



Non-Profit Organization

Tidbits

Volume 18 – Issue 08

www.hdsclf.org

August 2017



Photograph by Jan Dermon

Wally Mallay, Denis Tucker, Gary Pretzsch, Judy Becker, Larry Rice, Patricia Lynch, Gertrude Sessions
Fredrick Simerka, Cathy Simerka, Tony Ramirez, Sue Ramirez, Nancy Owens, Zane Owens, Jim Dermon, Jan Dermon
William Lambert, Delma Long, Elias Rodriguez, Robert Yost, Cristina Rodriguez, Paula Szablowski, Bertha Moses



I'm really acting president of the HDSCLF. I'm glad to serve till end of this year. I wonder whoever is interested in volunteering officers for 2018. Let us know. Thank you.

No meeting/social at MMSC on Wednesday, August 9th. City of Houston uses facility (building) for children for summer camp outing.

If you need to pay balance for OKLA/DALLAS trip, Jim Dermon will be at HDSCLF office at MMSC from 9 am to 11 am or at Luby's from 11 am on Wednesday, August 9th.



July 2017 – Happy Birthday!

Patricia Lynch

Fung Hahn

Nancy Owens

William Lambert

AUGUST

Happy Birthday!

- 04 Thomas Langham
- 06 Shirley Miller
- 07 Jackie Kilpatrick
- 08 Doris Adams
- 19 James Fair
- 23 Doina Langham
- 28 Brian Kilpatrick

Happy Anniversary

- Joe/Lucille Radwanski – 1976
- James/Janice Dermon – 1968
- Larry/Dana Glasscock – 1974
- Brian/Jackie Kilpatrick – 1975

HDSCLF Events

- | | | |
|-----------------|---|----------|
| Wed., August 09 | Luby's
1414 Waugh Dr.
Houston, TX 77019 | 11:00 AM |
| Wed., Sept. 13 | HDSCLF Meeting/Social
@ MMSC | 9:00 AM |

HDSCLF Field Trips

- Sat., November 4 – Texas Renaissance Faire
- Thurs., December 7 – TBA

HDSCLF Annual Trip

- Tues-Thurs, Oct. 3-5 Oklahoma City & Dallas
- For your information, see a flyer

In-Memoriam



Betty Telfer
1934 – 2017

APPRECIATION

On our May Austin trip, HDSCLF appreciated the service from Billy Collins, Jr. and Alan Sessions. Thank you!

Send some exciting news, delicious recipes, an announcement (newborn baby, birthday, anniversary, obituary), and color photos (JPG or PNG formats) to me before or on 15th day of each month. Thanks!

Contact: Editor of HDSCLF Tidbits;
Email: hdsclnews@gmail.com



Congratulations to Audrey's grandson, Emmanuel



Grandma congratulates her grandson, Emmanuel, who graduated from Manvel High School on May 27, 2017, at NRG Stadium. Really proud of him for not giving up and continuing on to graduate.

Written by Audrey Leger

BLT-Stuffed Avocados



Prep Time: 10 mins **Cook Time:** 12 mins
Total Time: 22 mins **Yield:** 4

Ingredients

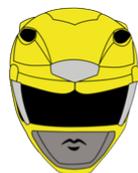
- 2 large avocados
- Fresh lemon juice
- 1 Roma tomato, seeded and cubed
- 1 cup cubed French bread
- 1/2 cup finely chopped spinach leaves
- 1/4 cup cooked crumbled bacon
- 2 tablespoons mayonnaise
- 2 teaspoons extra virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Instructions

1. Preheat the oven to 400 degrees F.
2. Cut the avocados in half, remove the pits, and carefully remove the peel. Rub the outsides of each half with some fresh lemon juice. This will help them maintain their nice color. Set aside.
3. In a medium mixing bowl, add all remaining ingredients and stir to combine.
4. Stuff the avocados with as much of the filling as you can fit, allowing the filling to come up over the sides a bit.
5. Place the avocados on a non-stick baking sheet and bake for about 10–12 minutes, or until the filling has turned a light golden brown. Serve immediately.

Submitted by Audrey Leger

Happy 5th Birthday



My great grandson, Preston turned 5 on June 11th, but had a birthday party at Chuck E Cheese on Saturday, June 10th. He had a blasted time with his cousins and played some games there. His favorite fairy tale was the Avengers (see the picture of cake), but now his favorite is the Power Rangers. I was there and enjoyed with the families.

Written by Audrey Leger

Staying healthy through humor, laughter, and play

Laughter is strong medicine for both the body and the mind. It helps you stay balanced, energetic, joyful, and healthy at any age. A sense of humor helps you get through tough times, look outside yourself, laugh at the absurdities of life, and transcend difficulties.

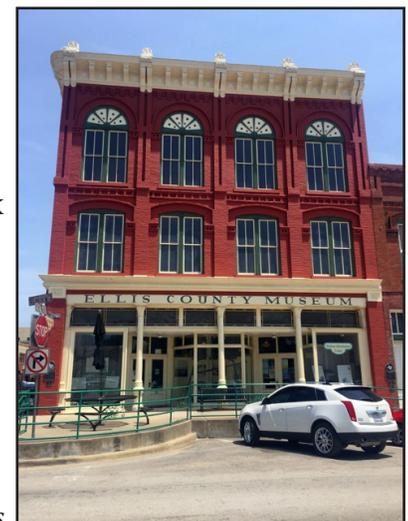
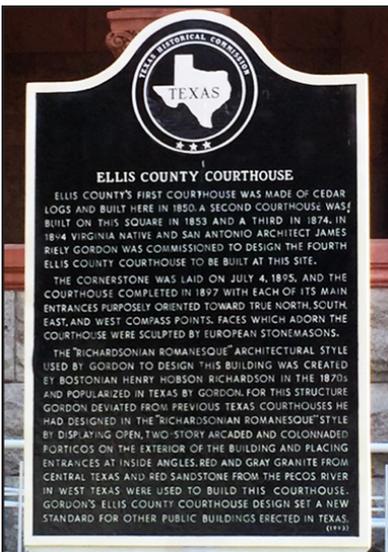




TRIP TO WAXAHACHIE, TX

I went to visit my daughter, Debra, during the week of June 18TH through 25TH. We decided to visit Waxahachie on Friday, the 23RD. That town was really awesome and worth visiting. The first shop we went into, the lady told us that there are lots of events planned every month through the year. We just need to check the website at www.waxahachie.com to see all their events listed and listen to the video that is CC. The lady also told us that everything that she sells is made in the USA! It was really hot that day we were walking on the Town Square. So, we stopped at an Ice Cream shop to cool off with their yummy Ice Cream!!!

Submitted by Nancy Morris



Help paying for Medicare and Part D

(Published by Seniorific News – 15 July 2017)

National Council on Aging

The Social Security Administration (SSA) has started sending more than 2.2 million Medicare beneficiaries letters alerting them to programs that could help pay their out-of-pocket health care expenses.

“These letters are an important opportunity for Medicare beneficiaries to evaluate their budgets and seek help if their health care and prescription costs are overwhelming,” said Leslie Fried, Senior Director of NCOA’s Center for Benefits Access.

“There are organizations in every community that can help people with Medicare determine if they’re eligible for the Medicare Savings Program (MSP) and Medicare Part D Extra Help, assist them in enrolling, and explain how to use these benefits.”

Roughly 8.5 million people are enrolled in MSP and about 12 million use Extra Help to afford their Medicare premiums, co-payments, deductibles, and prescriptions, but have not applied.

“Each day, thoughts of Baby Boomers turn 65 — and many are retiring with increasing amounts of debit and

a fixed income,” Fried said.

There are two places where beneficiaries can get in-person help to see if they’re eligible:

The State Health Insurance Assistance Program (SHIP) provides free, unbiased, one-on-one assistance to help Medicare beneficiaries and their families get answers to insurance questions and apply for benefits. People can find their local SHIP by calling 1-877-839-2675 or www.shiptacenter.org.

NCOA’s Center for Benefits Access funds 59 Benefits Enrollment Centers (BECs) across the country that help Medicare beneficiaries with limited incomes access programs that help pay for health care, food, and more.

Medicare beneficiaries who are eligible for MSP and Extra Help also may be eligible for other benefits to supplement their monthly budget. NCOA’s BenefitsCheckUp.org is a free, confidential online screening tool that older adults can use to find federal, state, and local benefit programs that help pay for health care, prescriptions, housing, utilities food and more.

Rica's Recipe: Unstuffed Cabbage

March 29, 2017

· Filed under beef, main course · Tagged unstuffed cabbage

We love eating stuffed cabbage in our house. Sometimes we just don't have the time to make it. This is the "lazy" version or what we called the "unstuffed" cabbage. This is a quick and easy main dish that's inexpensive to make.

Ingredients:

2 lbs ground beef
1 large (or 2 small) onion, diced
2 garlic cloves
1 small cabbage, chopped
8 oz tomato sauce
2 cans (14.5 oz each) diced tomatoes
1/2 cup water
1 teaspoon salt
1 teaspoon pepper



Directions:

Brown the ground beef with diced onions in a large pot. Break the ground beef down into pieces. When the beef is browned, add in minced garlic. Mix well and let it cook for one minute. Add chopped cabbage, tomato sauce, diced tomatoes, water, salt and pepper to the pot. Mix well. Cook on high heat. Bring to boil, then cover and reduce the heat to low. Let it simmer for between 20-30 minutes or until cabbage is tender.

Submitted by Judy Becker

8 Signs You Might Need an Eye Exam

Ideally, one eye exam every year should help you to stay on top of your eye health, but some people might need to schedule more than one exam in a year. Vision can change quite a bit over the course of a year, especially for those over the age of 50, and it is important to know when you need to schedule an exam.

Here are 8 signs that you should get another exam on the calendar soon:

1. Your eyes are red, dry, itchy, or you are seeing spots, flashes of light, or floaters.
2. You have diabetes or another health condition that affects your eyes. Also, if you have a family history of conditions like diabetes or glaucoma you may need exams more often, especially as you move into your 50s and beyond.
3. You can't remember when you last had an eye exam. If it's been longer than a year, you're overdue.
4. You have difficulty driving at night and seeing street signs in the dark.
5. You experience eye strain, headaches and/or blurred vision after spending an extended amount of time in front of a computer screen.
6. You get motion sick, dizzy, or have trouble following a moving target.
7. You hold books or the newspaper further away from your face and squint or close one eye to read them clearly.
8. You notice any changes in your vision, especially after an incident of head trauma.

Don't wait until you experience any of these 8 things before you schedule an eye exam. Keep in mind that an eye exam benefits more than just your eyes. Your eye doctor can detect a wide range of diseases like diabetes and cancer just by looking at your eyes.

Check out: <https://www.vsp.com/eye-exam-needed.html>



HDSCLF ANNUAL TRIP (Oklahoma City & Dallas)

October 3-5, 2017

\$140 per person*



Price includes:

- ✓ **Hampton Inn & Suites accommodations**
 - **1 night – Oklahoma City Bricktown**
 - **1 night – Dallas Downtown**
- ✓ **2 Hot breakfast buffet meals**
- ✓ **Entrance fees**
 - **Oklahoma City National Memorial Museum**
 - **National Cowboy & Western Heritage Museum**
 - **State Fair of Texas**

* Price is for anyone over 60 years old and resides in Houston area. Full payment is due no later than August 31, 2017. Monthly payment can be arranged. After August 15, 2017 is non-refundable. Anyone under 60 years old is to contact Don Hahn at (832) 413-6183 for pricing. For reservation, call Gertrude Sessions at (281) 249-5284.

Please send the payment to **HDSCLF** stating “**Annual Trip**” on the memo:

HDSCLF
Attention: Annual Trip
P. O. Box 130705
Houston, TX 77219-0705



WORD SEARCH

U Q E Z J Y L A V E X S T F L
N O I T A C A V L G A C Y Q O
Q X D C C T G T T G A K V P L
Z T F U P F S U N F L O W E R
H O Q Q T A C A O X A D Q H X
H E A T C I I Q L T Q U C N Y
B V B D Q C N A E O H A V W F
F A N P D E C S M P E V L U S
G A S K B C I F R B O P A W K
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T F Z C G K B G O V W N P Y C

BEACH
BASEBALL
ICE CREAM
SWIMMING

PICNIC
VACATION
SUNFLOWER
WATERMELON

SANDCASTLE
HEAT
BOATING
POOL

Renewals:

Jo Ann Adkins, Sheri Crabtree, Patricia Fair, Mattie Hanners, William Lambert, Wally Mallay, Evelyn Marek, Joan Montfort, Lee Morgan, Jr, Sylvia Odom, Peggy Owen, Elias/Cristina Rodriguez., Rochelle Simpson, Paula Szablowski, Maria Usrey, Barbara Warren, Doris Williams

New Subscriber:

Clyde Andrew, Christine Johnson, Linda/Robert Purvis

In Memory of:

Sharon Grazziffi (Sheri Carbtree)

Donations (May 2017):

Zelma Curbello, Lee Morgan, Jr., Nancy Morris, Kathy Smith, Doris Williams

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



Jim Dermon
HDSCLF Treasurer

BOARD OF DIRECTORS



Don Hahn



Jim Dermon



Judy Becker



Patsy Walker

HDSCLF MEETING/SOCIAL

@ Metropolitan Multi-Service Ctr.
1475 W. Gray St.
Houston, TX 77019

HDSCLF meeting/social is held
on second Wednesday
from 9:00 am to 1:00 pm.

Head Committee Chairs:

Greeter – Robert Yost
Event Planner – Judy Lorenz
Luncheon/Prizes – Patsy Walker
Refreshment – Doris Williams
Travel – Gertrude Sessions
Subscription – Jim Dermon
Tidbits & Website – Judy Becker

HDSCLF Officers:

Judy Becker, Acting President
hdsclf8web@gmail.com

Vacant, 1st-Vice President
--

Patsy Walker, 2nd-Vice President
waynellus@hotmail.com

Don Hahn, Secretary
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Jim Dermon, Treasurer
jdermon.senior@gmail.com

Mail to:

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Houston, TX 77219-0705

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Houston Deaf Senior Citizens Love Fund
A non-profit, 501(c)(3) tax exempt organization
SUBSCRIPTION / DONATION FORM

Choice one: \$5.00 (Electronic) or \$12.00 (Paper) X ___ year(s) = \$____.00 New Renewal

Gift Subscription from (Giver) _____ [\$5 or \$12]

Donation to HDSCLF \$_____ in memory of _____ (Tax deductible)

Donation: \$_____ to the Houston Deaf Senior Citizens Love Fund. (Tax deductible)

PLEASE PRINT: CURRENT ADDRESS NEW ADDRESS

Name: _____ (DOB: ___/___/___)

Spouse: _____ (DOB: ___/___/___)

Address: _____

City/State/Zip: _____

Email: _____ VP, TTY or Fax: _____

(Require)

Anniversary:
____/____/____

Make payable to **HDSCLF** and mail this form with personal check or money order to Houston Deaf Senior Citizens Love Fund, Attn: Treasurer, P. O. Box 130705, Houston, TX 77219-0705. Thank you.

OFFICE USE ONLY: Cash (in a person) Money Order # _____ Check # _____
Receipt # _____