

HOUSTON DEAF SENIOR CITIZEN NEWSLETTER

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Houston Deaf Senior Trip



Thirteen seniors arrived at Houston Fire Museum, established in 1982, to view the history of the fire trucks, artifacts, documents, photographs, and a touchstone of the World Trade Center.



Some of our seniors had fun in the junior firehouse interactive area. Gaspar Gomez talked about fire safety in the homes. He also said that every deaf senior should check with their fire

department for a smoke detector that uses flashing lights to be installed in your home. Be sure to change the batteries when you change your clocks twice a year. He passed out brochures about "Fire Safety for Senior Citizens". Margie Scribner asked about seniors getting on their knees to stay low when a fire is in the house. She stated that some seniors have problems with their knees. Officer Gomez said that it's best to crawl as everyone needs to be under the smoke. Cooking fires are the leading cause of fire injuries among seniors. Never leave your stove unattended and always be sure to closely watch what you are cooking. Never use water on a grease fire. The best way to handle that is to place a lid on top of the skillet or pot or smother it with

baking soda. When you get out of a burning building, never re-enter it. We head to Luby's for lunch. Then, we stop at The 1940 Air Terminal Museum.



The Houston Aeronautical Heritage Society now is actively restoring the long-vacant passenger terminal that first served Houston's commercial aviation customers.



The Museum hosts galleries on the ground floor interior rooms. Also, it has exciting exhibits on Houston's aviation, such as the history of past airlines like Pan Am,

Braniff, Eastern and Trans-Texas. Also, it hosts a collection of civilian aviation memorabilia and vintage aircraft. This trip was enjoyed by all.



Father's Day Luncheon



Our luncheon was enjoyed by the Fathers on June 22nd. Spaghetti and meatballs along with salads, garlic bread, and desserts were delicious. The foods were served by the lovely ladies. Ann Wheeler helped decorate the tables and had a beautiful wooden truck for the center of the table. Her husband had made it. Thanks to the ladies that help bring the foods, too. The Fathers enjoyed their gifts.



Birthday for July



Nancy Morris, Rolly Kolbye, Julie Spaulding, Troy Graham, Fung Hahn, James Spaulding, Audrey Leger, William Lambert

Birthday for August

- 2nd - Menee Holden
- 4th - Judy Lorenz
- 8th - Doris Y. Adams
Christine McKinnon
- 12th - Lanier Page
- 14th - Nellie Bishop
- 19th - Dorothy Thomas
Jim Quinn
James Fair
- 24th - Danny Hensley
- 30th - Ralph Daniels



Wedding Anniversary in July



Joan & Homer West 48 years (1963)

Wedding Anniversary in August

- 19th –Jenice & Tommy Wells 50 years (1961)
- 28th – Linda & Dennis Smith 42 Years (1969)

Calendar of Events

Tuesday, August 2: **Positive Interaction Program** will meet at Woodhaven Baptist Church for the Deaf, 9920 Long Point, Houston, TX at 7:30 pm. The topic will be —“Aging Services” presented by City of Houston Agency for Aging Services. Interpreter and captioning will be provided. Please let Officer James Sobota know if you want to volunteer to bring a dish, snacks, soft drinks, water, etc. to the meeting by emailing him at james.sobota@cityofhouston.net. Door prizes are provided.

Friday, August 5: **ASL SOCIAL** will meet at Baytown Seafood Restaurant, 4501 Spencer Highway, Pasadena, TX 77504 from 4:00 till 9:00 PM. Come join us to help other learn ASL or to chat.

Wednesday, August 10: **Houston Deaf Senior Citizens** welcome you to our social meeting at Metropolitan Multi-Service Center, 1475 West Gray, Houston, TX 77019 from 9:00 am till 1:00 pm. If you would like to teach the Senior Citizens how to make anything, please come and share your ideas. Or you can teach us a new game that would be fun for everyone to learn. We do have games to play, too.

Thursday, August 18: **Houston Deaf Senior Citizens** will have their field trip to —The Humble Museum— (\$1) and —Kay Clinic Medical Museum—(\$1). After lunch at the Food Court in The Woodlands Mall, we will go to —“Sam Moon” for shopping for luggage, purses, belts, jewelries, etc. at good prices. Please be at Woodhaven Baptist Church for the Deaf, 9920 Long Point, at 9:15 AM as bus will depart at 9:45 AM. Contact Margie Graham at 281-552-8321 or Julie Spaulding at 866-932-0199 for more information. Be sure to let them know that you are interested in going.

Wednesday, August 24: **Houston Deaf Senior Citizens** welcome you to our social meeting at Metropolitan Multi-Service Center, 1475 West Gray, Houston, TX 77019 from 9:00 am - 1:00 pm. If you want to share your ideas with the Board, please feel free to come and share with Don Hahn as President, Zelma Curbello as Vice President, Audrey Leger as Treasurer, and Nancy Morris as Secretary. Just let us know that you want to share your ideas. Come and socialize with others.

N E W S

Luncheon on July 13th



Sherry and Larry Fewell decided at the last minute to have sandwiches for this luncheon. We had a delicious lunch with chips, vegetables, and desserts.



Larry awarded Ann Wheeler with a star for bringing a beautiful decorated cake. Several of the seniors played —Numbers Walk—. Several prizes were given out to those that sat on the chair with the correct number. It was a fun game enjoyed by all. The Fewells want to thank everyone who brought the foods and

prizes. (Editor wants to thank the Fewells for their hard work in getting everything set up, calling for people to bring foods, providing prizes, and coming up with fun games!)

Memorial Service (Celebration of Life)

There will be a memorial service honoring **Susan Jackson** on Saturday, August 27th from 2:00 till 5:00 pm at Family Life Christian Center, 2414 Spring Cypress Rd., Spring, TX 77388-4719. You may contact the Host Darla Connor at 832-384-9220.

Ditching tooth paste to dodge inflammation!

Submitted by Rochelle Simpson

Scrubbing your teeth for one minute with a dry toothbrush helps remove bacteria and plaque more effectively. And experts at the University of Chicago say that helps prevent gum disease and diabetes. —The bacteria that cause gum disease also trigger the formation of cytokines, inflammatory proteins that make your body resistant to insulin,” says Sherita Hill Golden, M.D., associate professor of medicine at Johns Hopkins University. Written by Brenda Kearns

Aching Bank? Eat This Way

From Reader's Digest dated October, 2010

Back pain is hurting us. But you may be able to lower your risk of a recurrence by strolling down the right aisle in the supermarket. Intriguing evidence suggests that certain foods can quash inflammation that contributes to some kinds of pack pain—especially bouts linked to arthritis. The foods to eat more of are: Cherries (One study showed that drinking 12 ounces of tart cherry juice twice a day for 8 days reduced muscle pain and strain. Freshly or canned tart cherries are also helpful.), olive oil, canned salmon, sardines packed in water or olive oil, mackerel, albacore tuna, flaxseed, and walnuts, vegetable protein (such as soy), vegetables and fruits of every hue, nuts of all kinds, green tea, and ginger.

Caregivers

From Reader's Digest

Caregivers can reach out for support and help. Some of the services to look for are Adult Day Services, Chore Assistance, In-Home Care, Home Delivered Meals, Respite Care, and Transportation Options. To find resources and services in your community, visit Easter Seals at www.easterseals.com, The Alzheimer's Assoc. at www.alz.org, and The Elder Care Locator at www.eldercare.gov.

2nd Annual Deaf Awareness

Banquet/Awards Night

Submitted by Cynthia Stevens

This will be held at Hilton Houston NASA Hotel—Clear Lake, 3000 NASA Parkway, Houston, TX 77058. Buffet Style Meal will be served. Cash Bar will be provided. Dress Code: Semi-Formal (No Jeans Please). Cost is: Now till September 1st — \$60.00 per person; September 2nd—September 15th—\$70.00 per person. Please send check or money order to Greater Houston Deaf Connections (GHDC), 1799 FM 528 Road #3008, Webster, TX 77598. There will be a show from New York City's own Doug Ridloff. He will be providing an ASL show for YOU! Check out the website at: <http://www.deafhouston.org/ghdc-banquet/>. The Discount Hotel Room (Normal Price is \$159.00) is \$89 for October 1st only. (Only 15 rooms have been booked at this price.) Please use CODE: GHD to take advantage of this price.

UCLA on Alzheimers

"The idea that Alzheimer's is entirely genetic and unpreventable is perhaps, the greatest misconception about the disease," says Gary Small, M.D., director of The UCLA Center on Aging. Researchers now know that Alzheimer's develops over decades and can be influenced by lifestyle factors including cholesterol, blood pressure, obesity, depression, education, nutrition, sleep, and as well as mental, physical, and social activity. In search of scientific ways to delay and outlive Alzheimer's and other Dementias, I tracked down thousands of studies and interviewed dozens of Experts. The results in a new book: "100 Simple Things You Can Do to Prevent Alzheimer's and Age-Related Memory Loss" (\$19.99). Here are 10 strategies I found most surprising:

1. Have coffee: In an amazing flip-flop, coffee is the new brain tonic. A large European study showed that drinking three to five cups of coffee a day in Midlife cut Alzheimer's risk 65% in late life. So drink up, Arendash advises, unless your doctor says you shouldn't.

2. Floss: Oddly, the health of your teeth and gums can help predict dementia. University of Southern California research found that having periodontal disease before age 35 quadrupled the odds of dementia years later. Older people with tooth and gum disease score lower on memory and cognition tests, other studies show. Experts speculate that inflammation in diseased mouths migrates to the brain.

3. Google: Doing an online search can stimulate your aging brain even more than reading a book, says UCLA's Gary Small, who used brain MRIs to prove it. The biggest surprise: Novice Internet surfers, ages 55 to 78, activated key memory and learning centers in the brain after only a week of Web surfing for an hour a day.

4. Grow new brain cells: Impossible, scientists used to say. Now it's believed that thousands of brain cells are born daily. The trick is to keep the newborns alive. What works: aerobic exercise (such as a brisk 30-minute walk every day), strenuous mental activity, eating salmon and other fatty fish, and avoiding obesity, chronic stress, sleep deprivation, heavy drinking and vitamin B deficiency.

5. Drink apple juice: Apple juice can push production of the "memory chemical" acetylcholine; that's the way the popular Alzheimer's drug Aricept works, says Thomas Shea, Ph.D., of the University of Massachusetts. A dose for humans: 16 ounces or two to three apples a day.

6. Protect your head: Blows to the head, even mild ones early in life, can increase odds of dementia years later. Pro football players have 19 times the typical rate of memory-related diseases. Alzheimer's is four times more common in elderly who suffer a head injury, Columbia University finds. Accidental falls doubled an older person's odds of dementia five years later in another study. Wear seat belts and helmets, fall-proof your house, and don't take risks.

7. Meditate: Brain scans show that people who meditate regularly have less cognitive decline and brain shrinkage - a classic sign of Alzheimer's- as they age. Andrew Newberg of the University of Pennsylvania School of Medicine says yoga meditation of 12 minutes a day for two months improved blood flow and cognitive functioning in seniors with memory problems.

8. Take Vitamin D: A "severe deficiency" of vitamin D boosts older Americans' risk of cognitive impairment 394%, an alarming study by England's University of Exeter finds. And most Americans lack vitamin D. Experts recommend a daily dose of 800 IU to 2,000 IU of vitamin D3. Check with your Doctor.

9. Fill your brain: A rich accumulation of life experiences - education, marriage, socializing, a stimulating job, language skills, having a purpose in life, physical activity and mentally demanding leisure activities - makes your brain better able to tolerate plaques and tangles. You can even have significant Alzheimer's pathology and no symptoms of dementia if you have high cognitive reserve, says David Bennett, M.D., of Chicago's Rush University Medical Center.

10. Avoid infection: Astonishing new evidence ties Alzheimer's to cold sores, gastric ulcers, Lyme disease, pneumonia, and the flu. Ruth Itzhaki, Ph.D., of University of Manchester in England estimates the cold-sore herpes simplex virus is incriminated in 60% of Alzheimer's cases. The theory: Infections trigger excessive beta amyloid "gunk" that kills brain cells.

Excerpted from Jean Carper's book: "100 Simple Things You Can Do to Prevent Alzheimer's"

Foods That May Ease Allergies

Submitted by Real Age

A healthy diet won't cure you of your nasal allergy symptoms. But exciting new research suggests that certain foods could have the potential to help minimize them. Some foods have natural inflammation-dulling powers, which could be a boon to people suffering from allergies. Allergy symptoms are very much stoked by inflammatory responses. Check out this list of six tasty foods that might help you breathe easier by quelling inflammation:

1. Salmon: Fatty coldwater fish like salmon are packed with eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), two super-healthy omega-3 fatty acids that may reduce the risk of allergies. Trout and tuna are good sources, too. If you're not a fan of fish, opt for nuts and seeds instead. They contain alpha-linolenic acid, another type of omega-3 fatty acid.

2. Grape juice: Grape juice is a good source of resveratrol, an antioxidant compound that seemed to reduce asthma inflammation in animal studies. Red wine is an even richer source of resveratrol, but keep in mind that alcohol may make nasal allergy symptoms worse for some people. Snacking on red grapes, blueberries, and peanuts is another way to get more resveratrol into your diet. Blueberries may help lower blood sugar, too.

3. Beans: Legumes are an extra-healthy source of protein. Beans are loaded with folate. In a study, this B vitamin appeared to reduce the intensity of immune system reactions to common allergens. And using beans in place of red meat may do your allergies even more favors. Research shows that red meat may enhance inflammation, so cutting back could be good news for your symptoms.

4. Apples: One a day just might help keep your allergy symptoms away. How? It's the quercetin in apples that may do the trick. Quercetin is a flavonoid thought to curb the production of histamine and help cool inflammation -- two culprits that play a role in allergic responses.

5. Yogurt: Add the low-fat variety of this creamy dairy food to your antiallergy menu. Why? Because yogurt contains loads of probiotics - those good-for-your-gut bacteria. In a study, probiotics lowered levels of an immune substance known to fire up allergy symptoms.

6. Carrots: A colorful diet is a healthy diet. But some studies suggest that brightly hued orange, yellow, and red produce may help with allergies because they're brimming with carotenoids -- compounds thought to have an allergy-quelling effect.

Mix It Up = Bottom line: Eating a variety of fresh, healthy foods will boost the antioxidants and other inflammation-quelling compounds in your diet. At the same time, consider cutting back on foods that are thought to stoke inflammation -- like refined grains, red and cured meats, alcohol, and foods high in saturated fat and sugar. All of this could mean good news for your allergies. Changing your diet shouldn't take the place of other proven allergy-control measures, like avoiding your triggers and taking your medication as prescribed. But it's great to have the potential option of enhancing your allergy-control efforts with smart diet choices.

Netflix sued by deaf group over lack of subtitles

By Lance Whitney

Netflix has been sued by the National Association of the Deaf for failing to offer closed-captioning on enough of its streaming content. In a lawsuit filed Thursday in U.S. District Court for the district of Massachusetts, the NAD alleges that Netflix is in violation of the Americans with Disabilities Act by not providing captions for most of its "Watch Instantly" streamed movies and TV shows. Pointing to the approximately 36 million Americans who are deaf or hard of hearing, the National Association of the Deaf says that it and members of the deaf community have already raised the issue with Netflix via letters, blogs, and petitions, urging the site to provide equal access to its streaming content. Despite these complaints and requests, the group says that Netflix has so far set up captions on only a small number of the overall titles on its "Watch Instantly" service. The ADA requires that all "places of entertainment" provide "full and equal enjoyment" for people with disabilities, according to the NAD, which is asking the court to declare Netflix in violation of the act and order the Company to provide captions on all streaming content. "We have tried for years to persuade Netflix to do the right thing and provide equal access to all content across all platforms," NAD President Bobbie Beth Scoggins said in a statement. "They chose not to serve our

community on an equal basis; we must have equal access to the biggest provider of streamed entertainment. As Netflix itself acknowledges, streamed video is the future and we must not be left out." When asked by CNET to comment on the matter, a spokesman for Netflix said that the company's doesn't comment on lawsuits.

Bravin Latest To Lead Z Marketing Team

Sent by media@zvrs.com

CLEARWATER, FL — Philip Bravin has been named vice president of marketing at The Z®. After working with the company as a consultant for three years, he now leads the marketing team in development and promotion of The Z's products and services. "We've greatly appreciated Phil's contributions as a consultant, and we're thrilled to have him join us now as a member of our executive management team," said Sean Belanger, CEO. —He has an extensive background in the development and application of technology to improve communication access for the deaf and hard of hearing, which makes him a tremendous asset." Bravin retired from his position as technology and development officer at Communication Service for the Deaf (CSD) in July 2005, after spending eight years with the company in various roles, first as a consultant and later as an employee. Prior to that, he spent two decades working for IBM. He's also served as president and chief executive officer for National Captioning Institute, as well as a brief stint as interim chief executive officer at Lexington School/Center for the Deaf. Throughout, he's been a self-employed consultant and remained busy after his retirement with various consulting projects. —It pleased to become a full-fledged member of the Z team," said Bravin. —We've been involved with VRS in various capacities since its inception, and I'm thrilled to have the opportunity to play a larger role in the development and promotion of ZVRS." A Gallaudet University graduate, Phil also remains active in the community, serving on the board of trustees for Lexington School/Center for the Deaf, Vermont Center for the Deaf and Hard of Hearing, and Austin School for the Deaf. He's also a member of National Assoc. of the Deaf, Telecommunications for the Deaf Inc. and New England Deaf Senior Citizens.

History Fact

Submitted by Robert Yost

In 1922, Californians Roy Allen and Frank Wright began the first drive-in and the first fast-food franchise. It is famous for root beer. What is the name of the company?

A&W Root Beer (look at the two guys names)

How Dry is it in Texas?

Submitted by Judy Lorenz

A buddy out of Longview, TX said he'd killed a mosquito that was carrying a canteen. A man in Dime Box, TX said the chicken farmers were giving the chickens crushed ice to keep them from laying hard-boiled eggs. In Lake Palestine, TX, they caught a 20 lb catfish that had ticks on it! But just this week, in Bryan, TX, a fire hydrant was seen bribing a dog. It's so dry in TX that the Baptists are starting to baptize by sprinkling, the Methodists are using wet-wipes, the Presbyterians are giving out rain-checks, and the Catholics are praying for the wine to turn back into water. Now THAT's Dry!

OLD GUY AT GYM

Submitted by Robert Yost

An older guy (not in the best of shape) was working out in the gym, where he spotted a sweet young thing. He asks his male trainer, "What machine in here should I use to impress the sweet young thing over there?" The trainer looked him up and down and replied, "I would use the ATM in the lobby."

"The Wisdom of a 5 year old Granddaughter"

Submitted by Paula Szablowski

This one is good regardless of your political thoughts... I was eating lunch on the 20th of February with my 5-year-old granddaughter and I asked her, "What day is tomorrow?" She said "It's President's Day!" She is a smart kid. So, I asked "What does President's Day mean?" I was waiting for something about Washington or Lincoln ... etc. She replied, "President's Day is when President Obama steps out of the White House, and if he sees his shadow, we have one more year of unemployment." You know, it hurts when hot coffee spurts out your nose...

Obituary

Marian Pharr Posey of San Marcos, TX, passed away on Sunday, June 5, 2011, at the age of 83. She was born October 13, 1927, in Austin, TX, to Burnett and Gladys (Wornell) Pharr. Marian Pharr was married to Edward Posey. He used to be an Instructional Supervisor at TSD (as such as learning how to cook, print, sewing, mechanic, cloth pressing, etc). Ruth Seeger and Marion Pharr were TSD teachers, and they had good memories together. The family extends their heartfelt thanks to C.T.M.C. Hospice Care for their compassionate love and care during Marian's last days.

George Chris Payton passed away on June 29, 2011. He had surgery with triple bypass yesterday, the 28th, but failed. He was married to Kay Maxwell in 1979. He has a daughter, a son, and 3 grandsons. Pray for his family and grandsons. Chris went to Texas School for the Deaf and left in 1967 or 1968. He loved to go deer hunting and feed animals and dogs.



Juanita Gunn, 92, was born in Alum Creek, TX on August 1, 1918. She was welcomed to Heaven by her Lord and Savior Jesus Christ on July 3rd. Juanita is survived by her sons, Van of Luling, TX and Fred, Jr. of Crockett, TX; daughter, Sue O'Neal of Needville, TX; 5

grandchildren; 7 great grandchildren; and 2 great great grandchildren. She attended Texas School of the Deaf in Austin.



Rubin M. Sims passed away on July 14th in Kingwood, TX at the Hospital. Ruben was born on December 7, 1928 in Huntsville, TX to Precely McKenzie Sims and Mary Delia McMillan Sims. His early years were spent in New Waverly, TX with his 8 brothers and sisters. He

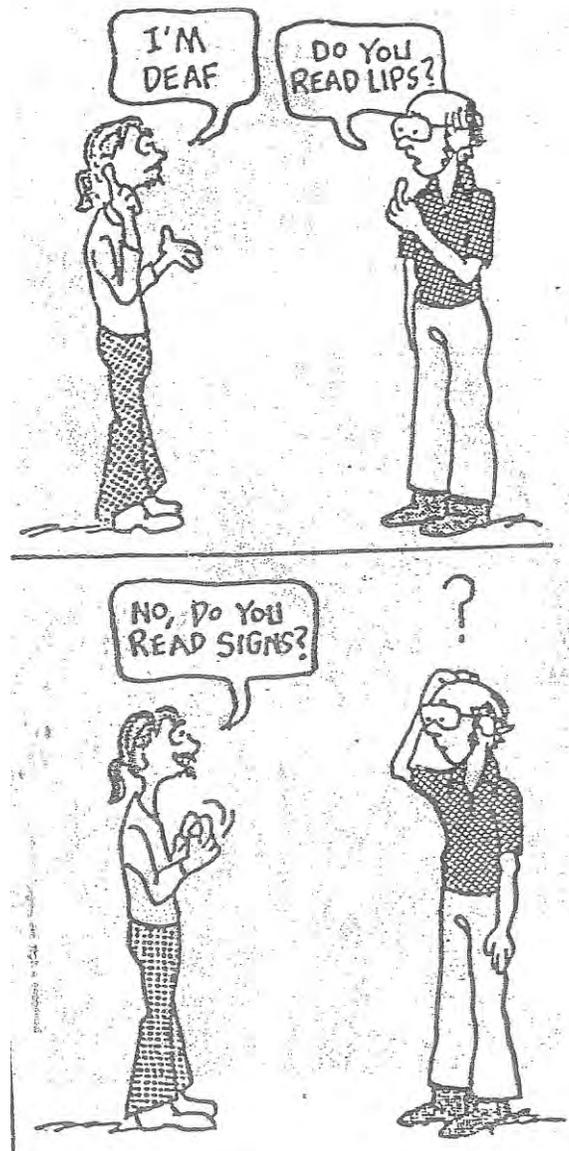
attended the Texas State School for the Deaf and then, went on to become a Master Carpenter with Local 213/551 in Houston, TX. He married Lucy Faye Lester on July 7, 1956. They had just celebrated their 55th Wedding Anniversary. They have 3 children, 4 grandchildren, and 1 great grandchild. He loved the outdoors especially deer hunting and fishing. And he loved spending time with his grandchildren. He is survived by wife, Lucy Faye Lester Sims; 2 sons-Dale Shane Sims and

Ronnie Marvin & Stacey Sims; daughter-Gina Faye & Cesar Duran; 4 grandchildren; and one great grandchild.'

Editor's Message



Houston has recently gotten rain. The downpour earlier this week was much appreciated. It's back to be HOT again! With the weather getting hotter, please stay indoors as much as you can in the afternoons. Be sure to drink plenty of fluids - water is the best! Always have a bottle or glass of water with you when outside for a long period of time. Swimming is best in the mornings or late afternoons. Be sure to use sunscreen with 30 or more SPF. The Cancer Society has warned us to be careful of the Sun's rays.



RENEWAL AND SUBSCRIBERS

NEW SUBSCRIBERS

Wally Mallay

RENEWAL SUBSCRIBERS

Carter & Wanda Bearden, Kathryn V Caldcleugh, M/M Jerry Capell, Dianna G Elledge, Edie G Feliciano, M/M William A Floerke, Bonnie B Gough, Ben W Harmon, Menefee Holdren, Margie Scribner, Tommy Smith, and Paula Szablowski.

SUBSCRIPTION GIFTS:

Karen Michel from Judy Becker
Vernon Pate and Mary Wise from Bonnie Gough

Judy and Bonnie: thanks for your generous gifts.

Thanks to all the subscribers for their support!

DONATIONS

Anyone who wishes to donate money to **Houston Deaf Senior Citizen Love Fund, Inc.** (501c3 non-profit organization), please make check or money order payable to: **Houston Deaf Senior Citizen Love Fund.** In the memo part of your check, please write down what the amount applies to or you can send a note. Please mail to address shown below:

Thanks to William Hebert for his generous donation to LOVE FUND.

Thanks to Sherry Fewell for providing the prizes for Father's Day luncheon and donated to LOVE FUND.

Thanks to the following people for their thoughtful donations IN MEMORY OF EVELYN AUTRY and EARLY MCVEY: William Hebert and James & Julie Spaulding.

Thanks to James & Julie Spaulding for their thoughtful donation IN MEMORY OF BOBBY GRIGGS.

Thanks to the following people for their thoughtful donations IN MEMORY OF SUSAN JACKSON: Gus & Zelma Curbello, Don & Fung Hahn, James & Julie Spaulding, and Audrey Leger.

To all donors, thank you for your thoughtfulness and support to our HDSCLF!

Audrey Leger, HDSCLF Treasurer

Houston Deaf Senior Citizens Love Fund

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