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.

Houston
Deaf Senior
Citizens
Newsletter

Editor

Audrey Leger

The Staff

Zelma Curbello

Thelma Jo Hays

> Pedro Solis

Roger Spivev

Mary Jo Stevens

Temporary

Margie Graham

> Nancy Morris

Have a wonderful spring time!





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, 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 / FAX or E-mail us at **hdscnews@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.



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 (jokes@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

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

30	29	28	27 S.M.M.S.C.	26	Ann Edgley	24
Robert Small	22	21 S C Social Woodhaven	20	19	18 Floyd Wicker	Carl Long
16	15	14	13 S.M.M.S.C.	12	Travis/Gertrude Sessions—1953	10
	8 Field Trip Kemah HHT Social Texadelphia Sandwiches & Sports	Virginia Mead	Gus Curbello	5 PIP Meeting	4	3 Forward 1 Hour
2	1 April Fool's Day Thappy Thappy Thappy Thappy April Fool's Play! ASL Social Jax Grill Restaurant					
SAT	FRI	Тни	WED	TUE	M o N	SCN

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)

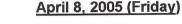
ASL Social will be at Jax Grill Restaurant, 1613 Shepherd Dr, Houston, TX 77007 from 3 to 9 PM. Come to meet your old and new friends. Any questions please e-mail to Earl Johnson at eiohnson127@houston.rr.com.



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.





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).



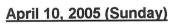
April 8, 2005, Friday

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!





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 eniovable. For more information...see their and 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.

April 21, 2005 (Thursday) - St. Patrick's Day



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.



April 27, 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. Come and enjoy chatting with friends!

Recipes

Beer Bread

3 cups Self-Rising flour

3 tbsp. sugar

1 (12 oz.) can any beer (room temp.)

Melted butter

Mix together flour, sugar & beer. Just blend

Turn into a greased loaf pan.

Metal pan bake @ 375°, or

Glass pan bake @ 350°

Until about 45 minutes to 1 hour.

Drizzle top with butter.

Marolyn Carter's Black Russian Cake

1 pkg. Duncan Hines Yellow Cake Mix1 pkg. JELLO-O Instant Chocolate Pudding (regular size)

1 cup oil

4 eggs

1/4 cup Vodka

1/4 cup Kahlua

3/4 cup water

Beat all ingredients very well with mixer.

Pour into a greased Bundt pan.

Bake at 350° for 50 to 60 minutes.

Cool in the pan for 1/2 hour.

Sift powdered sugar over the cake... or Glaze with 1/2 cup sifted powdered sugar

and some Kahlua over the cake.

Yummy!!

Health Tip

Cancer Awareness

Cancer affects everyone differently. It can be found in many parts of the body, such as the breast, prostate, lung and even the brain. Scientists are unsure how cancer starts. There are things you can do to decrease your chance of developing it. Here's how:

- 1. Exercise at least 30 minutes a day 3-5 times a week.
- 2. Eat a diet rich in fresh fruits and vegetables.
- 3. Quit smoking.
- 4. Limit your alcohol use.
- 5. Wear sunscreen when going outdoors.
- 6. Talk to your doctor.

If cancer has affected someone in your family, you may be at a higher risk. It is important to talk to your doctor about your cancer risk. There are warning signs you should know about when dealing with cancer.

Remember Caution

C = change in bowel or bladder

A = a sore that does not go away

U = unusual bleeding or discharge

T = thickening or lump in the breast

I = indigestion or difficulty in swallowing

O = obvious change in wart or mole

N = nagging cough or hoarseness

If you have questions or would like to learn more about cancer, call the Ben Taub Cancer Resource Center at 713-873-2556 or the LBJ Cancer Resource Center at 713-566-4608.

CommunityOne Patient News – Spring 2005 Produced by HCHD Corporate Communications



From Zelma Curbello of LOVE FUND:

We wish to thank you for your generous donations to LOVE FUND: Arlene Benham, William Hebert, Betty Tefler, Joan & Homer West, and I.D. & Floyd Wicker.

Connie Patterson, thank you for your donation to LOVE FUND IN MEMORY OF OPAL PIERCY.

Houston Deaf Senior Citizens, thank you for your thoughtfulness donations to T.S.D.A.A. 2006 FRIEND IN MEMORY OF JOE KATZ.

Anyone who wishes to donate \$\$\$ to LOVE FUND should please make a check or money order payable to Houston Deaf Senior Citizens - Love Fund.

And mail to:

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

MEETING

Apr 1 – FRAT Apr 5 – PIP

Apr 13 - SC at MMSC Apr 27 - SC at MMSC

NEW SUBSCRIBERS:

Welcome two new subscribers: J. R. & L.S. Bosley and Peggy Miller Peggy Miller's subscription is a gift from Jenice Wells.

Subscription is a great gift for your loved family or friends.

RENEWALS:

Thank you for your renewal: Larry Butler, Communication Axess Ability Group, Larry & Ollie Flanagan, Marlene Hanks, Michelle Hanks, M/M Nelson Hays, Mary Ruth Jones, Lola F. Justiss, Julia C. Karam, M/M Olon Lowrance, Evelyn Marek, Ima Jean Martin, Connie Patterson, Hazel E. Reed, Francis C. & Lottie Sevier, Cathy & Fred Simerka, Kennedy B. Slavin, Robert Smith, Don J. Sowell, Betty M. Sparks, and Weldon & Jennie Westmoreland.



Max is a great hearing dog---he warns me when a salesman is at the door!

APRIL BIRTHDAY

7 - Gus Curbello

7 - Virginia Mead

17 - Carl Long

18 - Floyd Wicker

23 - Robert Small

25 - Ann Edgley

APRIL ANNIVERSARY

April 11, 1953
Travis & Gertrude Sessions

Apr 1, 2005

Happy April Fool's Day

ASL SOCIAL

Apr 1, 2005

Jax Grill Restaurant

SC FIELD TRIP

Apr 8, 2005

Kemah Boardwalk

HHT SOCIAL

Apr 8, 2005

Texadelphia
Sandwiches & Sports

SOCIAL

Apr 21, 2005

Woodhaven SC

Social - Potluck

Just before I was to have a physical, my doctor handed me an examining gown. "I can never remember with these things," I commented. "Does the opening go in the front or the back?"

He shrugged. "Doesn't matter. You can't win either way."

KATHRYN FOLSOM, Palmer, Alaska







Maxine Deen Becker, 88, bore July 31, 1916 in Colfax, LA, and died February 6, 2005 in Dallas, TX. Maxine lived her life in Beaumont. Married to Gus A. Becker in 1938, they had two daughters, Julie and Becky.

Maxine and Gus had an active life dedicated to building the Becker Printing Co., Wildwood Resort City, and working in the Baptist church. Maxine loved life and lived it fully. Teaching Sunday school and being at Wildwood were two of her passions. She enjoyed many wonderful friends, travel, book clubs, modeling, oil painting, decorating, golf, and cooking. In 1995, Maxine and Gus moved to Dallas to become an active part of their grandchildren's lives. In this way, she passed on her legacy to be kind, be honest, work hard and enjoy your talents, take care of yourself, and most of all, to love God. She continued learning new things and teaching those around her until the very end.

Preceding her in death were her husband of 65 years, Gus A. Becker and her parents Arthur and Amelia Deen, brother Leroy, and sister Odelle. She is survived by daughter Julia and husband Bob Ball of Dallas, daughter Becky and husband Scott Daniels of Carrollton, many grandchildren, stepgrandchildren, and step-great-grandchildren. Maxine was the third of five children, also is survived by her siblings Jewel Witherspoon Hudnall of Tyler and J.A. Deen of Wildwood and several nieces and nephews.

Visitation was held from 4 to 7 PM Tuesday, February 8, 2005 at Claybar Kelly-Watkins Funeral Home, 1155 N. 11th St, Beaumont, TX. Services were held at 10 AM Wednesday, the 9th at Claybar Kelly-Watkins Funeral Home.

For those who wish to make a contribution in lieu of flowers, donations may be made to Deaf Video

Communications, 25W560 Geneva Rd, Suite10, Carol Stream, Illinois 670188-2231.





TERRY JEAN CALAHAN-GARIHAN, 73. Born March 27, 1931 passed away February 23, 2005. She was preceded in death by her parents, Earl and Jennie Day, her first husband, Lawrence Calahan and second husband, Andrew Garihan. She is survived by her children Mary

Calahan McComb, Michael Calahan and Kelly Calahan and wife Karen, grandchildren Erin Calahan, Sean Calahan and Laura McComb, brother Earl Wilson Day, mother-in-law Loyce Calahan, many others that called her "Mom" and numerous friends.

She will always be remembered for all the love and support to all of her family, friends and students. A Memorial service was held at the Sugar Land First United Methodist Church Sanctuary, 431 Eldridge Road, on Saturday, March 12, 2005 at 2:00 pm. Private graveside services and interment were conducted at a latter date at Rosewood Memorial Park, Humble, Texas.

Special thanks to the staff at Vosswood Nursing Center and to Odyssey Healthcare for their caring love and support. In lieu of flowers, memorials should be made to a charity of choice.



Joseph Katz, 89, beloved husband, father, and grandfather, passed away on Saturday, March 5, 2005, after a long battle with congestive heart failure. He was born in St. Paul, Minnesota, on January 1, 1916 one of seven children. He attended the Minnesota School for the Deaf and in

1938 married Rose Raben, who attended the lowa School for the Deaf. They celebrated 67 years of loving marriage this year.

With Rose, Joe lived in Fort Worth, Houston, and -for the last fifteen years -- in Austin, so that he could be close to his son, Jerry Paul Katz, his daughter-in-law, Carrin, and his grandsons, Stephen Katz and David Katz, along with David's wife Shelly. Joe was an extremely proud grandfather at the age of eighty-nine. He was proud of his achievements in life, but would most often speak of his pride in his son and two grandsons. who he would lovingly refer to as his three doctors: Jerry is a dentist. David is a physician, and Stephen is working on his Doctorate in English Literature. Joe always felt that this was a real accomplishment for a hearing-impaired person, who came from a very modest family of seven, and who had little money and no college education.

Nevertheless. Joe did learn to work hard and aim high, and he passed that belief on to his son and grandsons. At the age of seven, Joe and his brothers began selling newspapers on the street corner in Saint Paul, Minnesota. Joe earned money at an early age to support himself and contribute to his family's needs. He even polished shoes at the state fair of Minnesota. These early lessons in selling made him comfortable around the hearing, and made him so confident about selling that he had his own business selling automobile parts and tools for over thirty-two years in Fort Worth and Houston. He retired in 1990, at the age of seventyfour, when he and Rosie moved to Austin. However, he continued to sell as he helped Rosie with her business selling products for the hearingimpaired. Family and friends will always remember him as a cheerful and positive person, whose kindness and friendliness were open to everyone.

He was an avid supporter of the Westlake High School football team, and rarely missed a game over the last ten years. He was also active in the Deaf Senior Citizens group, and a longtime supporter of the Texas School for the Deaf.

Joe is survived by his wife Rose, his son, Jerry Paul Katz and his wife Carrin; grandsons, David Katz and his wife Shelly, and Stephen Katz; his two brothers Oscar and Morris Katz; and many nieces and nephews.

In lieu of flowers, the family requests a donation to the Texas School for the Deaf Alumni Association and Museum.

The family offers their thanks to Dr. Frank Robinson and his staff, to Joe's caregivers, Mimi Palomo and Mercedes Montemayor, and to Hospice Austin. The service was held at Temple Beth Shalom, at the Dell Jewish Community Center (at 7300 Hart Lane), on Tuesday, March 8, 2005, at 11:00 a.m.





CINDY LEE COLVIN, 55 of Clear Lake Shores, passed away on March 9, 2005. Cindy was born on December 3, 1949 in Beaumont, Texas to the late John Edward Colvin, Sr. and Leslie Clair Colvin.

She worked as a Court Reporter in the Houston area. Cindy loved to sail and had many other interests and passions. She was a member of the Court Reporter Association, International Closed Captioning Association. Cindy was an active supporter of handicap rights, especially wheelchair accessibility. Cindy was a heavy supporter of the SPCA. She was an advocate for the Deaf Community and an advocate for Stroke Victims. She was a contributing writer for several of the local sailing publications.

Cindy leaves behind to cherish her memory her brothers, C. H. Colvin and John E. Colvin, Jr. and his wife Elaine; nephew, John E. Colvin, III; and many other loving friends and coworkers.

Friends were asked to gather for a time of remembrance in honor of Cindy on Friday, March 18, 2005 at Jack Rowe Funeral Home, 1625 East Main Street, League City, Texas from 5:00 PM to 7:00 PM.

In lieu of flowers, the family requests donations to the charity of your choice in Cindy's name.



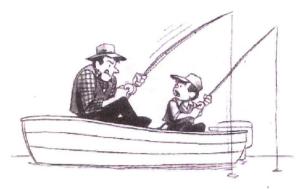


Some of you may have seen it.

Is this a frog or a horse?

Give it a minute to activate.

If unable to activate, turn this page halfway around.



"For Pete's sake, Dad, let him have it....
It's only a worm."



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