



Houston Deaf Senior Citizens Newsletter

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Non-Profit Organization

Volume 13

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Issue 11



Purple Communications



DST Chair



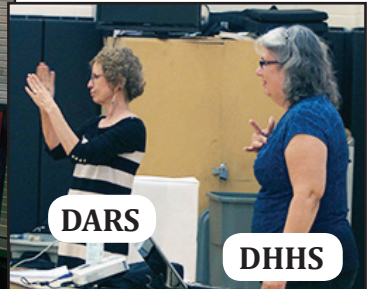
Sorenson VRS



Medicare & Medicaid

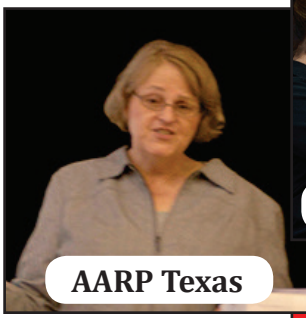


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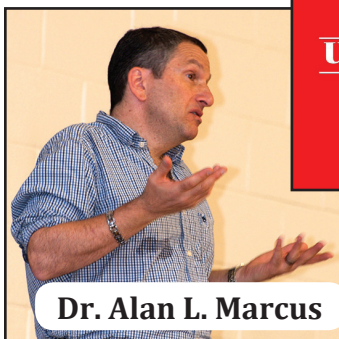
Tax Attorney



Dr. Brian Kilpatrick



CPA



Dr. Alan L. Marcus



University of Houston

Students of ASL Club



Interpreters

Donald welcomed us to DST SYMPO 2012 at the MMSC in Houston, TX on October 12-13, 2012. There were 150+ attendents and 9 wonderful workshops.

Board of Directors

Don Hahn
Judy Becker
Patsy Walker
Nancy Morris
James Dermon

Head Committee Chairs

Travel - TBA

Refreshment - Tommy Wells

Luncheon - TBA

Prizes - Patsy Walker

Games/Crafts - TBA

Archives - TBA

Hospitality - Zelma Curbello

Seminars - TBA

Newsletter Editor - Judy Becker

Subscription - Judy Becker

November

Birthday

- 1 Jim Dermon
- 4 Wally Mallay
- 13 Gene Harkness
Bertha Moses
- 14 Sherry Fewell
- 19 Linda Smith
- 28 Mike Clifton
- 29 Ocie Dorsey

Anniversary

- 15 Larry & Yvonne Butler
43 years since 1969
- 18 Larry & Sherry Fewell
34 years since 1978
- 21 Bubba & Judy Lorenz
39 years since 1973



SENIOR CITIZENS' FIELD TRIP



Friday, November 9, 2012

- Stop 1: McDonald for breakfast**
- Stop 2: Ransom Center in Austin, TX**
- Stop 3: any place for lunch**
- Stop 4: Wittliff Collections in San Marcos, TX**

Please meet at 6:00 AM

Woodhaven Baptist Deaf Church
9920 Long Point Drive - Houston, TX 77055

Bus Departs at 6:30 AM

CONTACT: Nancy Morris

VP: 281-815-4033

Email: nmorris726@gmail.com

COMMUNITY EVENTS

Friday, November 2:

ASL Social - Jax Grill
1613 Shepherd Dr.
Houston, TX 77007
4:00 pm - 9:00 pm

Friday, November 9:

Deaf/ASL Social (Ft. Bend)
Chick-fil-A
20010 Southwest Freeway
Sugarland, TX 77022
4:00 pm - 9:00 pm

Saturday, November 10:

**ASL World joins in the
Barbarian Invasion**
Texas Renaissance Faire
21778 FM 1774
Todd Mission, TX 77363
10:00 am - 8:00 pm
For information, check out:
[http://aslworld2010.
wordpress.com/411-2/](http://aslworld2010.wordpress.com/411-2/)

Tuesday, November 13:

Positive Interaction Program
**"29th Anniversary Chief's
Divisional PIP Service
Awards"**

Auditorium - Holiday Meeting
and Reception
1602 State Street
(Free parking at location, North
& South side of Building)
Houston, TX 77006
7:00 pm

Wednesday, November 14:

HDSCLF's Thanksgiving Lunch
Metropolitan Multi-Service Ctr
1475 West Gray Street
Houston, TX 77019
9:00 am - 1:00 pm

Wednesday, November 28:

HDSCLF - Closed



Now's the time to get a flu shot

By BOB MOOS

Centers for Medicare & Medicaid Services



There's no such thing as "just the flu," especially for older adults.

More than 200,000 Americans land in the hospital because of influenza each year. And anywhere from 3,000 to 49,000 die of complications from it annually.

Seniors are particularly vulnerable to the contagious disease and its consequences. Even a healthy person's immune system can weaken with age. Adults 65 and older account for 60 percent of the flu-related hospitalizations and 90 percent of the deaths.

As flu season approaches again, it's time to take the usual precautions – wash your hands, avoid touching your face and limit your contact with people who are sick.

But remember – your best defense is an annual flu shot.

Flu season can start as early as October. Because older adults are at a higher risk and because it takes about two weeks for an inoculation to provide protection, health officials advise getting a shot as soon as possible.

Last year's flu season began late and was mild compared with previous seasons, but there's no way to predict how mild or severe this year's season will be.

Even if you were vaccinated last year, you will need a shot this year. The immunity you acquired from last season's vaccination has since waned. And this season's vaccine has been especially designed to fight this year's most likely strains.

Manufacturers project they will produce up to 149 million doses for this season, compared with 133 million doses distributed last year.

As in past seasons, flu vaccine is available in many locations, including doctor offices, clinics, community health departments and pharmacies.

Adults 65 and older have two vaccine options – the traditional flu shot and a newer, higher dose vaccine that is supposed to trigger a stronger immune response.

The Centers for Disease Control and Prevention hasn't expressed a preference yet. So you may want to talk with your health care provider about which is right for you.

If you're enrolled in original Medicare's Part B, Medicare will pay for either vaccine option. Your out-of-pocket cost will be nothing, as long as the health care provider agrees not to charge more than Medicare pays.

Likewise, if you're enrolled in a private Medicare Advantage health plan, your insurance company will cover the cost of a shot once every flu season.

The Centers for Disease Control and Prevention recommends annual vaccinations for almost everyone.

Still, some people resist vaccination because they mistakenly think it's dangerous.

True, a very limited number of individuals with severe allergies to eggs or a history of Guillain-Barre Syndrome should not get a flu vaccine without consulting a doctor.

But overall, decades of experience have shown influenza vaccines to be safe.

The flu vaccine can't give you the flu. Side effects are rare. At worst, a few people may have sore muscles or a fever a day or two afterward as they produce antibodies.

That's a far cry from the high fever, headaches, cough, sore throat, runny or stuffy nose and body aches common with the flu – not to mention the potentially life-threatening complications.

When you do, you'll protect not only yourself but also those around you. By avoiding the flu, you'll avoid spreading it to family, co-workers and friends.

To learn more about steps to take during the upcoming flu season, visit Medicare's website, www.medicare.gov, or the U.S. Department of Health and Human Services' special website, www.flu.gov.

Positive Interaction Program Award - Deaf Division



A big congratulations go to **Robert Yost** for being nominated and selected for this year's "End of the Year HPD 2012 Chief's Service Award. Robert was selected for the award base on proactive crime prevention, involvement with Deaf and City-Wide PIP & community volunteer for handicapped parking enforcement.

Please join us in recognizing Robert as Houston Police Chief McClelland presents the awards to each recipient. The awards will be presented on Tuesday, November 13th at 7:00 PM. Location: 1602 State Stree, Houston, TX.

Look forward to seeing everyone there with support and congratulations to Robert.

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"The Next Best thing to Berries and Grapes!"

ANNOUNCEMENT!

HDSCFL's address has changed. New address is:

Houston Deaf Senior Citizens Love Fund
Attn: _____
1475 West Gray St., Mailbox # 4
Houston, TX 77019

ATTENTION! ATTENTION!

On Christmas Eve, 1944, the audience at San Francisco's War Memorial Opera House experienced the American premiere of The Nutcracker. An instant sensation, the ballet launched a national holiday tradition.



We are planning to see **The Nutcracker** performance on Saturday, December 8 at 2:00 PM. The cost is \$35.50 to \$89.50. If you are interested in going, please contact Nancy Morris at VP # **281-815-4033** or email her at **nmorris726@gmail.com**. Because these tickets sell out quickly, I need to know by November 9 if you are interested in going. The County bus carries either 26 or 39 people. I need to let them know which bus we will need to use. Thank you!

Submitted by Nancy Morris

SALE

HDSCFL's Favorite Recipes

\$10 per cookbook
(351 recipes + helpful hints + tips + much more)

Contact:

Luci Ryan
striken263@yahoo.com

Proceeds to Houston Deaf Senior Citizens Love Fund.



Thank you for your continued prayers for Julie Spaulding and her dearest family.

Please continue to pray for this precious family.

At the request of the family, please do not visit every Saturday and Sunday.

Allow the family some privacy and rest the weekends.

You may visit her again from Monday to Friday.

Thank you so much!

Exercise can help cancer patients

from the Mayo Clinic

Newswise

Numerous studies have shown the powerful effect that exercise can have on cancer care and recovery. For patients who have gone through breast or colon cancer treatment, regular exercise has been found to reduce recurrence of the disease by up to 50 percent. But many cancer patients are reluctant to exercise, and few discuss it with their oncologists, according to a Mayo Clinic study published in the *Journal of Pain and Symptom Management*.

“As doctors, we often tell patients that exercise is important, but to this point, nobody had studied what patients know about exercise, how they feel about it and what tends to get in the way,” says lead author Andrea Cheville, M.D., of Mayo Clinic’s Department of Physical Medicine and Rehabilitation. The study is part of a series of investigations looking at exercise habits among cancer patients. Researchers found that patients who exercised regularly before their diagnosis were more likely to exercise than those who had not. Many patients considered daily activities, such as gardening, sufficient exercise.

“There was a real sense of ‘What I do every day, that’s my exercise,’” says Dr. Cheville, noting that most patients didn’t realize daily activities tend to require minimal effort. “Most were not aware that inactivity can contribute to weakening of the body and greater vulnerability to problems, including symptoms of cancer.”

In addition, researchers found that patients took exercise advice most seriously when it came directly from their oncologists, but none of those studied had discussed it with them.

“Generally, patients are not being given concrete advice about exercise to help them maintain functionality and to improve their outcomes,” Dr. Cheville says.

Exercise can improve patients’ mobility, enable them to enjoy activities and keep them from becoming isolated in their homes. It can contribute to overall feelings of strength and physical safety, ease cancer-related fatigue and improve sleep. The researchers plan to investigate how to make the message about exercise meaningful to patients to optimize symptom relief and enhance recovery.



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713.574.9158 (Voice)
deafglobtravel@gmail.com
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Laughing Matters



“Trust in God, but count your change.”



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Pumpkin Pie Coffee Cake

Perfect for the holidays!

Prep Time: 20 min

Total Time: 1 hr 20 min

Servings: 12 Slices of coffee cake

Ingredients:

2 1/4 Cups All-purpose flour

3/4 Cups Sugar

1/2 Teaspoon Baking Soda

1/2 Teaspoon Baking Powder

1/2 Teaspoon Salt

3/4 Cups Unsalted Butter, cold and cubed

1 Large Egg

3/4 Cups Sour Cream

1 Teaspoon Vanilla

Filling:

8 Ounces Cream Cheese

2 Cups Pumpkin, canned

1/4 Cup Sugar

2 Large Eggs

1 Teaspoon Cinnamon

1/4 Teaspoon Nutmeg

1 Pinch Salt



Directions:

1. Combine flour, sugar, baking soda, baking powder, & salt in a large bowl.
2. Cube cold butter & then cut butter into flour mixture using fingers until it's in pea-sized lumps.
3. Reserve 3/4 Cup of the mixture for a topping later.
4. In a separate bowl, combine sour cream, eggs, & vanilla. Then stir that into the flour-butter mixture. Stir together until it forms a loose dough.
5. Pack loose dough into a spring-form pan. Try to get an even thickness on the bottom & press the dough about 1 inch up the sides. If your fingers are sticking badly to the dough, use plastic wrap to help shape it.
6. In a medium bowl, use a hand mixer to mix together cream cheese, pumpkin, eggs, sugar, & spices. Pour pumpkin mixture into the coffee cake shell.
7. Sprinkle on reserved crumb for a topping.
8. Bake coffee cake at 350 degrees for 55-60 minutes until center is set & it's browned around the edges.

Ear Infection

They always ask at the doctor's reception why you are there, and you have to answer in front of others what's wrong and sometimes it is embarrassing.

There's nothing worse than a Doctor's Receptionist who insists you tell her what is wrong with you, in a room full of other patients. I know most of us have experienced this, and I love the way this old guy handled it.



A 75-year-old man walked into a crowded waiting room and approached the desk.

The Receptionist said, 'Yes sir, what are you seeing the Doctor for today?'

'There's something wrong with my dick,' he replied.

The receptionist became irritated and said, 'You shouldn't come into a crowded waiting room and say things like that.'

'Why not, you asked me what was wrong and I told you,' he said.

The Receptionist replied; 'Now you've caused some embarrassment in this room full of people. You should have said there is something wrong with your ear or something, and discussed the problem further with the Doctor in private.'

The man replied, 'You shouldn't ask people questions in a roomful of strangers if the answer could embarrass anyone.'

The man then decided to walk out, waited several minutes, and then re-entered.

The Receptionist smiled smugly and asked, 'Yes??'

'There's something wrong with my ear,' he stated.

The Receptionist nodded approvingly and smiled, knowing he had taken her advice. 'And what is wrong with your ear, Sir?'

'I can't piss out of it,' he replied.

The waiting room erupted in laughter.

Mess with seniors and you're going to lose!

9. Remove & let cool on a wire rack for 10 minutes. Remove the cake from the spring-form pan and serve or let cool to room temperature and store in the fridge!

OBITUARIES



William Randall "Randy" Wynn, 53, of Colbert, OK, passed away Tuesday Morning, September 25, 2012 at his home. He was born August 17, 1959 in Lufkin, TX. He attended Colbert Schools and the Jane Brooks School for the Deaf in Chickasha, OK.

He married Lisa Salazar December 22, 2001 in Sherman, TX. He was a material handler for Johnson & Johnson in Sherman for over 22 years and was also employed with the Safeway Store in Denison, K Mart, Fed Ex and the Home Depot. He was of the Baptist Faith and lived in Colbert most of his life. He was a member of the Texoma Council for the Deaf, McKinney Deaf Club, The Lions Club and also participated in the Deaf Rodeo Association. He was an avid fisherman and loved to go boating and camping.

He was preceded in death by his parents James Monroe & Mahotta LaNell Brown Wynn, and sister Rebecca Rae Wynn. Surviving is his wife Lisa Wynn and his daughter Lydia Wynn both of the home Colbert, 2 brothers James Wynn of Achille and Lloyd Wynn of McKinney. Numerous nieces and nephews also survive.

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Linda Boles Thomas was a resident & native of Baton Rouge, LA and passed away on Thursday, September 27, 2012 at the Butterfly Wing at Hospice of Baton Rouge at the age of 62.

Linda was long-time educator with the Louisiana State School for the Deaf, having served as Principal among many other duties throughout her 32 years of service. Her greatest satisfaction came from mentoring and motivating her colleagues to achieve their full potential. In turn, her friends and colleagues were a tremendous source of support and inspiration during Linda's illness.

Entombment at Resthaven Gardens of Memory

Mausoleum. She is survived by her husband of 38 years Oliver G. Thomas Jr.; son & daughter-in-law Oliver G., III & Brandy Danielle Thomas; mother-in-law Delores G. Thomas; sister-in-law Marian D. Odom and numerous nieces & nephews. Preceded in death by her parents Huey Leon & Virginia Jean Boles, and father-in-law Oliver G. Thomas, Sr.

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Christine Clara Goodwin Fant, 85, passed to Glory to join her Husband of 48 years and Our Lord Father Friday October 5th 2012 while at home with family by her side. The wife of Alfred Edward Fant, Sr. she was born Dec 25, 1926 in Kerrville, TX. She was the daughter of Sidney Green Goodwin & Alma Lorine Glass. Following her father's death, James R. Jones became her step-father, raising her from an early age until she married in 1949. Christine attended Baylor University in Waco & North Texas State University, Denton. She also attended the Bible Institute of Los Angeles (BILOA University) and did graduate work at the University of Texas at Austin. She taught school on St. George Island, AK & in Killeen, TX. She also taught at the Texas School for the Deaf in Austin for 20 years. She attended Hyde Park Baptist Church for over 46 years. Following the death of her husband, Christine became very active in support groups at Hyde Park Baptist working with Senior Adults, Widowed Persons & children of low-income families.

Christine is survived by a large family, including her siblings and in-laws, Marcel Ann & Fred Waggy (San Antonio), L.J. Seibel (San Antonio), Hazel Jones (Texas), Alice Lorene Hauk (Kingsland); her children, Fannie Mae & Shannon Ator (Salado), Patricia Ann & Doug Valteau (The Woodlands, TX), Cynthia Sue Howard (Cedar Park), Dr. Ali Fant (Fairbanks, AK), Bruce Bennett Fant (Austin), John David Fant (Clermont, FL), and Richard Goodwin Fant (Austin); 6 grandchildren; 6 great-grandchildren; 1 great-great-grandchild.

Send me some news & an announcement (baby, birthday, anniversary, obituary) [color photos, 4"x6", high resolution like 150 dpi] before or on 15th day of each month. Thanks!

Judy Becker, Editor of HDSC Newsletter

Email: hdsnews@yahoo.com or memaw51@comcast.net

VP: 281-667-4763

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(All in Black & White)

	Each Issue	12 Issues/year
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Make a money order or check payable to **Houston Deaf Senior Citizens Love Fund** and mail it & this slip to HDSCLF, Attn: Judy Becker, 1475 West Gray St., Mailbox # 4, Houston, TX 77019 or hand in a person to her before or on 15th day of each month.

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

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Leanold/Rebecca Stephen (a gift from Alfred G Crager)

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DONATIONS - LOVE FUND

Thank Sidney J Braquet for the thoughtful donation to Love Fund in Memory of Sonny/Margaret Braquet.

Thank Thelma Covello for the thoughtful donation to Love Fund in Memory of Leroy/Mildred Owens.

To all subscribers and donors thanks for your continuing support our **HDSCLF**.

Jim Dermon
Treasurer of the HDSCLF



Houston Deaf Senior Citizens Love Fund

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Please do not write: Cash (in person only) Money Order # _____ Check # _____