



Non-Profit Organization

Tidbits

Volume 22—Issue 01

www.hdsclf.org

January 2021



2020

- QUARANTINE
- SOCIAL DISTANCING
- WORK FROM HOME
- WEARING MASK
- ONLINE SCHOOL
- TRAVEL BAN

A YEAR TO REMEMBER!

Continue to follow the CDC guidelines for 2021!!!



While you wait to receive the vaccine we urge you to continue following the Center for Disease Control's (CDC) safety guidelines: wear a mask, stay at least 6 feet apart, avoid crowds and wash your hands!



Chief's Citywide "Positive Interaction Program" presentation topic for the month of January will be:

"Crime Stoppers of Houston".

Tuesday, January 12, 2021 at 7:00 PM

Due to the COVID-19 social distancing situation that we are all practicing, the meeting will be streamed live with sign language interpretation on HPD's YouTube channel:

[youtube.com/houstonpolice](https://www.youtube.com/houstonpolice)

Closed captioning can be enabled on the YouTube video, or found at:

streamtext.net/player?event=CitywidePIP

Officer James Sobota

E-mail: james.sobota@houstonpolice.org

From Mary Lacy, Travis Association of the Deaf Senior Citizens (TADSC) Austin Metro area, Secretary and Newsletter Editor

To the our fellow TEXAS Deaf Centers and Deaf Senior Citizens organizations,

Would you please share this with your local Senior Citizens Community and have them fill out this survey soon? It is open to all of our Deaf and HOH Senior Citizens in TEXAS and they do NOT need to be a TAD member.

You may put on your Facebook page and newsletter. Please forward this to the appropriate person in your group. It would greatly help TAD pursue improvements for our Senior Citizens in Texas. Thank you.

From Patricia Gillett, Membership Coordinator Texas Association of the Deaf): Hello, to our Senior Citizens of TEXAS

We need your help!!

Our recent TAD Symposium resulted in creating a new Senior Citizen Task Force. The team was asked to do a survey to gather important data from our Deaf and HOH Senior Citizens or their caregiver. This survey is only for people who live in Texas.

The data is CONFIDENTIAL and will be ONLY used to share with the Texas government agencies and providers so we can show them the count of how many Deaf and Hard of Hearing Senior Citizens we have here in Texas and to ask them to provide resources for improved services and programs for our Senior Citizens.

This will be a very short survey. There will be VIDEOS in this survey to explain the reason for having this survey and will also explain each of the question with answers to make it easier for you to understand the questions.

(CAREGIVER, if you are filling out this form for a senior citizen, please give their information on this survey.)

CLICK on this LINK to open the survey and answer the questions:

<https://forms.gle/TgpDfKcApUX4hpiP8>

The TAD Board with the Senior Citizens Task Force team thanks you for your time in filling out the survey.

Thank You, Patricia tadmembership@gmail.com

*HDSCLF Field Trip
December 8, 2020
Cleburne Café
Christmas Lights*



First Row: Jim Dermon, Jan Dermon, Thurman Amerson, Marion McCreary
Second Row: Virandra Desai, Fung Hahn, Margie Graham, Jeanne Hilferty, Rochelle Simpson, Christine Johnson, Margo Jarrea
Third Row: Lee Rodriguez, Cristina Rodriguez, Nancy Morris, Troy Graham, Judy Lornez, Sydney Gillman, Robert Bellard

Christmas Lights

On Tuesday, December 8th, 18 seniors met at Woodhaven for a surprise. Each person got this lovely Santa pin with our name on it. Jan Dermon made them for us, and it was such a clever idea to start our trip. We also received a white bag of oranges, candy cane, chapstick, and masks. What a surprise! We were so excited and looked like little children!!! HAHA

Then, we headed to Cleburne Cafeteria, where we selected our dinner. After we ate, Jim Dermon shared some stories with us because it was not dark outside yet.

Then, we headed to the River Oaks neighborhood to look at all those gorgeous lights and decorations! What an awesome view! Homes had Nut Crackers set up near their front doors, lots of wreaths with lights shining on doors and windows, trees lit up like it was snowing, and Christmas trees inside displayed beautifully.

Then, we headed to the Galleria area, where different trees' colors were lined up on both sides of Post Oak. We had a blast seeing all of that.

Then, we headed back to Woodhaven. What a Merry Christmas we had on this field trip!

Submitted by Nancy Morris



After our Christmas Luncheon, we got on a bus and went to see River Oaks & Post Oak Christmas Lights/Galleria Decorations...awesome ride!



Valentine Luncheon Free to HDSCLF

Wednesday
February 17th—10:00 am
Woodhaven

Italian
Catering



Important!!

Please **RSVP**
for Head Count
by February 10th
Contact Virendra Desai
713-533-8719

HDSCLF's Tentative Field Trips

- Milam County Railroad Museum/Milam County Historical Museum
- 20th Century Technology Museum/Wharton County Museum
- Gator county Adventure Park/Edison Museum

Mark Your Calendar

Feb. 13th
March 13th
April 8th
May 13th
June 10th



Warning Signs that Your Body is *Lacking Water*

Headaches and Lightheadedness

Bad Breath and Dry Mouth

Constipation and Other Digestive Issues

Fatigue and Lethargy

Joint and Muscle Pain

Accelerated Heartbeat

To explore more, visit www.Top10HomeRemedies.com

Top 10
Home Remedies

So **how much fluid** does the average, healthy adult living in a temperate climate need? The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily **fluid** intake is: About 15.5 cups (3.7 liters) of fluids a **day** for men. About 11.5 cups (2.7 liters) of fluids a **day** for women.

What Were You Doing in December?



Carolyn Dill: In this picture, I was making sugar cookies with my grandson. He chose the colors and decorations. I put in the chocolate eyes. The sugar letters you see from baking section in store, like you might use for a birthday cake. A letter for each family member. Mine is G for Grandma.



Jim/Jan Derman were doing their annual Christmas Eve 1000-piece puzzle.



Virendra Sesai: I cut my hair by myself because I wanted my doctor to check why my head itch! Maybe Coronavirus????



Patsy Walker: I enjoyed being with 3 grand-kids. They decorated Christmas sugar cookies.

Congratulations to TSD Rangers!



First Time TSD Won Championship in 63 Years

The TAPPS Division I six-man state championship between TSD and Veritas Academy of Austin kicked off at 6 p.m. on Friday, December 11th at Panther Stadium in Hewitt. TSD beat the Veritas Academy of Austin in the title game, 63-32. All players and coaches at TSD are deaf. They use a big drum on the sidelines to help players coordinate their plays. According to the report, Veritas was 9-0 heading into the championship game.

Renewals:

Larry/Yvonne Butler, Brian/Jacqueline Kilpatrick, Deborah Lokey, Arkley Wright

Donation to HDSCFL

Brian/Jacqueline Kilpatrick

Memory of:

Brent Burns (Catherine Burns, Marye H. Davis, Zane/Nancy Owens)
Those who passed away in 2020
(Nancy Morris)

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

Jim Dermon, Treasurer



New HDSCFL Address

Houston Deaf Senior Citizens Love Fund, Inc.
P. O. Box 131072
Spring, TX 77393
www.hdscfl.org

ZOOM Conference

Schedule

1:00—2:30 PM

January 13th
February 10th
March 10th

Jim Dermon, host, will send the meeting ID# and passcode the day before. If you want to join, please contact Jim at 936-828-4013.

Board of Directors and Committees



Patsy Walker
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Vacant
1st VP



Virendra Desai
2nd VP



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Field Trips

Patsy Walker

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Refreshments

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Annual Trip

Jim Dermon



Day Games

Deborah Daniels
Paula Szablowski



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<input type="checkbox"/> New <input type="checkbox"/> Renewal	<input type="checkbox"/> \$5.00 per year-Electronic <input type="checkbox"/> \$12.00 per year-Paper	<input type="checkbox"/> SUBSCRIPTION <input type="checkbox"/> DONATION
Please Print Clearly Name: _____ Spouse: _____ Address: _____ City/State/Zip: _____ Email (Required): _____		Year(s) = \$ _____ .00 OFFICE USE ONLY <input type="checkbox"/> Money Order <input type="checkbox"/> Check <input type="checkbox"/> Cash Receipt# _____ <input type="checkbox"/> VP <input type="checkbox"/> TTY <input type="checkbox"/> Fax
Donation/Gift Subscription <input type="checkbox"/> Gift Subscription from (giver) _____ <input type="checkbox"/> Donation to HDSCFL \$ _____ in memory of _____ (tax deductible) <input type="checkbox"/> Donation \$ _____ to the Houston Deaf Senior Citizens Love Fund (tax deductible)		
Make payable to HDSCFL and mail this form with personal check or money order to Houston Deaf Senior Citizens Love Fund, Attn: Treasurer, PO Box 131072, Spring, TX 77393. Thank you.		

