Houston Deaf Senior Citizens

Volume 5

October, 2004

Issue 10

Happy Halloween







At Deaf HMO Clinic: Year 2010.

MILAT ARE YOU IESE TORP

PAS.

*P.A.S.: PACER ARTHRITIS STADROME

DEAF HMO CLINIC: YEAR 2010By: Moe Klusza

They are at the clinic and waiting to see a doctor with their thumbs hurt.

He asked her, "What are you here for?" She replied, "P.A.S."

He said, "You, too!"

(P.A.S.) - Pager Arthritis Syndrome

Planned field trips for Houston Deaf Senior Citizens for the next two months:

(Attention: these places or dates may be changed if unable to reserve or time permits)

- November 3, 2004 (Wednesday) ~~ Cameron & Rockdale, TX ~~ Historical Museums
- December 15, 2004 (Wednesday) ~~ Houston,
 ~~ River Oaks Mansion & Christmas Decorations

JOKES ON US

Now that I'm "older," here's what I've discovered:

- 1. I started out with nothing, and I still have most of it.
- 2. I finally got my head together, now my body is falling apart.
- 3. All reports are in; life is now unfair.
- 4. It is easier to get older than wiser.
- 5. Some days you're the dog; some days you're the hydrant.
- 6. I wish the buck stopped here; I sure could use a few.
- 7. It's hard to make a comeback when you haven't been anywhere.
- 8. The only time the world beats a path to your door, you're in the bathroom.
- 9. When I'm finally holding all the cards, why does everyone decide to play chess?
- 10. It's not hard to meet expenses they're everywhere.

Submitting by Anita Chargois, Vidor



From the Editor:

Dear Houston Senior Citizens and Friends:

Thank you for keeping up with your renewal payments, however we recently received a few renewal checks without a "Renewal" form. We need the forms for our record, so when it's due, please do not forget to fill out the renewal form and mail it with your check or money order. The form is on the back page of the Newsletter. Thanks.

By the way some of you wrote a short note lately, saying enjoyable reading and keep up good work. Again I want to say THANK YOU from all of us, the staff. We all enjoy our work with the newsletter.

Hey, time surely is flying fast, and the end of Daylight Savings. So do not forget to do that at bedtime or at 2:00 AM of October 31st to turn your clocks back an hour.

Have a pleasurable autumn time and Happy Halloween.

Audrey

Houston
Deaf Senior
Citizens
Newsletter

Editor

Audrey Leger

The Staff

Zelma Curbello

Thelma Jo Hays

> Pedro Solis

Roger Spivey

Mary Jo Stevens Please send any news, information, jokes, pictures, recipes, sports or anything that you want to share with Senior Citizens. <u>Please keep articles to less than 250 words</u>, <u>due to limited space on the newsletter</u>. 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**th of each month. Items received after the 15th will be held until next issue.5

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

If you have any questions, don't hesitate to contact us at 281-437-6224 TTY or fax at 281-416-0799 or e-mail us at hdscnews@yahoo.com.



Flash News for next Field Trip Huntsville, TX

Houston Deaf Senior Citizens will meet at Woodhaven Baptist Church, 9920 Long Point Rd, Houston, TX on Wednesday, October 6th at 7:30 AM. The bus will depart no later than 8 AM.

10:00 AM – Sam Houston Memorial Museum Complex – Huntsville \$2.00 per person - (Tour: 1 – 1 1/2 hrs)

12:00 PM - Lunch at Golden Corral

1:30 PM – Hearts Veterans Museum – Huntsville – Donation accepted – (Tour: 1 hr)

3:00 PM – Texas Prison Museum – Huntsville – Special rate \$2.00 per person (Tour: 1 hr)

If time permits stop by either McDonald or Dairy Queen 30 – 45 minutes

If you are interested in going on the field trip, please contact Audrey Leger at 281-437-6224 before the 4^{th} . Come and let's have fun together. See you on the 6^{th} .

From Zelma Curbello of LOVE FUND:



We wish to thank you for your generous donations to LOVE FUND: Arlene Benham, William Hebert, Montie Strother, and I.D. & Floyd Wicker

Joyce & Albert Hammers Sr, thank you for your generous thoughtful donation to LOVE FUND: IN MEMORY OF ALL FRIENDS

Sidney Braquet, thank you for your hearty and thoughtful donation to LOVE FUND:
IN MEMORY OF ELNORA MORGAN

Thelma Jo Hays and Jack & Hazel Richard, thank you for your generous hearty donations to LOVE FUND:
IN MEMORY OF ROBERT WALKER and ELNORA MORGAN

Thank you Jenice & Tommy Wells for your thoughtful donation to LOVE FUND in pray for Franklin Tippett. (He had quadruple bypass heart surgery on August 23, 2004 and is doing well.)

Anyone who wishes to donate \$\$\$ to LOVE FUND should please make a check or money order payable to <u>Houston Deaf</u>
Senior Citizens - Love Fund. Please mail to:

Mrs. Zelma Curbello 9623 Tiltree Houston, TX 77075-4042

NEW SUBSCRIBERS:

Welcome new subscriber: Eva Nell Roach, gifted by Leonor Royce

RENEWALS:

Thank you for your renewal: Jerrie & Joe Cervenka, James E. Ford Sr, Juanita & Fred M. Gunn Sr, Dorothy L. Hollingsworth, Susan Jackson, Harold G. & Mary D. Kee, Oceal L. Lamb, Charlene G. Mullenix, Melvia Nomeland, M/M Donald F. Rome, Leonor Royce, M/M Weldon Seely, Helen & Fred Sellars, Robert & Maxine Sheffield, Miriam Thumann, and M/M J. Nathan Wallace.

A note to Faye Sims

Happy Birthday Dear Faye Love, Bobby and Maxine Sheffield

JOKES ON US

A 4-year-old-boy ran up to his mother at the beach and led her to where a sea gull lay dead in the sand.

"Mom, what happened to him?" the little boy asked

"He died and went to heaven," she replied.

The boy thought for a moment and then said, "And God threw him back down?"

-- CHUCK WELCH, Houston

Health Check:

--Source: Better Home Gardens - June 2004

Focus your fuzzy eyes: If you have been spending a lot of time in front of a computer screen lately, chances are your eyes are feeling the strain. Find a spot of the wall about 10 feet away from your screen and, every 10 minutes or so, glance up at it, bringing the headlines into focus, then go back to your work. And take a 15 minute break for every two hours you're staring at a screen.

In my computer office, there are the pictures of my children, grandkids, family and friends hanging on the wall and some sitting on the desk. When I need a break, I always look at them in one spot at a time and think good memories of them.

Audrey Leger

Field Trip to Cuero, TX

On Friday, September 10th, Houston Deaf Senior Citizens went on a field trip to Cuero, TX. It was a nice, beautiful day to go sightseeing. They toured at DeWitt County Historical Museum (picture taken not permitted inside the house), Cuero Heritage Museum, and three churches: St. Michael's Catholic, Grace Episcopal and St. Mark's Lutheran. These three out of four churches are the most photographic buildings in Texas.

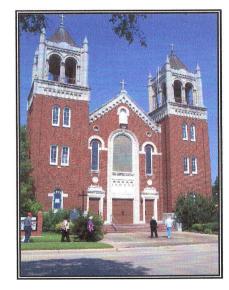


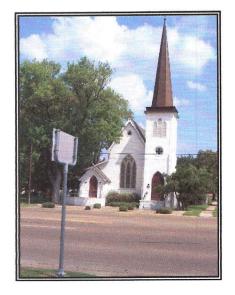
← DeWitt County Historical Museum had unique and oldfashioned clothes. The children's bedroom has different kinds of dolls like paper and real little dolls on bookshelves and doll clothes hanging on strings.

St. Michael's Catholic Church was built in 1931, originally, the church was erected 1876 but it was destroyed by the hurricane.









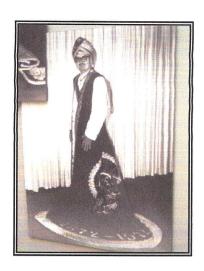


Grace Episcopal Church was built in 1889 on land donated by C. C. Howerton. The steeple topped with a cross has been covered with copper.

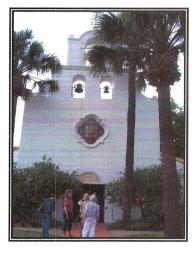


Cuero Heritage Museum has its own annual event called "32nd Annual Cuero Turkeyfest" which will be on October 8-10, 2004.

← Cloaked in royal red and gold, the elaborate beaded turkey was appliquéd on a robe in 1972. (man wears cloak, see picture on right)



→ St. Mark's Lutheran Church ship's bell was installed as a different sizes of bells hanging



was built in 1939 and an old copper prayer bell. There were three at top of the church.

10 Practical Tips to Help a Friend through Grief

Source: INROADS Behavioral Health Services of Texas, L.P., A Magellan Behavioral Health Company

- Contact the person as soon as possible. Don't assume he or she is fine or that closer friends or relatives are enough to fill the void.
- 2. Most often, they cannot think straight, so avoid judgment of the grief-stricken (unless they become physically harmful to themselves or those around them.)
- 3. Remember that shock may carry the bereaved through the first few days.
- 4. Encourage talking and reminiscing. Bring up good memories.
- 5. Their feelings may be erratic. Be careful about offering advice or suggestions.

- 6. Encourage and/or allow tears. Crying is normal and healthy reaction to grief. Provide a shoulder to lean on and tissues.
- 7. Be aware of what might be needed; don't expect to be asked.
- 8. Don't relate their loss to losses you may have experienced. It's not your grief, and your coping style and feelings are not exactly like anyone else's.
- 9. Avoid clichés and religious references unless otherwise indicated. Consider a hug or simply a heartfelt "I'm sorry."
- **10.** Listen, listen and listen. Just be there when possible to support them.

CALENDAR OF EVENTS

October 1, 2004 (Friday)



FRAT will have a meeting and luncheon at 11 AM Friday, October 1st at Golden Corral Restaurant (get off Hollister exit from North 290, and make a U-turn. Restaurant is on your right).

October 1, 2004 (Friday)



ASL Social will be at First Colony Mall, the Food Court, 16535 Southwest Freeway, Sugar Land, TX 77479 Friday, October 1st from 6 PM to 9 PM. Come to meet your old and new friends. Any questions please e-mail to Earl Johnson at ejohnson127@houston.rr.com.

October 5, 2004 (Tuesday)

Positive Interaction Program (PIP) will be held on Tuesday, October 5th at Woodhaven Deaf Baptist Church at 9920 Long Point Rd. Houston at 7 PM. The presentation will be: Come and enjoy this party. Interpreter & captioning will be provided.

October 6, 2004 (Wednesday)



Houston Deaf Senior Citizens will have a field trip to Huntsville, TX <u>Wednesday, October 6th instead of Friday, the 8th due to booked. Meet at Woodhaven Baptist Church, 9920 Long Point Dr, Houston, TX by 7:30 AM. Hope you can join us. It's sure to be enjoyable. (See editor page 2, for more information).</u>

October 10, 2004 (Sunday)



Illuminations Arts will have Hand Held Tales, stories in ASL and English, at 2:30 PM Sunday, October 10, 2004 at Borders Books, 3025 Kirby, Houston, TX 77098. The presentation will be "Scary Stories" and the storytellers will be Jackie Kilpatrick and Donna Head. Hand Held Tales is for everyone regardless of hearing or signing ability. Bring your family and friends to join and enjoyable. Any questions or information contact Jill Beebout at 713-529-6909 TTY/VP or 713-529-6910 Voice.

October 13, 2004, 2004 (Wednesday)



Houston Senior Citizens will have a general meeting at **Metropolitan Multi-Service Center** at 1475 West Gray, Houston from 9 AM to 1 PM. Come and enjoy chatting with friends!

October 21, 2004 (Thursday)



Houston Deaf Senior Citizens will have a fellowship and potluck at Woodhaven Deaf Baptist Church at 9920 Long Point from 9 AM to 1 PM. If you wish to bring a covered dish, please contact Gertrude Sessions at (281) 447-7575 TTY or Jenice Wells at (281) 442-8015 TTY and let them know what you will bring.

October 27, 2004 (Wednesday)

Houston Senior Citizens will have a meeting at **Metropolitan Multi-Service Center** at 1475 West Gray, Houston from 9 AM to 1 PM. Come and enjoy chatting with friends!

October 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 ASL SOCIAL First Colony The Food Court Joan Brubaker	2
w	4	5 PIP MEETING	6 FIELD TRIP Huntsville	7 Faye Sims	8 Opal Piercy	9
		26			Lavern Fair	
10	11	12	13 S.C.M.M.S.C. Joe Morton Carla Holmes	Walt & Dinah Anderson—1983	15	Pernella Smith
Frank Shaw	18 Lillian Beard	Randy Melton	20	21 SC SOCIAL WOODHAVEN CHURCH	Richard Brubaker	23
24	25	26 Doris Williams """ Doris & Dewey Adams—1993	27 S.C.M.M.S.C.	28	29	30
31 Happy Halloween Back 1 Hour						

7



Letter from Inah M Jones:

Dear Houston Deaf Newsletter...

Let you know that I am back at my home: 402 Live Oak, Gatesville, TX 76528 now after I had been staying with my daughter, Martha at 2520 Mears Dr, Gatesville. The reason I stayed with her that was I got hurt at my home some weeks before Christmas 2003. I'm glad to be back home by myself since January 3, 2004.

I had a stroke on June 18, 1970 and since then I have been slow getting around. I'm making it OK at home by myself although paralyzed on my left side and I can't use my left hand. I use my right hand often.

I turned 85 years old on August 23, 2004 and can't believe it.

I was in Class 1933 of TSD. I remember my classmates – David Miller, William Bible, Lewis Williams; they're all passed away. Also Lorena Page in my class – I don't know if she is still alive or not.

I do not want to miss reading HDSC newsletter.

Inah Mae (Ballard) Jones

Trip to Cancun, Mexico: Submitting by Opal Piercy



Eugene and I flew to Cancun, Mexico for the wedding of our granddaughter, Sandy, from August 26th to the 28th. The wedding was unusual to us. Had a judge who could not speak English and they had an English interpreter for the wedding ceremony. We stayed at the Iberostar Paraiso Beach Hotel which is a beautiful resort about 45 minutes drive from the airport. Lovely place and we had a great time, but just too much walking for us oldies.

All went well and it's a wonderful vacation spot for the younger generation, so start saving and go there one day. Harry and family had been there before and that's why Sandy wanted her wedding there. Polly went along with her friend, so it was a family trip for us.

To our surprise, about 47 friends were there for the wedding, too. The weather was hot like Houston, but everything was A/C, so we had a good rest. We have lots of pictures to show so if you want to see them, just ask and we will be glad to show them off.

Frank Shaw:

On Thursday, September 9th Frank Shaw went to see his doctor for check up and was sent to the emergency room due to pneumonia and fluids in the lung. Then he was admitted in the hospital and a couple of days later the pneumonia and fluids went away, but his oxygen levels went down.

The doctor told him that he has to use a portable oxygen machine all the time, 24 hours, for everywhere he goes. He has to stay indoors during hotter weather and especially if there is a bad ozone alert.

He was sent home on Sept 14th and on the 16th his doctor checked on him and was surprised that his breathe is improving. He decided the heart stent are not need right this time. A surgery for aneurysm has to hold off for a while. The doctor want to wait for a month or so; it depends on his breathing continues to improve.

Really "Important" Facts....

Catfish has over 27,000 taste buds. (What could be so tasty on the bottom of a pond?)

What makes Ruth run, Jump, and throw? Ruth Seeger

Steve C. Baldwin, SIGNews Contributor - July 2004

Whether 80-year-old Ruth Mae Taubert Seeger runs, jumps or throws at any senior track and field meet, she is definitely a strong candidate to be the poster female athlete for all senior citizens.

Unless you are a lifetime fitness buff, most retired seniors prefer to hit the road to a winter haven, not the high jump crossbar or broad jump board. The most they will ever throw is a Nerf ball to their grandchildren or a handful of playing cards in triumph or frustration. When she was sixty-seven years old, Seeger decided that the rocking chair, leisure lifestyle and sunset activities could not match her metabolism and desire to remain physically active.

Four years after she retired from teaching and coaching at Texas School for the Deaf in 1986, Seeger decided to coach herself in all field events. Today, she throws the discus, javelin and shot put, good enough to break some national senior game records in her goes for the running long or triple jump and high jump events. From 1991 to 2004, Seeger garnered a grand total of 294 medals, including 274 golds, 18 silvers and 2 bronzes. As recently as May, she won a total of 10 gold medals, despite bad weather and lack of competitors. Statistically speaking, that's more than 22 medals a year for the first 13 years of partaking in senior games at the local, state and national level. Come the fall of 2004, Seeger should break the 300-medal mark.

Seeger has the unique distinction of being inducted in not just one, but seven halls of fame as an athlete, coach and sports leader. In 1975, she was inducted into the American Athletic Association (now the U.S.A. Deaf Sports Federation) Hall of Fame as the first deaf female coach. In 1988, Texas Governor William P. Clements inducted Seeger into the Texas Women's Hall of Fame as athletic coach. Five more halls of fame inductions came her way during the 1990s, especially in 1999, when she was honored in Temple, Texas, as the newest member of the Texas Senior Games Hall of Fame. Throughout all those unique inductions, she has long been widely recognized as a successful coach, versatile senior athlete and role model for thousands of young girls.

Speaking of role models, it is well known to those who know Seeger that Mildred "Babe" Didrikson-Zaharias (1914-1956) has been her life-long role model. Didrikson-Zaharias, an extraordinary, natural athlete from Port Arthur, Texas, is considered to be America's greatest female athlete. Seeger practically idolized Babe since her Minnesota days and followed Babe's career faithfully. This heroine-worship is what energized Seeger for so long and now Seeger herself is basically playing and enjoying the role of Didrikson-Zaharias as an Olympics champion, especially at the senior level.

Asked how she wanted to be remembered the most, such as being called the "deaf Babe," Seeger pauses for a moment, then says, "Gee, all I can think of is how mighty proud I am of all my girls over the years. That's all I want to be remembered for." The TSD gymnasium wasn't named in her honor in 1988 for naught. The Seeger Gymnasium is a testimony of her love for her "girls," athletics, sports equality and healthy living during the golden years.

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News from Frances White:

Hello Friends:

I am at home after spending almost seven weeks at Settlers Ridge Care Center in Celine, 12 miles north of Frisco. I have a new-fangled walker to get around with. It has a basket on it to carry things and a seat to sit on if you get tired. In time, I will graduate to a cane and after that be on my own again. This weird accident was something we never dreamed would happen, for you see, I was supposed to be taking care of Ralph. Instead, he has had to take care of me! Vicki and John have been wonderful about sending over food and doing errands for us. For a long time we wondered if we could have made it in Austin, but now, more than ever, we know we did right to come up here. Still, in our hearts we feel Austin is really our home. We have received many e-mails, letters, beautiful cards, faxed messages, TTY calls, flowers, balloons and visits. Your prayers and kind thoughts have touched us deeply. We feel very fortunate to have so many wonderful friends. Please accept our sincere appreciation for all you have done for us. It is our wish that someday we will see all of you again.

With much love, Frances

TSD's 150th Celebration 1856 - 2006

WHERE: Austin, TX

WHEN: June 8-10, 2006

PLEASE CONTACT GENERAL OR VICE-CHAIRPERSON FOR THE FLYER OF THE SCHEDULE OF EVENTS AND INFORMATION, ALSO TO FILL OUT THE FORM

CONTRACT INFORMATION	Billy Buza General Chairperson 5911 Brady Houston, TX 77011 713-921-7073 TDD E-mail: BBBUZA@AOL.COM	Walt Camenisch Vice-Chairperson 4705 Trail Crest Circle Austin, TX 78735 Ph: 512-892-1268 TDD E-mail: GOLFERWC@AOL.COM
	PLEASE MAKE CHECK OR MONEY ORDER PAYABLE TO TSDAA 2006	NOTE: PARTIAL PAYMENT

PARTIAL PAYMENT AND PERSONAL CHECKS ACCEPTED UNTIL **APRIL 3, 2006**

MAIL TO: **BRENDA MILLS,** REGISTRATION CHAIRPERSON P.O. BOX 643 MANCHACA, TX 78652-0643

Minimum \$25.00 per payment. Must still meet 12/31/04, 12/31/05 and 04/03/06 deadlines to receive "early bird" discounts.

> Payment must be mailed to Brenda Mills at the P.O. Box, (address on the left side)

DISCLAIMER

TSD/TSDAA NOT RESPONSIBLE FOR CHILDREN LEFT UNATTENDED







Travis Sessions' oldest brother, **Rudolph**, **81**, died August 9, 2004 in Tyler, TX and was given a military burial with a 21 gun salute in Alto, TX. He was retired as a Master Sergeant from the Army after 22 years of service. He had been served during World War II and the Korean War. He is survived by his 3 brothers and 4 sisters including Tennie Sessions.

Submitting by Gertie Sessions



Let you all know that **Johnny Lovelace** who used to live in Fort Worth and Dallas.

He passed away last Saturday, August 28, 2003 at 1:45AM PST in Los Angeles, California. His body had been cremated.

There was no service, however, in lieu of flowers, please donate to Fort Worth Regional Day School for the Deaf Alumni Association, Inc.

(FWRDSDAA), 512 Kelly Terrace, Arlington, Texas 76013.

Please pray for his sister, Terri Sue Lovelace. Brantley H. Hinshaw, Jr. "Pete" FWRDSDAA Contact Alumni, 2nd VP brantleytx@aol.com

Deaf Network of Texas - 9/3/2004



Emmett Hall passed away at 11:30 AM on September 8, 2004. There was no funeral service but just only had a small private one for the close friends and families at the home of the son. His body was cremated after the paperwork was signed by medical examiner for the death certificate.

Submitting by Zelma Curbello





WILKERSON, HOWARD O. was born on May 19, 1924, in Huntington, WV, to Harold B. and Flossie Wilkerson and passed away on August 22, 2004, in Plano, TX. He is preceded in death by his parents; brothers Fred Wilkerson and Raymond Wilkerson and his

son, Howard O. "Howie" Wilkerson, Jr. Howard is survived by his wife, Mary Lee; children, Barbara Gonzales, and husband, Richard; Sharon Bell and Wilkerson: Paul: Dale husband. Groenewald and husband. Les. Betty Owings and husband, Stan, Bill Bradford, and Jean Lister and Ray: 16 grandchildren; 5 greathusband. grandchildren and 2 brothers, Bobby Wilkerson and Jack Wilkerson. Family received friends on Thursday, August 26, 2004, from 6:00 to 8:00 p.m. at Restland Funeral Home. Services were held on Friday, August 27, 2004, at 11:30 a.m. at Restland Wildwood Chapel.

Howard graduated in 1946 from Texas School for the Deaf in Austin, Texas where he went on to become a lino-typist for Tyler Courier Times Telegraph. Howard later moved his family to Dallas where he eventually retired from Dallas Morning News after 31 years. He began his career with the Dallas morning News in 1967 as a lino-typist and retired in 1998 as pre-press operator. He was an avid golfer and a member of SWDGA (South West Deaf Golf Association) and served a term as President of Dallas Association of the Deaf. Memorials may be made to Deaf Action Center 3115 Crestview Dr. Dallas, TX 75235.

Published in the Dallas Morning News on 8/26/2004.



LAUGHTER, THE BEST MEDICINE

OPEN CAPTIONED MOVIE





Adam returned home late one night, and Eve confronted him at the door.

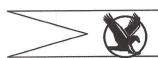
"You're seeing another woman, aren't you?" she accused.

"Don't be silly," he replied. "You're the only woman on earth."

Later, while half-asleep, Adam felt a tickle on his chest. "What are you doing?" he asked Eve.

"Counting your ribs."

By Gregg Siegel: Reader's Digest - October 2004





5802 Holly Houston, TX 77074

Mary Redman (713) 981-1543 Voice/TTY

You may call them by RELAY TEXAS #711 OR #1-800-735-2989 Funded in part by (TCDHH) Texas Commission for the Deaf and Hard of Hearing

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