

HOUSTON DEAF SENIOR CITIZENS NEWSLETTER

Volume 6

April 2005

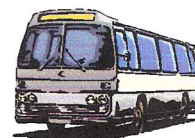
Issue 4



REMINDER:

Daylight Saving Time begins on April 3rd,
Do not forget to set your clock(s) ahead one hour at
bed time on April 2nd

We have planned the field trips next two months for Houston Deaf Senior Citizens.
(Attention: these places or dates may be changed if unable to reserve or time permits)



2005

May 13, 2005 (Fri) ~~ Bastrop

June 10, 2005 (Fri) ~~ Mexia ?

HEALTH TIP

“Stunning Health News About Hot Cocoa!”

Sweet! Hot cocoa really is good for you. Sip a steaming mug of hot cocoa and you'll get more disease-fighting antioxidants per cup than a similar serving of red wine or tea, report researchers from Cornell University.

Cocoa's antioxidants are almost two times stronger than red wine, two to three times stronger than green tea, and four to five times stronger than black tea, reports Science Daily. Antioxidants—vitamins C and E and beta carotene—are widely believed to fight cancer, heart disease, and aging. They may even help stave off the memory-robbing Alzheimer's disease.

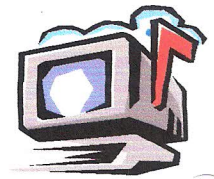
The Cornell study is the most extensive comparison yet of the total antioxidant content of cocoa, wine, and tea, arguably the world's most popular drinks after water. There's just one problem with all this: Scientists know antioxidants are essential for our good health and longevity, but they don't yet know how much we need every day.

If you want to get your antioxidant dose from something sweet, there is nothing better than hot cocoa. And the key word here is “hot.” Lead study author Chang Yong Lee says hot is better than cold. For some reason, when cocoa is heated, more antioxidants are released than when it's cold. Don't want the fat and extra sugar of hot cocoa? Use skim or soy milk instead of whole milk and an artificial sweetener instead of sugar.

The study findings appear in the Journal of Agricultural and Food Chemistry.

E-mail from a friend

From the Editor:



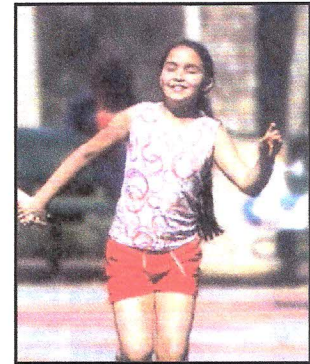
Dear Houston Senior Citizens and Friends:

We, the Senior Citizens, are enjoying our field trip every month, and if you have any good experiences of place around or within 200 miles from Houston for us to sightsee, we, the staff, would appreciate you sending us the locations, address if possible and the details. Thank you very much.

I am proud to tell you that our ten year old granddaughter, Whitney A. Wright, a model in Academy's paper of Houston Chronicle last Sunday, March 20th to wear Academy's sport clothes, pictured as jogging with 4 other girls. Her parents, Alvin & Dedra and both of her grandparents are excited and proud of her. See the pictures below.

Have a wonderful spring time!

Audrey



**Houston
Deaf Senior
Citizens
Newsletter**

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Please send any news, information, jokes, pictures, recipes, sports or anything that you want to share with Senior Citizens. **Please keep articles to less than 250 words, due to limited space on the newsletter.** 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 15th 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 / FAX or E-mail us at hdsnews@yahoo.com.



**Flash News for next Field Trip
April 8, 2005
Kemah, TX**

Houston Deaf Senior Citizens will meet at Woodhaven Baptist Church, 9920 Long Point Rd, Houston, TX. The bus will depart no later than 9 AM.

10:30 AM to 3 or 4 PM – Kemah Boardwalk

At Lunch: For your lunch you pick any restaurants & afterward enjoy yourself at the Kemah Boardwalk (Do not forget to bring enough money)

At the Kemah Boardwalk, we will inform everyone what time and where to meet for the bus to head Houston

If you are interested in going on the field trip, please contact Zelma Curbello at 713-941-3247 or Audrey Leger at 281-437-6224 before the 7th. Come and let's have fun together. See you on the 8th.

NEWS

TSD Homecoming: Submitting by Billy Buza

There will be TSD Homecoming in Austin on November 5th. TSD players will play against San Marcos Baptist Academy. Be sure to mark your calendar so you will not miss a fun time.

Where is Margaret? Submitting by Marlene Hanks

Where has Margaret Stebbins Finnerty gone?

We, her daughters, are happy to inform all of her friends that she is well. She has not disappeared, but is residing at the Gueydan Memorial Guest Home and is very content there. Contrary to rumors she does not have Alzheimer's and is as mentally alert as she has always been.

She is missing some of her long time friends though, and we would like to invite anyone who can, to visit her. She would love to see you and chat like old times.

It hurts us, her daughters that her friends have been misinformed about her condition and we would like to set the record straight.

We are both at the Gueydan Guest Home as often as possible. Marlene is there several times a week and Kathleen comes as often as she can. Thank you for being our friends and I know mother will be glad to see you. Please feel free to stop by and see her or call her. She is the same Margaret Finnerty, cheerful, outgoing and still loves everyone.

Three News by Tennie Sessions

- On March 5th Charm and Mario Montalvo picked me up at La Vista place in San Marco to attend the Austin Deaf Club that evening. At the club, there was the Texas Council of the Deaf and Hard of Hearing, which has established different programs for the Spanish Latino who needed interpreters. They want to learn to translate Spanish into ASL. There were 103 deaf people present. We enjoyed the meeting and chatting together. We watched the sweet children try to hit the Piñata. One of them hit it hard to break it open and candies spilled out. The kids ran and pick up the candies from the floor, then brought them home. That was fun. The Mexican food was very good. Charm and Mario dropped me off at La Vista on their way home. Mario was a very good driver while driving in the rain and dark. Anyway we had a great time.
- On March 8th Judy Hardwick-Thomas moved in La Vista. After a short time there she realized that she loves many deaf friends in San Marcos, also in Austin. She still misses her son and family in Dallas. She looks happy and can talk to deaf people. She is brave to drive alone at night because her eyes still have clear sight but I, Tennie Sessions, can't drive myself in dark.
- Jo Baker brought her parents, Glynn & Alma Whittemore of Houston to La Vista to look around at all the apartments to see if they would like to move in. Then finally they moved in so Jo can visit them more often. They are doing fine, and we are happy to have them here with us.

JOKES ON US:

Diner manager: Haven't you finished filling the salt and pepper shakers yet?

New waitress: Not yet. It's really hard to get the salt and pepper through all those little holes.

■ **CHUCK WELCH**, Houston (fokes@chron.com)

Note from Montie Strother

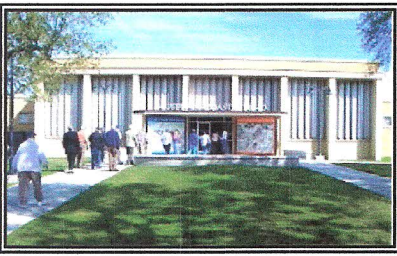
To Zelma & All Senior Citizens,

My dear to every one of you all, I hope you had a nice, Happy Easter. Love to each one of you all.

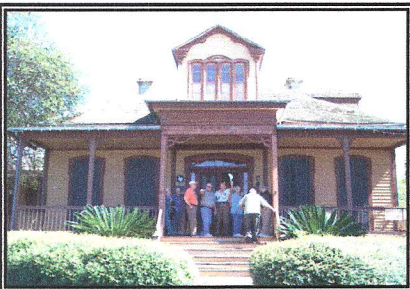
Montie

Houston Deaf Senior Citizens' Field Trip

On March 11, 2005 Houston Deaf Senior Citizens including Maxine & Bobby Sheffield from South Carolina (formerly of Louisiana) whom visited with Faye & Rubin Sims really enjoyed their field trip to three places in Victoria, TX:



The Museum of Coastal Bend: History of La Salle's doomed colony on the Texas coast and a video shows about how they found eight cannons, rings, many pieces included piece of damaged boat in the ground under the dirty water at Matagorda Bay. This museum's exhibit includes eight cannons that defended the colony. ➡



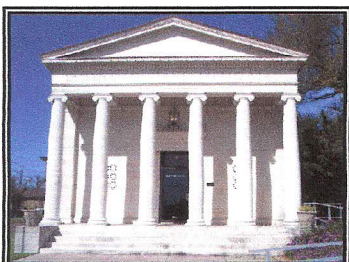
McNamara House: Built in 1876 for W. J. McNamara, Town Council Member and Dealer in Cotton, Wool, & Hides, his wife and four daughters. This family house is a prime example of Victorian style and design. Inside the house are typical of many traditional Southern coastal residences built during the late 1800s including architectural styles of mid-Victorian ornamentation in the form of sawn and carved porch. (Picture taken inside is not permitted).



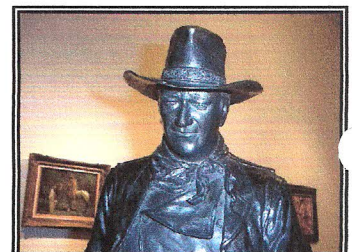
← **Group of Senior Citizens**
1st Row: William. Hebert, Eugene Piercy, Early McVey, Evelyn Autry, Pernella Smith, Jenice Wells, Gertie Sessions, Maxine Sheffield, Faye Sims, Christine McKinnon, Hazel Richard, Thelma Jo Hays & Rubin Sims.
2nd Row: Nancy Walker, Margie Graham, Tommy Wells, William Lambert, Bobby Sheffield, Nancy Morris & Montie Strother
3rd Row: Arlene Benham, Zelma Curbello, Steven Sirois, Lavern Fair, James Fair, Audrey Leger & James Spaulding

















Group formerly of Louisiana
Ladies: Pernella Smith, Faye Sims, Evelyn Autry, Audrey Leger & Maxine Sheffield
Men: William Lambert, Bobby Sheffield & William Hebert



The Nave Museum: It's a fine arts museum & sculptures serving the residents of Victoria and the surrounding counties. Robert Temple Summers II, a sculpture and painter, was born August 13, 1940 in Cleburne, TX and he created a sculpture of John Wayne (pictured at right), gold legend Byron Nelson and a few others.



April 2005

SUN	MON	TUE	WED	THU	FRI	SAT
					1 April Fool's Day  Happy April Fool's Day!	2
3 Forward 1 Hour 	4	5 PIP Meeting 	6 Gus Curbello 	7 Virginia Mead 	8 Field Trip Kemah  HHT Social Philadelphia Sandwiches & Sports	
10	11 Travis/Gertrude Sessions—1953 	12	13 S.M.M.S.C. 	14	15	16
17 Carl Long 	18 Floyd Wicker 	19	20	21 S C Social Woodhaven 	22	23 Robert Small 
24	25 Ann Edgeley 	26	27 S.M.M.S.C. 	28	29	30

CALENDAR OF EVENTS

April 1, 2005 (Friday)



FRAT will have a meeting and luncheon from 11 AM to 3 PM at Golden Corral Restaurant (get off Hollister exit from North 290, and make a U-turn. Restaurant is on your right).

April 1, 2005 (Friday)



ASL Social will be at Jax Grill Restaurant, 1613 Shepherd Dr, Houston, TX 77007 from 3 to 9 PM. Come to meet your old and new friends. Any questions please e-mail to Earl Johnson at ejohnson127@houston.rr.com.

April 5, 2005 (Tuesday)



Positive Interaction Program (PIP) will be held meeting at Woodhaven Deaf Baptist Church at 9920 Long Point Rd. Houston at 7 PM. The presentation will be: This month we have the pleasure of Officer Jim Woods with HPD Auto Theft Division. He will be sharing with us about Auto Theft Awareness. Come learn how to protect yourself from these predators. Interpreter & captioning will be provided.

April 8, 2005 (Friday)



Houston Deaf Senior Citizens will have a field trip to Kemah BoardWalk. Meet at Woodhaven Baptist Church, 9920 Long Point Rd, Houston, TX at 8:30 AM. Hope you can join us. It's sure to be enjoyable. (See editor page 2, for more information).

April 8, 2005, Friday



Houston Hand Talk Social will be at Texadelphia Sandwiches & Sports, 6025 Westheimer, Houston, TX 77057 from 5 PM to 9 PM. Come to meet your old and new friends. Any questions please e-mail to Roger Spivey at spivey39@Yahoo.com.

April 13, 2005 (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. Dale Hovinga and several quests will be here. Dale gives a speech about La Vista. Come, learn more about La Vista, and enjoy chatting with friends!

April 10, 2005 (Sunday)



Illuminations Arts will have Hand Held Tales, stories in ASL and English, at 2:30 PM at Borders Books, 3025 Kirby, Houston, TX 77063. The presentation will be 5th Annual Mother/Daughter. Hand Held Tales is for everyone regardless of hearing or signing ability. Bring your family and friends to join and enjoyable. For more information...see their website at www.illuminationsarts.org or contact Illuminations Arts at 713-529-6909 TTY/VP or 713-529-6910 Voice.

April 17, 2005 (Sunday)



Bay Area Club of the Deaf, Inc will have a meeting at Coffee Oasis (formerly Kenny J's Coffee House) 4650 Nasa Rd 1, Seabrook, TX 77586-5414 from 1 PM to 9 PM. They would like to welcome you to their deaf club. For more information, please contact Earl Johnson at ejohnson127@houston.rr.com.

