



Houston Deaf Senior Citizens Newsletter

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Non-Profit Organization

Volume 14

July 2013

Issue 7

Seniors Field Trip June 14, 2013



Friday, the 14th of June, 28 including 20 seniors traveled down to Galveston for full day. Our first stop was to Offshore Energy's Ocean Star Offshore Drilling Rig Museum and Education Center. We boarded the retired jackup drilling rig and view a video about the offshore industry. The museum features three floors of models and interactive displays illustrating the story of offshore oil and gas from seismic technology to exploration and production. Scale models of production platforms, actual drill bits and remotely-operated vehicles (ROVs) as well as videos and exhibits explain drilling, geology, seismic, well servicing and production. Then, we went off to well-known restaurant, Mario's Ristorante, for lunch. Afterwards, we returned to the wharf and at Pier 21 Theater, we watched The Great Storm, the story of the 1900 hurricane that hit Galveston Island on Sept. 8. The film was digitally restored and narrated but not closed captioned. Before heading back to Houston, we had the opportunity to shop and browse many stores at historic district, The Strand.

Wrote by Donald Hahn; Photo-designed by Jan Dermon; Photograph by Larry Glasscock

Board of Directors

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July

Birthday

- 2 William E Koch, Sr
- 6 William Lambert
- 7 Dameria Autry
- 9 Audrey Leger
James Spaulding
- 10 Lynwood Davis
- 12 Thelma Jo Hays
- 16 Troy Graham
- 22 Fung Hahn
- 26 Nancy Morris
- 31 Roger Spivey

Anniversary

- 12 Glenn & Janet Simpson
2008



HDSC FIELD TRIP



Thursday, July 18, 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: Southern Empress on Lake Conroe
\$15 per SC patron (60 & older) • \$30 per non-patron (59 & younger)

Stop 2: Apache Helicopter Tour

CONTACT: Jim Dermon

VP: (936) 828-4013

Email: jdermon.senior@gmail.com

COMMUNITY EVENTS

Friday, July 5:

ASL Social

Bubba Gump Shrimp Co. at the
Kemah Boardwalk
215 Kipp Ave.
Kemah, TX 77565
4:00 pm to 9:00 pm

Tuesday, July 9:

Violent Offenders Characteristics

Positive Interaction Program
1602 State St (Auditorium)
Houston, TX 77007
7:00 pm

Wednesday, July 10:

HDSCF's Meeting

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

Friday, July 12:

Deaf/ASL Social (Ft. Bend)

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

Friday, July 19:

Baybrook Mall Silent Dinner

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

Wednesday, July 24:

HDSCF's Social / Seminar

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

Friday, July 26:

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 / Father's Day Luncheon

June 12, 2013



The greatest gift
I ever had
came from God
I call him **Dad**



Michael & Dinah
McKenzie



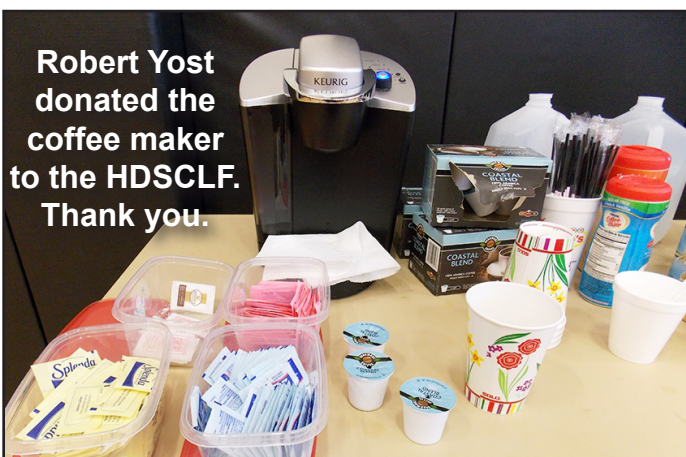
Gus & Zelma
Curbello



Fred & Cathy
Simerka



We enjoyed the Father's Day lunch together. Patsy Walker wanted to thank some SC patrons for bringing some foods & drinks to our luncheon.



Robert Yost
donated the
coffee maker
to the HDSCLF.
Thank you.



HDSCLF Office

Photograph by Judy Becker

Top 10 Summer Health Risks for Seniors

As we grow in age, we need to be more aware of the potential health risks that are uniquely associated with both our age and the season. While people of all ages have a set of specific health risks pertaining to their age, infants and the elderly have particular health risks that need to be understood and monitored, especially in the summer.

There are a number of summer health risks for seniors, all of which should be taken seriously. After all, being aware is sometimes half the battle and if you are vigilant, you can often avoid many common senior summer health risks.

In that spirit, here are the top 10 summer health risks for seniors. As is always the case with medical advice, consult your physician if you have specific questions pertaining to any of these health risks:

Heat - Seniors are at increased risk for illnesses such as heat stroke and heat exhaustion. It's important to always stay hydrated by drinking plenty of fluids. Seniors are less sensitive to the thirst sensation than younger adults, so it is important to drink plenty of water



throughout the day before engaging in physical activity. You can also absorb additional fluids by eating fresh fruits and vegetables. When it is incredibly hot, it is a good idea to find an air-conditioned environment in which to rest. For those without air-conditioning at home, you might try a trip to the local library or shopping mall.

Sun - Exposure to the sun can mean both sunburn and potential heatstroke. Sunburns are not only painful and frustrating, but they can be dangerous and can aggravate existing skin conditions. Seniors should always wear sunscreen, a hat, and light clothing that covers the skin when they are in the sun. While some exposure to the sun is good as it produces Vitamin D, direct exposure to sunlight should be limited.

Skin Cancer - The risk for cancer increases as you get older and skin cancer is one of the most

common types. Seniors can reduce their risk of skin cancer by wearing sunscreen, lip balm, and covering their skin. You should pay attention to moles and consult your physician if you see abnormalities.

Medication Side Effects - Some medications have side effects that are enhanced or introduced with the increased summer heat. Some even remove salt and fluids from the body, making dehydration more probable. It's a good idea to contact your doctor to make sure that your medication is not putting you at risk for summer health problems.

Neglecting Pre-Existing Conditions - With the seemingly slow pace of life in the summer, it's easy to forget pre-existing conditions as you spend your days pursuing your favorite hobby or visiting families. However, ignoring pre-existing conditions can often be perilous. Don't put off visits to the doctor during the summer, and don't assume that you will "just get better soon" if you are sick. Just as you would in any other season, take potential illnesses seriously. Moreover, it might be a good idea to schedule a visit with your doctor early in the season to get an update on any pre-existing conditions and to ask about summer health risks for seniors.

Over Extension - Whether it is playing with your grandkids or doing yard work, it can be easy to over extend yourself in the summer months. For seniors, this is particularly risky as it can lead to increased susceptibility to heatstroke and injury. It's important to take a step back and rest when needed and to pay close attention to what your body is telling you. If something doesn't feel "right," it probably isn't and you should slow down.

Environmental Hazards - Senior citizens are often more affected by environmental hazards



ranging from pollution to allergies. You should pay attention to these, as they can make breathing and physical activity more difficult. In the case of allergies, there are a number of over the counter and prescription

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medicines that can alleviate allergy problems.

Food & Diet - While it's hard to say that not eating a certain food or eating a certain food will result in a specific health risks for seniors, it is important to be aware of what you are eating. Summer cookout season can often mean more red meat and high fat foods-two of the things doctors often caution against eating. You shouldn't let your diet suffer during the summer months by eating "traditional" foods; you should work just as hard to eat healthy. Moreover, with readily available fresh fruits and vegetables, it's pretty easy to eat healthy during the summer.

Use Proper Safety Equipment - With summer time comes increased physical activity. While this is good, it can also mean increased health risks for seniors. If you are engaged in physical activity, it is important to always use the proper safety

equipment. Wear a bike helmet if you are biking, wear a life jacket if you are boating, and wear proper walking shoes if you are going to be walking. Injuries from routine activities are more common as you grow older and can often be prevented by using the proper equipment.

Eye Damage - Seniors are at an increased risk for eye damage and that risk is greater with exposure to the summer sun. Seniors should wear wraparound sunglasses with at least 99% UV absorption. Overexposure to sunlight can contribute to cataracts. Proper sunglasses along with routine eye exams are important for seniors.

Alex Parsons, Yahoo! Contributor Network

THINK
WEAR PROPER
SAFETY
EQUIPMENT



Nancy Morris attended her granddaughter Destiny's graduation on June 6, 2013 at 3:30 pm at Richard E. Berry Educational Support Center. After the ceremony, the family headed to Cheddar's on 290 to celebrate her graduation. Nancy gave a speech on how proud she is of Destiny. Destiny Reshelle Morris is heading to college in the Fall. She wants to become a Teacher.

Submitted by Nancy Morris

CALL 911 EMERGENCY **Call If You Can Text If You Can't**

First you **MUST SIGN UP** at: **deafhohtext.911.org**

Text 442911 for Police, Fire or Medical Emergencies

You can only text 442911 in Harris or Fort Bend Counties.

It's **FREE**, quick and easy!
*normal texting charges may apply

Help 9-1-1 Help You!

The texting 442911 service is only to be used when a voice call to 9-1-1 is not possible.

This service is provided by Greater Harris County 9-1-1 Emergency Network.

Sign Up Today!
deafhohtext.911.org





"My doctor told me to eat less meat and have one vegetarian meal each week. Tonight we're having gum for dinner."



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<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 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



Mildred E. Todd / Crenshaw, 82, of Ft. Worth, passed away on Friday, May 31, 2013 at the Community Hospice Center in Ft. Worth, Texas.

Mildred was born May 19, 1931 in Austin, TX. She was the daughter of Elvera Gustafson. Mildred

married Junior H. Todd in Austin in 1952. Mildred enjoyed cooking, sewing, and baking. She could cook just about anything, but her mastery was baking cookies, cakes and bread. Mildred was an exceptional seamstress, sewing anything from Barbie doll clothes to wedding gowns. Mildred married Thomas M. Crenshaw in August of 1988 in Holland, TX. She worked for Grumpy's Restaurant, Ozzie's Dairy Mart and Smith Farms for many years.

Mildred is survived by two sons: Mike Todd & his wife Kelly of Allen, OK, Mark Todd & his wife Lisa of Flatonia, TX, two daughters: June Meyer & her husband Michael of Richmond, TX, Judy Silva & her husband Dempsey of Cleburne, TX, two brothers; Frank Bridges & his wife Georgie of Goldthwaite, TX, Kenny Bridges & his wife Jackie of Lewisville, TX, seven grandchildren; five great-grandchildren; her uncle John Gustafson & his wife Harvene of Austin, TX, and a longtime family friend Becky Jares of Cleburne, TX, and many nieces & nephews. Mildred was preceded in death by her husbands: Junior H. Todd (2007), Thomas M. Crenshaw (2010); her mother Elvera Anderson; her step-father George Bridges; her sister Blanche Kruse.

Partly published by Smith Funeral Home



Ruby Forrestine (Teena) Atchley was welcomed home to heaven on June 9, 2013. Teena was born May 8, 1942, to Forrest & Ruby Atchley of Mount Dora, NM. She passed away June 9, 2013, in Odessa, TX. She was preceded in death by her parents,

Forrest & Ruby Atchley, & her brother Wayne Atchley.

Teena is survived by three sisters and a sister in law: Violet Brockman of Tramperos Ranch, NM, DeAnna Richardson of Sedan, NM, Elaine Aschbacher & her husband Leon of Tijeras, NM, & Martha Atchley of Amarillo, TX. She is also survived by 10 nieces and nephews & 30 great-nieces & great-nephews. Other survivors include Ruth Page & a legion of friends.

Teena spent 42 years as a deaf educator, beginning as an audiologist, working as a classroom teacher, & finishing her career as a deaf administrator. She taught in Iowa, Utah, Idaho and California before returning to Texas, where she lived for the past 25 years. "With those beautiful hands, she gave the deaf a language" describes her work as an interpreter for the deaf. Teena interpreted in educational settings, church and teaching services, & was quite frequently summoned to interpret for deaf and hard of hearing individuals who were hospitalized or otherwise needed interpreters.

Teena was an active member of the First Baptist Church of Odessa, where she was a Sunday School Teacher. She also organized & was the teaching leader of the women's Bible Study Fellowship (BSF) of Odessa. Her deep love of her Lord and knowledge of scripture were an inspiration and a blessing to the BSF participants.

After her retirement, Teena became a hospice volunteer. She also spent a great deal of time in northeastern New Mexico, attending to the business of her farming and ranching interests.

Services are entrusted to Frank W. Wilson Funeral Directors.

David Graica & late Linda's families
wanted to thank you, HDSCLF
friends, for the sympathy card.

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 **July** 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



Message from Editor of HDSC Newsletter

I apologize to misspell Lavern Fair's first name on page 3 of the June newsletter. I'll be careful to type every word right.

Subscription Gifts

David & Jeri Koche (Dinah & Michael McKenzie), Toni Flagg (Nancy Morris)

New Subscribers

Ann Proctor, Fatima Stubig

Renewal Subscribers

Kathryn Caldcleugh, Bonnie Gough, Dinah & Michael McKenzie, Ellen Sias, Marie Hays, Raymond & Glenda Alvarez, Jake Ledbetter, Marjorie Monson, Qwen Anderson, Rochelle Simpson, Rufus Chappell

Donation to HDSC Love Fund

Ellen Sias, Margie Scribner

Donation in memory of Ralph Daniels

Jim & Janice Dermon

Renew Contract for Advertising

Sign Language Accessible Interpreters, LLC

On the behalf of HDSC 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,
HDSCF Treasurer*