

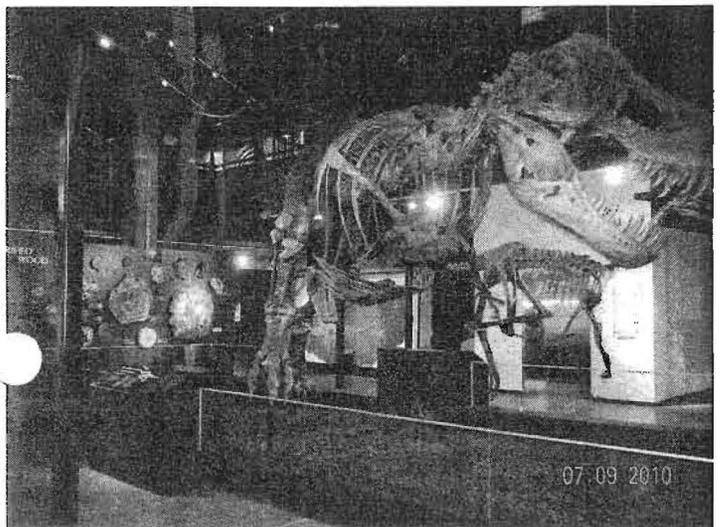
HOUSTON DEAF SENIOR CITIZENS NEWSLETTER

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Volume 11

August 2010

Issue 08



Trip to Wharton County and Sugar Land

We went inside of Wharton County Museum where we saw Johnson Trophy Room. The next picture is about The Birkner Doll Collection where a doll was collected from a trash pile in Galveston after the 1900 hurricane. We posed in front of Dan Rather's Birth Home. After eating lunch at First Colony's food court, we headed to Houston Museum of Natural Science in Sugar Land. We saw various skulls of different animal and numerous Dinosaurs.

CALENDAR OF EVENTS

August 3, 2010 (Tuesday) = **Positive Interaction Program (PIP)** will have a presentation on "Railroad Safety, Advance Warning Signs for the Deaf". Officer Jack Hanagriff will present this informative presentation. The meeting is held at Woodhaven Baptist Church for the Deaf, 9920 Long Point, Houston, TX at 7:30 PM. Door prizes! Interpreter and captioning are provided. If anyone wants to volunteer to make a dish, bring sandwiches, chips, dips, desserts, tea, water, or soft drinks for this meeting, please e-mail to Officer James Sobota at james.sobota@cityofhouston.net. He will appreciate your help.

August 6, 2010 (Friday) = **ASL Social** will meet at Memorial City Mall, 900 South Gessner, Houston, TX 77007 from 4:00 pm till 9:0 pm.

August 11, 2010 (Wednesday) = **Houston Deaf Senior Citizens** will have their business/social meeting at Metropolitan Multi-Service Center, 1475 West Gray, Houston, TX 77019 at 9:00 am till 1:00 pm. We will be playing games or socialize. Bring your friends to have a great day!

August 13, 2010 (Friday) = **Houston Deaf Senior Citizens** will take a trip to San Antonio and Buckhorn Texas Ranger Museum. We will have lunch there. The cost is \$11 per person. Please bring money for lunch. Everyone needs to be at Woodhaven Baptist Deaf Church, 9920 Long Point Rd., Houston, TX by 6:00 AM as the Bus will leave by 6:30 AM. Please contact Margie Graham at 281-552-8321 (OJO) or Julie Spaulding at 281-249-5276 (VP) for more information

August 13, 2010 (Friday) = **Houston Hand Talk Social** will be in the Food Court at Galleria Mall, 5085 Westheimer Road, Houston, TX 77056 from 5 PM till 9 PM. This is a fun way to meet people that are learning ASL. Let's meet and enjoy chatting with old and new friends.

August 19, 2010 (Wednesday) = **Houston Deaf Senior Citizens** will have a fellowship and potluck at Woodhaven Baptist Deaf Church, 9920 Long Point Rd. from 9:00 am till 1:00 pm. If you wish to bring a covered dish, contact Jenice Wells 281-442-8015 TTY or 281-249-5251 VP and let her know what you plan to bring. If you do not bring food, please bring \$5 to help cover the cost of food.

August 20, 2010 (Friday) = **ASL Social** will meet at Hungry Farmer Barbecue, 40 E. Crosstimbers St., Houston, TX 77022 from 4:00 pm till 9:00 pm. Come and enjoy chatting with new and old friends.

August 25, 2010 (Wednesday) = **Houston Deaf Senior Citizens** will have their business/social meeting at Metropolitan Multi-Service Center, 1475 West Gray, Houston, TX 77019 from 9:00 am till 1:00 pm. We will have a Speaker talk about Diabetics: Lesson 101. Please bring your friends to hear this Speaker.

August 30, 2010 (Monday) = **Joe's Banquet Center**, 1300 East Hwy. 6, Alvin, TX 77511 will provide free meal for Seniors from 6 AM till 10 AM. It is free on the last Monday of each month. However, you have to pay for your drinks and tip.

DONATIONS & NEWSLETTER DUES

Donations to Houston Deaf Senior Citizens Love Fund and Newsletter:

Thanks to the following people for their generous donations to Love Fund: Gus & Zelma Curbello in memory of Love Friends, Bobby J Griggs in memory of Lillian Beard & Martha Beckham, Lennie Lee Jordan, Audrey Leger in memory of Anna Ruth Hill, and Nancy Morris in memory of Marion Ciczuzza's sister Janice.

Anyone who wishes to donate money to **Houston Deaf Senior Citizens Love Fund, Inc. (a 501(c)(3) non-profit corporation)** should please make check or money order payable to **Houston Deaf Senior Citizens Love Fund**. In the memo part of your check, please write down what the amount applies to or you can send a note. Please mail to address on back page. Thanks so much!

RENEWAL SUBSCRIBERS:

Thank you for your renewal: Dameria Autry, Chris Balat, Kathryn Caldcleugh, Jerry & Peggy Capell, Emma R Cross, Gertrude S Galloway, Bonnie B Gough, Sara Harris, Jennie Lee Jordan, George Lewis, Sandra L Manley, Joyce Mansell, Nicholas Martz, Lowell & Ruth Montgomery, John & Wen-Exa Reynolds, Rochelle Simpson, and Patsy R Smith.

NOTE: A gift subscription for Sandra L Manley and Lowell & Ruth Montgomery was provided by Audrey Leger. Thank you, Audrey!

Welcome to Whitney Oaks Hall!

Sacred Heart Society
Whitney Oaks Hall
Houston, TX 77022

A Great Lunch is served every Thursday from 11:00 AM till 1:15 PM. Please bring the people from the office or come by yourself. We serve Pasta and Meat Balls, Italian Sausage, Egg Plant, Pork Chops, and Spumoni for Desert. Happy customers are ready to eat. Enjoy your Lunch here. Check out the Website at www.whitneyoakshall.com for further information.

Hints from Heloise

Do research before hiring a caterer! If you are hosting a wedding, family reunion or other large event, you may be considering hiring a caterer. Call family, friends and business associates for recommendations. Here are some hints to help you if you meet with a caterer:

- 1) Take notes on the details of the foods and beverages being suggested. How will they be prepared, presented and served? On site? Fixed ahead and brought?
- 2) Determine the per-person price. What does this include: an open bar, wine, dessert, service, tips, cleanup and tax?
- 3) Establish a date for you to give the final head count. Set a cutoff date for last-minute guests, if you can. Will you be billed for no-shows?
- 4) Who provides tableware, table linens, trays, serving utensils, and centerpieces? For a casual gathering, who gets leftover disposable plates, cups and napkins?
- 5) Finally, what cleanup does the caterer do? And who gets the leftovers?
- 6) When you have agreed on everything, get a written contract, which covers all details, large and small. Go over it carefully before signing.

NEWS

Deaf Day at Six Flags

Will be held on Saturday, August 7, 2010 from 10:00 a.m. to 10:00 p.m. at Arlington, TX (Between Dallas and Ft. Worth). Ticket prices and other information will be sent out soon. For more information contact: Allison Randolph at allison.randolph@tccd.edu, 817-515-1343 (voice), or 817-484-6740 VP.

EATING FRUIT...

What is the correct way of eating fruits? It means not eating fruits after your meals! Fruits should be eaten on an empty stomach. If you eat fruit like that, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities. **FRUIT IS THE MOST IMPORTANT FOOD.** So please eat your fruits on an empty stomach or before your meals! The fruit mixes with the putrefying other food and produces gas and hence you will bloat! Graying hair, balding, nervous outburst, and dark circles under the eyes all these will NOT happen if you take fruits on an empty stomach. If you have mastered the correct way of eating fruits, you have the Secret of beauty, longevity, health, energy, happiness and normal weight.



When you need to drink fruit juice - drink only fresh fruit juice, NOT from the cans. Don't even drink juice that has been heated up. Don't eat cooked fruits because you don't get the nutrients at all. You only get to taste. Cooking destroys all the vitamins. But eating a whole fruit is better than drinking the juice. If you should drink the juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it. You can go on a 3-day fruit fast to cleanse your body. Just eat fruits and drink fruit juice throughout the 3 days and you will be surprised when your friends tell you how radiant you look!

KIWI: Tiny but mighty. This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

STRAWBERRY: Protective Fruit. Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging free radicals.

ORANGE : Sweetest medicine. Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content.. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

Looking for Wanda Jean Keefe Wooten

I am looking for Wanda Jean Keefe Wooten who is deaf. She is married to my brother Randy. It has been 10 years since last seen her where she lived in Texas. Her children, Allie Jo and Mathew, whom she lost to family is reason for looking for her. If you know her, please give her this address for contact: Rayenell Duke, 218 Jamestown Rd., Menlo, GA 30731 or Email: srduke@dhr.state.ga.us

NEWS

DeafDigest Gold - July 4, 2010
Barry Strassler, Editor

DeafHistory - Looking Back: Year 1981 - Barney Miller, a popular TV sitcom-comedy series featured three deaf people on one segment - Phyllis Frelich, Peter Wolf, and Seymour Bernstein. Frelich played the role of a prostitute nabbed by a detective, Wolf was the pimp and Bernstein was the prostitute's attorney. Sign language communication between the deaf group and the police officers was facilitated by a low ranking officer who "knew" signs because of his sister's deafness. This episode won many raves among the TV audience, both deaf and hearing.

DeafDigest Blue - July 4, 2010
Barry Strassler, Editor

DeafDigest dedicates this edition to Eddy Hernandez, who was shot to death while walking on a Los Angeles street. Deaf himself, and pretty much beloved in the Los Angeles Deaf Community, he coached the Fairfax High School deaf basketball team. The police are posting up a reward to find his killer.

LATE DEAFNESS IN IRELAND

There was a newspaper story of some people in Ireland suffering from late-deafness. They were exposed to heavy noises for many years. The newspaper said that some of them waited 15 years before finally seeing a doctor or an audiologist about their late deafness. Why 15 years? Good question.

A DALLAS COWBOY MYSTERY

Flozell Adams, who is deaf in his right ear, played for the Dallas Cowboys for 12 seasons. He played left tackle, where his deaf ear was nearer the quarterback than his better ear. The quarterback barks signals; because of Adams' deafness he missed some of them and was penalized for false starts so many times. The Cowboys never used him at right tackle where his better ear would be nearer the quarterback. Why would the Cowboys play him at a more difficult position? Good question.

Vitamin Truths

From Reader's Digest of April, 2010

As studies have eroded the hopes placed in most vitamin supplements, one pill is lookin better and better. Research suggests that vitamin D protects against a long list of ills: Men with adequate levels of D have about half the risk of heart attack as men who are deficient. And getting enough D appears to lower the risk of at least half a dozen cancers. Indeed, epidemiologist Cedric Garland, MD, at the University of California, San Diego, believes that if Americans got sufficient amounts of vitamin D, 50,000 cases of colorectal cancer could be prevented each year.

But many Americans fall short, according to research by epidemiologist Adit Ginde, MD, at the University of Colorado, Denver, Vitamin D is the sunshine vitamin: You make it when sunlight hits your skin. Yet, thanks to sunscreen and workaholic or TV-aholic habits, most people don't make enough.

How much do you need? The Institute of Medicine is reassessing that right now; most experts expect a big boost from the current levels (200 to 600 IU daily). It's safe to take 1,000 IU per day, says Ginde.

So here's the Reader's Digest version of the truth about vitamins: Eat right and supplement with vitamin D. Be sure to check with your Doctor before taking vitamin D and find out how much the Doctor recommends.

DEAF AWARENESS WEEK (DAW)

Greater Houston Deaf Connections is supporting the Deaf Awareness Week in 2010. They have assumed the responsibility to keep this event going annually. They look forward to your support. Here is a list of what they have planned for the week beginning September 12 through 18:

Sunday, September 12: Will kick off at Kemah Boardwalk beginning at 3:00 pm to closing. Meet at the water fountain near the shops. Then, we will eat at Joe's Crab Shack. Please be prepared to pay for parking.

Monday, September 13: This is called Cultural Day and will be held at University of Houston on their main campus. The exact time will be determined later. This will be a workshop based on different cultural backgrounds from deaf individuals based on their deaf cultural experience. At the end of the presentation, we will have a panel where there will be a question/answer session with the Speakers.

Tuesday, September 14: We will see Houston Astros play at 7:05 PM at the Minute Maid Park. Tickets are \$10 per person. There will be some deaf signers for the National Anthem. You can order tickets online. Information on the tickets will be announced next month. Come out to the Ball Game!

Wednesday, September 15: Happy Hour will be held at Sherlock's Pub on Kirby. We will meet at 7:00 PM till everyone decides to leave. If you are going to be drinking, please get a designated driver to drive you home.

Thursday, September 16: This day will be Educational Day. It will be held at Lone Star College – Cypress Fair, 9191 Barker Cypress Rd., Cypress, TX 77433. Speakers will begin at 9:00 AM till 1:30 PM. This will be held in the Theatre followed by the Conference Center. Houston Metro Area Deaf junior high and high school students are being invited to see Deaf professionals speak about their paths to success. A Deafness Resource Specialist will also be presenting on rights and accommodations after students leave high school for college or the workforce. A number of colleges and universities will be available during lunch to provide information to interested applicants about their institutions. Presenters will be CAAG, Career & Recovery Resource, University of Houston, and DARS. Dr. Brian Kilpatrick is handling this event. Contact Lyle Hudson at 832-326-3367 (V or Text).

Friday, September 17: This will be Art Day with Deaf Artists showing their arts to everyone. The location will be determined and announced later.

Saturday, September 18: Booths will be set up from 9:00 AM till 3:30 PM. Place will be announced later.

Saturday, September 18: Banquet/Awards Night will be held from 6:30 PM till 12:00 AM (Midnight). Some awards will be presented to folks in Houston for their contribution to the Deaf Community. Only 200 seats are available for the evening. Tickets are \$75 per person. It will be held at Westin Hotel in the Galleria. More information will be posted in the September's newsletter.

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Thank You So Much!

Hello! Thank you all so much for sending a nice card for my husband, Lowell. He is still in Triumph Hospital on I-10 East Freeway. Doctor wants him to have some therapy/rehab treatment for a few weeks. Also, he started the feeding tube to get food into his stomach. He had a problem with lung fluid from his throat. Please pray for Lowell to get well soon. Thank you all of the deaf Senior Citizens and friends.....Love to all, Lowell & Ruth Montgomery



REST IN PEACE



OBITUARY

Bertha Mary O'Donnell Coughlin, 89, beloved mother of Father Thomas Coughlin O.P. Miss. of Old Forge, NY; James & Lorraine Coughlin Simpson of Old Hickory, TN; Ward & Rosemary Coughlin Pettis of Silver Spring, MD; and Tony & Bernadette Coughlin Mayhall of Chesterfield, VA, passed away on June 18th, 2010, at Camp Mark Seven in Old Forge, NY in the company of her children. She is also survived by 6 grandchildren and 3 great-grandchildren. Bertha was predeceased by her husband of 29 years, Francis "Pete" Coughlin in 1973; parents, John and Bertha O'Donnell of Bronx, NY and Susie Burns O'Donnell of Bronx, NY; her great-grandson, Anthony Simpson; two sisters, Ella Ritchie and Victoria Wilson; and one brother, John O'Donnell. Bertha graduated from St. Joseph School for the Deaf in Bronx, NY in 1940 and worked for a mapping company in the Bronx, Endicott-Johnson in Johnson City and Singer-Link in Binghamton. She married Francis "Pete" Coughlin in 1944 and lived in various cities. She was a member of St. John the Evangelist Church in Binghamton, International Catholic Deaf Association Chapter 67 of Binghamton and several deaf organizations. Bertha also spent 28 years volunteering at Camp Mark Seven in Old Forge, NY. Bertha is well loved and will be sorely missed by the deaf children and adults. In lieu of flowers, contributions may be made to Camp Mark Seven, 144 Mohawk Hotel Road, Old Forge, NY 13420.

Thomas Markus Crenshaw, 90 of Ft Worth died Friday, June 18, 2010. He retired from Wyatt Industries, Inc. in Houston, TX. He was a welder for many years. Survivors include his wife Mildred of Ft Worth; daughters Dorothy Powell of Centerville, TX, Mary Faye Tippett of Houston, TX, Alice Roney of Costa Rica, Rose Mary Adams of Holland, TX, son Johnny Crenshaw of Rosharon, TX, 4 stepchildren and numerous grandchildren and great grandchildren. Thanks to Mildred's children for helped lots with him.



Surrounded by loving family, **Mark Rene Montez** of Houston was called home to God on Saturday, June 26, 2010, after fighting a valiant battle against mesothelioma. He was 47 and was born in San Antonio to his parents, the late Lee Montez and Adrenna Hill Montez. He was employed as a security officer for the past 20 years. He married his soul mate, Deborah Renae Gover, on November 5, 2008. Devoted to family, Mark cherished his role as husband, father, grandfather, brother, and son. He is survived by his wife, Deborah Montez; four children: Monica & Alex Reyes, Melissa & Michael Melchor, Erika & Jorge Cruz, and Marcus & Melissa Montz; his Mother, Adrenna Montez; one brother and 2 sisters; and 5 grandchildren.

Anna Ruth Haskin Hill passed away June 30, 2010 in Corpus Christi, TX. She was born September 20, 1943 to George Hamilton and Bessie (Benes) Haskins in Houston, TX. She lived most of her life in the Houston area. Anna was of the Christian faith. She was always joyful, independent and supportive. Anna loved her garden, was a great cook and a natural teacher. She is survived by her loving husband, Leslie C. Hill of Mathis, TX; sister, Louise Wisley of Pearland, TX; brother, John Hamilton Haskins of Cambridge, MN; 7 nieces and nephews and many other relatives and friends. In lieu of flowers, the family request that donations be made in honor of Anna R. Hill to The Center for Hearing and Speech, 3636 West Dallas, Houston, TX 77019, www.centerhearingandspeech.org.



Briseida DeLeon Saez Northrup of Richardson, TX went home to be with the Lord on July 3, 2010, at UT Southwestern University Hospital, with her husband beside her. She was born November 18, 1952 in Chitre', Panama. Brisy is survived by her husband of 31 years, William; son, Jason & wife Kirsten of Temple, TX; daughter, Deliahna Spencer & husband Rick of Garland, TX; stepdaughter, Michelle of Mesquite, TX; 2 granddaughters; father Cesar DeLeon Saez of Chitre, Panama; mother, Gladys Sanchez & husband Alberto of Dallas, TX; countless friends and so many others whose lives she impacted. She loved life and built a well-deserved reputation as a party starter. She moved to the United States at the age of 18, and went on to become a citizen. Brisy was a gifted audiologist, working most of career at the Callier Center for Communication Disorder of the UT at Dallas. Her love of God and of people inspired her to use this training to tirelessly serve the underprivileged hearing-impaired in her community and in her home country of Panama.

EDITOR'S MESSAGE

Deaf Nation Expo in Las Vegas, NV was a wonderful event. It was enjoyed by thousands of people. Many of the booths there were educational and new products for the Deaf Community were interesting. The Deaf International pageant was fun to watch by many people. Their cultures were different, but lovely and interesting. The door prizes were great. Congrats to those that won them. Even though the weather was hot, it was dry.

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. My E-mail address is nmorris726@gmail.com 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. When sending large pictures to me, please make sure you use a larger envelope. Does anyone have an Anniversary that is coming up? If so, please send a letter about your years together and pictures.

Nancy Morris, Editor

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