



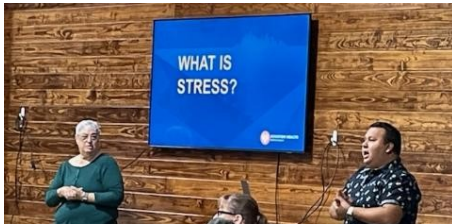
Non-Profit Organization

Tidbits

Volume 24—Issue 12

www.hdsclf.org

December 2023



**Social Meeting November 2023
Stress Management**



Very Special Thanks to Christy, Doina Langham, Jeanne Hilferty, Cathy Simerka, Patsy Walker, Yvonne Butler, Jan Dermon
For Serving the Luncheon

On November 8, 2023, Joel Silva came to explain “Stress Management” to us. He stated that we must learn to say “NO!” to stress! What is stress? Good stress gives us energy and motivation to act. The causes of stress are:

- feeling under a lot of pressure
- facing significant changes in your life
- worrying about something
- having little to no control over the outcome of a situation
- overwhelming responsibilities
- experiencing discrimination
- hatred or abuse
- going through a period of uncertainty
- family problems
- economic problems

Stress blocks enjoyment! There are five things we can do to handle stress:

1. Set priorities
2. Stay in touch with people
3. Take time for reading, yoga, gardening, etc.
4. Avoid thinking obsessively
5. Exercise

The best thing is to decide what things to do and what things to expect and learn to say no to new tasks if you are not ready. Avoid obsessively thinking about problems. Focus on what you have accomplished, not what you have been unable to do. Manage stress by exercising regularly. A moderate walk of 30 minutes daily can help lift your spirits and reduce stress.

Joel Silva also encourages us to incorporate relaxing techniques like (1) Meditation, (2) Yoga, and (3) Breathing Exercises. For more information, contact your area to learn how to participate in activities or get help.

Submitted by Nancy Morris



Brief Fact about Thanksgiving from Google:

The first Thanksgiving was celebrated in 1621 over a three day harvest festival. It included 50 Pilgrims, 90 Wampanoag Indians, and lasted three days. It is believed by historians that only five women were present. Turkey wasn't on the menu at the first Thanksgiving.



Field Trip
November 2023
Texas
Renaissance
Festival



First Row: Jan Dermon, Robert Bellard
Second Row: Larry Butler, Yvonne Butler, Larry Hilferty, Jeanne Hilferty, Jim Dermon, Cristina Rodriguez, Marion McCreary, Rachelle Guidry, Lee Rodriguez, Kareena Heath, Tom Langham
Third Row: Jennifer Kuo, Kathy Laws, Sidney Gilland, Ruth Billiot, Christine Johnson, Deborah Wold
Fourth Row: Robby Laws, Kathy Adegboye, Lawrence Coleman, Eddie Billiot, Fred Simerka
Not in the Picture: Dom Parisi, Celia Lasry, Joannie Stephens, David Watkins, Dennis Smith



On November 18th, we, the senior citizens, visited the Texas Renaissance Festival. We felt we were in another time—many people dressed in their costumes, the true spirit of the Renaissance. We watched many shows, and thankfully, there were interpreters. We enjoyed various foods and waltzed in and out of the little shops.

There was a vast crowd, which we think was due to Thanksgiving week. However, we had a great time.

Exhibits include a rare complete collection of Bing & Grondahl Christmas plates, nice exhibits on Viking history, the Danish settlement of Danevang and other areas in Texas, religion in local society, local agriculture and cotton growing, historic weather records for the area, and personal artifacts.



December 5, 2023—Danish Heritage Museum, Danevang, TX

Including Danish Country Lunch

Cost for 60&Up: \$15 Cost for 59&Under \$20

NON-REFUNDABLE

Meet at the South Parking Lot behind Memorial City Mall at **9:00 am**

Bus leaves at **9:30 am**

Contact Jim Dermon—936-828-4013

Deadline: 11/08/2023

Field Trip—Saturday January 20, 2024



- **Crocodile Encounter—**
Angleton, TX
- **Sea Center-Texas—**
Lake Jackson, TX
- **Lunch at Dairy Bar—**
On Your Own

Cost: \$10 (60 & Up) \$15 (59 & Under)

Meet at the South Parking Lot behind Memorial City Mall at **8:45 am**

Bus leaves at **9:00 am**

Contact Jim Dermon

936-828-4013

Deadline: 1/10/2024

2024 Tentative Field Trips—TBA

February 17—Painting with a Twist—

Please let Jan Dermon know at 936-828-4013 if you are interested.

Or Aggieldand Wild Animal Safari

March 16—Bus Trip along Hwy 6
(Calvert to Navasota)

April 13 —Annual Field Trip

Or Your Suggestion—Please let Jim Dermon know at 936-828-4013.

June 15—Astro's Night Game vs Detroit

All Day Field Trip—Visiting Lockhart, TX—Saturday May 11, 2024

- **Dr Eugene Clark Library**
- **Caldwell County Courthouse**
- **Caldwell County Jail Museum**
- **Brock Cabin**
- **The Southwest Museum of Clocks & Watches**
- **Texas Hatters**



Cost: \$5

Meet at the South Parking Lot behind Memorial City Mall at **6:00 am**

Bus leaves at **6:30 am**

Contact Jim Dermon

936-828-4013

Deadline: 5/1/2024



Lunch On Your Own

Social Meeting — 2nd Wednesday of the month:

12/13

Field Trip 2024: Saturdays—1/20, 2/17, 3/16,

4/13, 5/11, 6/15

For Social Meeting:

The Area Agency on Aging will come on January 10, 2024, and speak to us at 10:00 AM. Then, Officer James Sobota will arrive at 1:00 PM to talk to us for 30 minutes.

On February 14th, Rick Harris will be speaking at 10:00 AM.



Jan Dermon's Favorite Pomegranate Jelly

Homemade pomegranate jelly is my favorite. It is so good, especially on biscuits. It is my second year making ten jars of jelly. Making the jelly is messy and time-consuming, but it is worth it. I used the recipe from the internet--https://www.simplyrecipes.com/recipes/pomegranate_jelly/. Yummy!!!



The color of the pomegranate seeds is beautiful red, and it reminds me of a Bible love verse about the pomegranate; the scripture is Song of Songs 4:3 NLT: "Your lips are like scarlet ribbons; your mouth is inviting. Your cheeks are like rosy pomegranates behind your veil". What a beautiful verse!

Merry Christmas to you all from Editor Jan Dermon



Sidney Gilland's Lime Jello Recipe

- 1 package Lime Jello (3oz)
- 1 cup boiling water
- 1 small can of crushed pineapple.
- 1 small cottage cheese, large curd
- 1/2 pint whipping cream (whipped) or use 8 oz Cool Whip
- 2 cup marshmallows.
- 2 chopped pecans (optional)



Mix Jello with water. Add pineapple. Cook until thicken. Add the rest of the ingredients. Pour into a glass casserole. Refrigerate.



Tidbit Newsletter

Renewals:

- Larry/Yvonne Butler, Regina Castillo, Virendra Desai, Sherry Fewell, Diana Griffin, Zane Owens, Helen Sellars, Mary Faye Tippett, Sharon Williams



Send some news, your trip, an announcement (newborn baby, birthday, anniversary, craft, obituary, and color photos to me before or on **15th day of each month**. Thanks!

Jan Dermon Editor of HDSCLF Tidbits
Email: jdermon.senior@gmail.com

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Social Christmas Italian Luncheon
MMSC on December 13, 2023
For Reservation
Please get in touch with
Christine Johnson 979-413-5014

<input type="checkbox"/> New <input type="checkbox"/> Renewal		<input type="checkbox"/> \$5.00 per year-Electronic <input checked="" type="checkbox"/> \$12.00 per year-Paper	<input type="checkbox"/> SUBSCRIPTION <input type="checkbox"/> DONATION	Houston Deaf Senior Citizens Love Fund, Inc. Non-profit, 501(c)(3) tax exempt organization
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