

**Payment in advance
Is required.**

The ticket is non-refundable.

**Please meet at South Parking
Lot behind Memorial City Mall**

at 11:00 am.

Bus leaves at 11:30 am.

**Contact Jim Dermon
936-828-4013**



**Saturday, September 11th, 2021
\$5.00**

**The Gardens at
Texas A&M University
Blue Baker Restaurant
on Your Own**

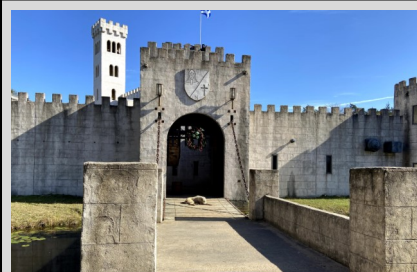
Blue Bell Creamery on Your Own



**Meet at South Parking Lot
behind Memorial City Mall
at 7:30 AM**

Bus Departs at 8:00 AM

**Contact Christine Johnson
979-413-5014**



Friday, October 8th, 2021

**Newman's Castle
(Bellville)**

**\$10.00 Per Person
Including Luncheon**



**Blue Bell Creamery
on Your Own**

**Meet at South Parking Lot
behind Memorial City Mall
at 10:00 AM**

Bus Departs at 10:15 AM

**Contact Christine Johnson
979-413-5014**

Renewals:

Clyde/Wanda Andrew, Billy Buza, Thelma Covelle, Carolyn Dill, Larry/Jeanne Hilferty, Bill/Ann Hornbeak, Joan Montford, Rochelle Simpson, Vernice/Debbie Sonnier, Paula Szablowski

Donation in Memory:

Menefee Holdren (Thelma Covelle)



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

Jim Dermon, Treasurer



Some Good Advice For Those Over 65 Years Old (Part 2)

(edited by Larryonne)

3. Keep a healthy life. Do keep moving around and do exercises that you enjoy. Make sure you eat well and sleep well so you can stay healthy. It is easier for people over 65 to be-

come sick. It is harder for people over 65 to stay healthy. Visit your doctors for wellness checkups.

4. Always treat your spouse with the best to make him/her feel more important. Enjoy your times with your spouse by going out to special places that you both will enjoy.

5. Do not stress over little things. We all have our bad days and good days. Try to be more positive during both good and bad days. As we get older, we may notice more "bad" days when we do not feel great or when things go wrong. We can choose to relax and enjoy what we can do, instead of being moody and "feeling sorry for me". You want your spouse and friends to remember you as a positive person.



ZOOM Meeting July 14, 2021

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

Jan Dermon, Editor of HDSCF Tidbits
Email: jdermon.senior@gmail.com

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Houston Deaf Senior Citizens Love Fund A non-profit, 501(c)(3) tax exempt organization			
<input type="checkbox"/> New <input type="checkbox"/> Renewal		<input type="checkbox"/> SUBSCRIPTION <input type="checkbox"/> DONATION	
<input type="checkbox"/> \$5.00 per year-Electronic <input type="checkbox"/> \$12.00 per year-Paper		X _____ Year(s) = \$_____.00	
Please Print Clearly			
Name:	OFFICE USE ONLY		
Spouse:	<input type="checkbox"/> Money Order <input type="checkbox"/> Check <input type="checkbox"/> Cash		
Address:	Receipt#		
City/State/Zip:	<input type="checkbox"/> VP <input type="checkbox"/> TTY <input type="checkbox"/> Fax		
Email (Required):			
Donation/Gift Subscription <input type="checkbox"/> Gift Subscription from (giver) _____ <input type="checkbox"/> Donation to HDSCF \$_____ in memory of _____ (tax deductible) <input type="checkbox"/> Donation \$_____ to the Houston Deaf Senior Citizens Love Fund (tax deductible)			
Make payable to HDSCF and mail this form with personal check or money order to Houston Deaf Senior Citizens Love Fund, Attn: Treasurer, PO Box 131072, Spring, TX 77393. Thank you.			