



Non-Profit Organization

Tidbits

Volume 21—Issue 04

www.hdsclf.org

April 2020

Goodbye Winter



Hello Spring



On March 11th, Officer James Sobota came to speak on “Elderly Abuse”. He said that about 9% of elderly experienced different types of abuse such as force/

physical, emotional, sexual, abandonment, and financial.

When memory is failing with elderly, they do not have friends to help them, so they are forced into situations that they have no idea how to handle when others are taking care of them.

Emotional abuse is caused by caregivers who are dishonest, neglect them, and hit them to keep quiet. Therefore, the elderly is emotionally disturbed when they receive bruises. These situations should be reported to the police.

Caregivers also look for checkbooks to obtain their account information, so they could forge checks. These caregivers will bring the elderly with them to the banks to cash checks, but the bank tellers are told to report to the police. Caregivers try to get information from their credit card account, TDL (Texas Driver’s License), and Social Security number to open credit card accounts to use for their pleasure.

Officer Sobota stated that elderly should not hide their valuables around the house if they have a caregiver there.

He also said that these elderly need to hang up the phone when a person calls stating that they are with the IRS and need them to send money to IRS.

If the bank calls about their accounts, it’s best to go in person to the bank. NEVER trust suspicious people on the phone calls for anything such as IRS, banks, and other things.

Officer Sobota also wanted everyone to be aware of car burglaries because the thieves check the inside of the vehicles to find valuables to steal. It is advisable to not leave guns, pistols, or laptops in the vehicle.

Another problem is that a guy would come to a home, start the water outside, and then turns off the faucet before knocking on the door. When the elderly answers the door, the guy will say that they have a leak outside and that he is a plumber who can fix it quickly for \$100.

Officer Sobota also warned us not to sign up for reverse mortgage because the banks can take your home from you. There are advertisements on TV that state that it’s best to do reverse mortgage, but it is advisable NOT to sign up for it.

All of the types of abuses that Officer Sobota mentioned above that the elderly experience need to be reported to Harris County Protective Services (HCPS) Adult Services Division especially Services for Seniors & Disabled Adults at 713-363-2300 or 713-394-4000.

We had a wonderful St. Patrick’s luncheon. Virendra Desai had the tables decorated with St. Patrick’s decorations which were very festive!!! Larry Rice and Gertie Sessions won the best dressed award. Deborah Daniels won the jar of Valentine’s kisses, Darlene Hunter won the Jelly Beans, and Jan Derrmon won the Valentine’s Hearts. They had to guess how many candies were in each jar. We all had a fantastic time eating and chatting.

Submitted by Nancy Morris & Brent Burns



Green!!! Happy St. Patrick's Day!...We Wore Green!



- Front Row:** Jim Dermon, Jan Dermon, Darlene Hunter, Michael Shanks, Margo Jarreau, Larry Rice, Patricia Lynch, Fung Hahn, Gertie Sessions, Erica Griffin, Marisol West, Kevin Hawkins, Ellen Sias
- Second Row:** Mary Ann Ryba, Deborah Daniels, Marion McCreary, Carolyn Dill, Cristina Rodriguez, Nancy Morris, Brian Kilpatrick, Jaqueline Kilpatrick, Sarah Turner
- Three Row:** Robert Bellard, Denis Tucker, Lawrence Coleman, Sr., Elisa Rodriguez, Rachelle Guidry, Brent Burns, Sidney Gilland, Virendra Desai



**Best Dressed Award
Gertie Sessions — Larry Rice**



Darlene Hunter, Jan Dermon, Deborah Daniels



Irish Menu...Yummy!!!

Instant Pot or Slow Cooker Dublin Coddle

- 1 pound bacon cut into 1-inch pieces
- 1 pound smoked sausage sliced
- 3 pounds potatoes peeled and cubed
- 1 large onion cut into large chunks
- 1 large carrot sliced into rounds
- 4 garlic cloves minced
- 2 cups beef or chicken broth low sodium
- Freshly ground black pepper
- 2 tablespoons chopped fresh parsley



Instant Pot

- Select "Saute" to pre-heat the Instant Pot. When the word "Hot" appears on the display add the bacon and sausage and cook without the lid, stirring occasionally, until bacon is crisp and sausage is browned. Press "Cancel" to turn the cooker off.
- Add the potatoes, onions, carrots, and garlic. Pour broth over all ingredients. Season with black pepper. Note: between the bacon, sausage, and broth the dish will be salty enough.
- Close and lock the lid of the Instant Pot. Select "Manual" and set the time (+/-button) to 20 minutes.
- When time is up, open the lid using Quick Release) press "Cancel" and then turn steam release handle on the lid to "Venting" position.
- Sprinkle with parsley before serving.

Slow Cooker

- In a large skillet, brown the bacon and sausage over medium heat.
- In the slow cooker, add the potatoes, onions, carrots, garlic, and browned bacon and sausage.
- Pour broth over all ingredients. Season with black pepper. Note: between the bacon, sausage, and broth the dish will be salty enough.
- Cook on high for 2-3 hours or on low for 4-6 hours.
- Sprinkle with parsley before serving.

Irish Bannock (Soda Bread)

- | | |
|-----------------------------|------------------------|
| 2 cups flour | 1/2 teaspoon salt |
| 2 tablespoons sugar | 2 tablespoons butter |
| 1/2 teaspoons baking powder | 1 cup buttermilk |
| 1/2 teaspoon baking soda | 1/2 cup dried currants |

- Combine flour, sugar, baking soda, baking powder, and salt. Cut butter into flour mixture with pastry cutter. Add buttermilk until dough is soft. Stir in currants.
- Turn dough out onto a lightly floured surface. Knead for 5 minutes, or until smooth. Form dough into a 7 inch round. Place on a lightly oiled cake pan or cookie sheet. Cut 1/2 inch deep cross side to side. Score with cross 1/2 inch deep on the top.
- Bake in a preheated 375 degrees for 40 minutes.

<https://www.all-thats-ias.com/instant-pot-slow-cooker-dublin-coddle-2.html>

<https://www.allrecipes.com/recipe/6974/irish-bannock/>

Submitted by Brian Kilpatrick and Jan Dermon



One day Jim and I went out for a walk in the woods with our dog, Cookie. Behold there was a group of **BIG** shamrocks!

We looked for a pot of gold, alas no luck!

Jan 



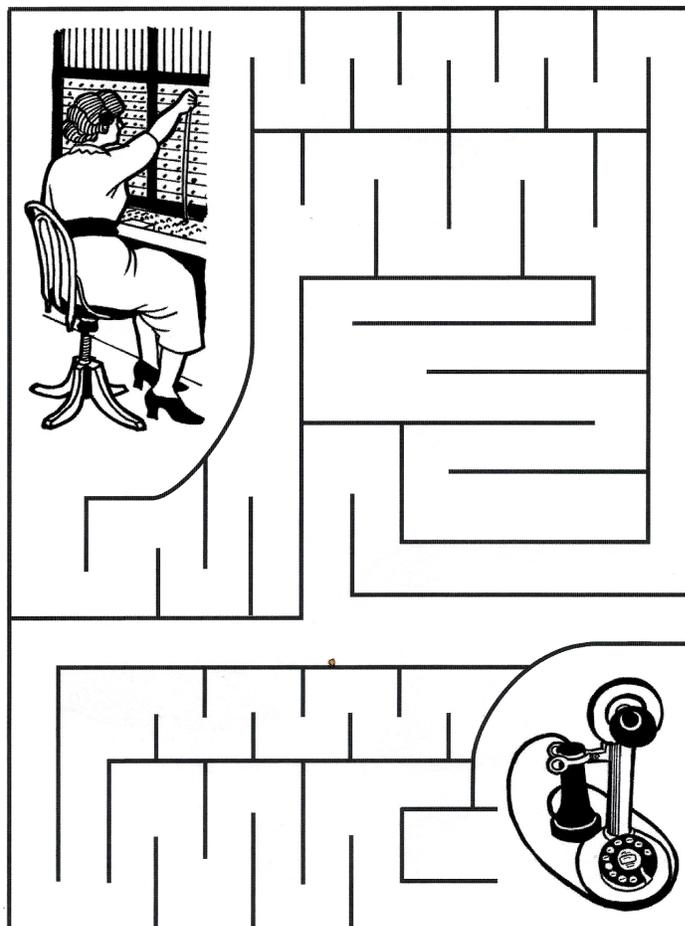
HDSCLF Game Day—March 2020

Front Row: Robert Yost, Cristina Rodriguez, Enedelia Gonzalez, Deborah Daniels

Back Row: Regina Castillo, Paula Szablowski, Lawrence Coleman, Elias Rodriguez



Find the way through the maze.



Understand What CoVid-19 Virus Is

It's a very easy to understand explanation of why this virus is different than the flu, for those of you still wondering what the big deal is.

Seasonal flu is an "all human virus." The DNA/RNA chains that make up the virus are recognized by the human immune system. This means that your body has some immunity to it before it comes around each year and you get immunity through one of two ways...either through exposure to the virus (herd immunity) or by getting the seasonal flu shot.

Novel viruses, on the other hand, come from animals...the World Health Organization (the WHO) tracks novel viruses in animals (sometimes for years watching for mutations). Usually these viruses only transfer from animal to animal (pigs in the case of H1N1 and birds in the case of the Spanish flu). But once one of these animal viruses mutates and starts to transfer from animals to humans...then it's a problem... But, why? It is because we have no natural or acquired immunity. The RNA sequencing of the genes inside the virus isn't human, therefore the human immune system doesn't recognize it, and so our immune systems basically have to work from square one in order to fight it off.

Now sometimes the mutation only allows transfer from animal to human and for years its only transmission is from an infected animal to a human before it finally mutates so that it can transfer human to human. And, once that happens, we have a new contagion phase. Then, depending on many factors of the new mutation, attributes like "how contagious" or "how deadly" vary in the new mutation. Those effects take time to measure.

H1N1 was deadly...but it did not mutate in a way that was as deadly as the Spanish flu. Its RNA was slower to mutate, and it attacked its host differently, too.

Fast forward. Now, here comes this CoVid-19...it existed in animals only (for who knows how long) but one day, at an animal market in Wuhan China, in approximately November/December of 2019, it mutated and made the jump from animal to human. At first, only animals could give it to a person. But here is the scary part. In merely TWO WEEKS it mutated again and gained the ability to jump from human to human. Scientists call this quick ability, "slippery".

CoVid-19, not being in any form a "human" virus (whereas we would all have some natural or acquired immunity), took off like a rocket. And this was because humans have no known immunity and doctors have no known medicines for it. And this mutated animal virus changed itself in such a way that it causes great damage to human lungs.

That's why CoVid-19 is different from seasonal flu, or H1N1 or any other type of influenza. This one is slippery AF. And it's a lung eater...And, it's already mutated AGAIN, and we now have two strains to deal with, strain S and strain L.

We really have no tools in our shed to deal with this. History has shown that fast and immediate closings of public places has helped in the past pandemics. Philadelphia and Baltimore were reluctant to close events in 1918 and they were the hardest hit in the US during the Spanish Flu.

Factoid: Henry VIII stayed in his room and allowed no one near him, till the Black Plague passed. Just like us, he had no tools in his shed, except social isolation.

And right now it's hitting older folks and the immunosuppressed harder...and this genome is so slippery...if it mutates again (and it will) who is to say what it will do next.

Be smart people...acting flippant is not sexy right now. And panicking is equally as gross.

#flatten the curve. Stay home, stay clean, stay positive...and share this to those that just are not catching on.

SOCIAL DISTANCING What You Need To Know About COVID-19

What does it mean and why is it important? Social Distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social Distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.

	AVOID		USE CAUTION		SAFE TO DO
<ul style="list-style-type: none"> GROUP GATHERINGS SLEEP OVERS PLAY DATES CONCERTS THEATRE OUTINGS ATHLETIC EVENTS CROWDED RETAIL STORES MALLS NON-ESSENTIAL TRAVEL BARs & RESTAURANTS 		<ul style="list-style-type: none"> VISITING A GROCERY STORE PICK UP & DELIVERY OF FOOD PICKING UP MEDICATIONS PLAYING TENNIS IN A PARK ESSENTIAL TRAVEL VISITORS IN YOUR HOME MASS TRANSIT 		<ul style="list-style-type: none"> TAKE A WALK GO FOR A HIKE YARD WORK PLAY IN YOUR YARD CLEAN OUT CLOSET READ A GOOD BOOK LISTEN TO MUSIC COOK A MEAL FAMILY GAME NIGHT GO FOR A DRIVE GROUP VIDEO CHATS STREAM A FAVORITE SHOW CALL OR TEXT A FRIEND CALL OR TEXT AN ELDERLY NEIGHBOR 	

Note from the HDSCCLF Editor:

Due to the City of Houston encouraging people to practice Social Distancing in hopes to stem the spread of Coronavirus (COVID-19), they ordered that West Gray Metropolitan Multiservice Center be closed to the public until March 31st. There will be no HDSCCLF Game Day on Wednesday, March 25th.

Since Major League Baseball has postponed the season at least 8 weeks, there will be no April 23rd field trip to the Minute Maid Park for the HDSCCLF Seniors. The Houston Astros let us know that they do not have any other details on the schedule at that point. Once the Astros know more about which games will be played and when, they will let us know, and hopefully we can get the group out to a game then!

As for Brookwood, it is postponed to June 13th. Pre-ordered meals can be accepted by May 13th. Contact Jim Dermon—936-828-4013 for RSVP and Meal Selection.

Field Trip to Port Arthur, TX & Nederland, TX

Saturday: May 16, 2020

Cost \$5

Deadline: April 13, 2020

- McDonald for Breakfast on Your Own
- Museum of the Gulf Coast
- Luncheon on Your Own (Lobby)
- Pompeiian Villa
- Dutch Windmill Museum



Dutch Windmill
Museum



Contact: Jim Derrison—936-828-4013

Meet at Woodhaven at 6:30 AM

Bus Leaves at 7:00 AM



ASTROS

April HDSCLF Field Trip
Thursday Afternoon, April 23, 2020
Astros Baseball Game

Cost: \$10.00 — Deadline: March 11, 2020

Payment in advance is required.

The ticket is non-refundable.

Please meet at Woodhaven at 11:30 AM
Bus leaves at 12:00 PM.

Contact Jim Dermon — 936-828-4013



**The Brookwood Community and Café
Saturday, March 21, 2020**

Luncheon at Café

Required RSVP by February 28th

Contact Jim Dermon—936-828-4013

for RSVP and Meal Selection

Meet at Woodhaven at 10:00 AM

Bus Leaves at 10:30 AM

New Subscribers:

Arkley Wright

Renewals:

Judy Becker, Robert Bellard, Glenn Brunson, Brent Burns, James/Lavern Fair, Margo Jarreau, Ellen Sias, Rosalind Struckey

Donation in Memory of:

Thelma Jo Hays (Nancy Morris)
 Kathy Smith (Nancy Morris)
 Doris Williams (Judy Becker & Margo Jarreau)



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.

Board of Directors and Committees



Patsy Walker
President



Brent Burns
1st VP



Virendra Desai
2nd VP



Nancy Morris
Secretary



Jim Dermon
Treasurer

Newsletter Editor

Brent Burns
 Jan Dermon
 Assist.

Webmaster

Jan/Jim Dermon

Day Games

Deborah Daniels
 Paula Szablowski

Event Planner

Virendra Desai

Travel

Jim Dermon,
 Chairperson

Photography

Judy Becker
 Virendra Desai

Publicity

Vacant

Field Trips

Patsy Walker

Subscription

Brent Burns
 Jim Dermon

Refreshments

Lee Morgan
 Rochelle Simpson

Annual Trip

Jim Dermon

Prizes

Margo Jarreau

ADVERTISING RATES

(Printed all in Colors)

	Each Issue	12 Issues/Year
<input type="checkbox"/> Full Page 7 1/2" x 10"	\$40.00	\$400.00
<input type="checkbox"/> Half Page 7 1/2" x 5"	\$20.00	\$200.00
<input type="checkbox"/> Quarter Page 3 3/4" x 5"	\$10.00	\$100.00
<input type="checkbox"/> One-Eighth Page 3 3/4" x 2 1/2"	\$5.00	\$50.00

Make a money order or check payable to HDSCFL and mail to Houston Deaf Senior Citizens Love Fund, Attn: Editor, 1475 West Gray St., Mailbox #4, Houston, TX 77019 before 15th day of any month.

Be sure to make a copy for your record. An advertiser will get a complimentary copy of next issue. Thank you.

In Loving Memory

Thelma Jo Hays

7/12/1928—2/22/2020



In Loving Memory

Kathy Smith

2/20/1952—2/27/2020



Disclaimer: Information published in the newsletter is thought to be reliable at the time of publication. However, we do not guarantee the accuracy of the content in the information presented.

\$5.00 **\$12.00**

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

Gift Subscription from (giver) _____ \$5 or \$12

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

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

PLEASE PRINT: CURRENT ADDRESS NEW ADDRESS

Name: _____ (DOB: ____/____/____) Anniversary: _____

Spouse: _____ (DOB: ____/____/____)

Address: _____

City/State/Zip: _____

Email: _____ VP, TTY or Fax: _____

Make payable to **HDSCFL** 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 # _____ # _____ # _____

Houston Deaf Senior Citizens Love Fund
 A non-profit, 501(c)(3) tax exempt organization
SUBSCRIPTION / DONATION FORM
\$12.00