



Volume 19 - Issue 01

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January 2018

Houston Winter Wonderland!

Thomas/Doina Langham
Bellaire, TX

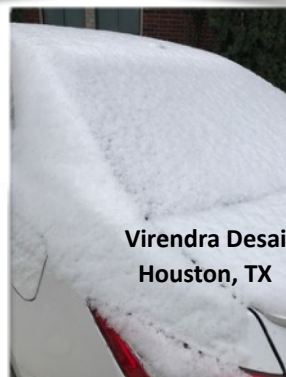
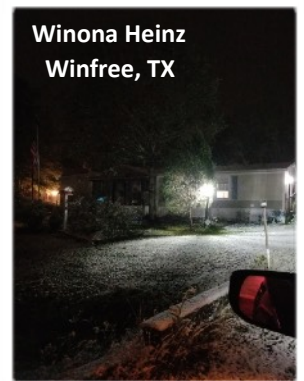


Ann Wheeler
Conroe, TX

Brian/Jackie Kilpatrick
Houston, TX



Winona Heinz
Winfree, TX



Virendra Desai
Houston, TX

Eugene Watson
Manvel, TX



Bubba/Judy Lorenz
Sugarland, TX



Audrey Leger
Missouri City, TX



Dixie
Houston, TX



Zane/Nancy Owens
Needville, TX



Larry/Dana Glasscock
Seabrook TX



Fred/Cathy Simerka
Spring, TX

Continued to next page



Judy Becker
La Porte, TX



Don/Fung Hahn
Houston, TX



Jim/Jan Dermon
Woodlands, TX

Nancy Morris
Houston, TX



Patsy Walker
Houston, TX



Kathy Smith
League City, TX



Rex/Luci Ryan
Katy, TX



James/Lavern Fair
Pasadena, TX

On December 8, snow blankets Houston with 0.7" which excited many residents. As record goes, it has snowed just 35 times in Houston since 1895. Significant snow recorded are:

February 14, 1895 – 20.0"

December 21-22, 1929 – 2.5"

January 20, 1940 – 3.0"

January 30, 1949 – 2.6"

February 12, 1960 – 4.4"

January 11, 1973 – 2.0"

Other were below 2.0" or trace. 1.0" fell in Houston last December 4, 2009. Will we see more coming in January or February 2018?

REMINDER

Positive Interaction Program (PIP)

Topic:

Texting and Driving

January 10, 2018

10:30 am – 11:30 am

MMSC

1475 W. Gray St.

Houston, TX 77019

Houston – Museum District

January 12, 2018

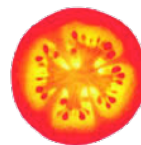
Please meet at **10:00 am.**
Woodhaven Baptist Deaf Church
9002 Long Point Rd., Houston
Bus leaves at **10:30 am.**

God's Pharmacy! Amazing!



A sliced Carrot looks like the human eye. The pupil, iris and radiating lines look just like the human eye ... and YES, science now shows carrots greatly enhance blood flow to and function of the eyes.

A Tomato has four chambers and is red. The heart has four chambers and is red. All of the research shows tomatoes are loaded with lycopene and are indeed pure heart and blood food.



Grapes hang in a cluster that has the shape of the heart. Each grape looks like a blood cell and all of the research to day shows grapes are also profound heart and blood vitalizing food.

A Walnut looks like a little brain, a left and right hemisphere, upper cerebrums and lower cerebellums. Even the wrinkles or folds on the nut are just like the neo-cortex. We now know walnuts help develop more than three (3) dozens of neuron-transmitters for brain function.



Kidney Beans actually heal and help maintain kidney function and yes, they look exactly like the human kidneys.

Celery, Bok Choy, Rhubarb and many more look just like bones. These foods specifically target bone strength. Bones are 23% sodium and these foods are 23% sodium. If you don't have enough sodium in your diet, the body pulls it from the bones, thus making them weak. These foods replenish the skeletal needs of the body.



Avocados, Eggplant and Pears target the health and function of the womb and cervix of the female -- they look just like these organs. Today's research shows that when a woman eats one avocado a week, it balances hormones, sheds unwanted birth weight, and prevents cervical cancers.

Figs are full of seeds and hang in twos when they grow. Figs increase the mobility of male sperm and increase the numbers of Sperm as well to overcome male sterility.



Olives assist the health and function of the ovaries.

Sweet Potatoes look like the pancreas and actually balance the glycemic index of diabetics.



Oranges, Grapefruits, and other Citrus fruits look just like the mammary glands of the female and actually assist the health of the breasts and the movement of lymph in and out of the breasts.

Onions look like the body's cells. Today's research shows onions help clear waste materials from all of the body cells. They even produce tears, which wash the epithelial layers of the eyes. A working companion, Garlic, also helps eliminate waste materials and dangerous free radicals from the body.



Slow Cooker Chili

One of my most popular recipes and for good reason! This is the best chili I've ever tasted! Slow cooking it allows for the flavors to meld and the most tender beef. Try it tonight and see why everyone loves this!

Prep Time: 15 minutes

Cook Time: 6 hours 10 minutes

Servings: 7

Ingredients

- 1 Tbsp olive oil
- 2 lbs lean ground beef
- 1 large yellow onion , finely chopped
- 3 cloves of garlic , finely minced
- 2 (14.5) oz cans diced tomatoes with green chilies*
- 3 (8 oz) cans tomato sauce
- 1/2 cup water or beef broth
- 2 Tbsp chili powder
- 2 1/2 tsp ground cumin
- 2 tsp paprika
- 2 tsp cocoa powder
- 1 tsp granulated sugar
- 1/2 tsp ground coriander
- Salt and freshly ground black pepper , to taste
- 1 (15 oz) can dark red kidney beans, drained and rinsed
- 1 (15 oz) can light red kidney beans, drained and rinsed



Serve topped with:

Cheddar and Monterey Jack cheese , sour cream, chopped red or green onions, cilantro, roasted peppers, or hot sauce

Optionally serve with:

Fresh cornbread or biscuits , baked russet potatoes, saltine crackers or tortilla chips

Instructions

Heat olive oil in a large and deep non-stick skillet over medium-high heat. Once oil is hot, add onion and sauté 3 minutes, then add garlic and sauté 30 seconds longer. Pour onions into a 6 or 7 quart slow cooker.

Return skillet to medium-high heat, add beef and cook stirring occasionally until beef has browned. Drain most of fat from beef, leaving about 2 Tbsp in with beef (this is optional, I think it adds flavor but you can drain it all if you'd prefer). Pour browned beef into slow cooker.

Add diced tomatoes, tomato sauce, 1/2 cup water or beef broth, chili powder, cumin, paprika, cocoa powder, sugar, coriander and season mixture with salt and pepper to taste. Stir mixture, cover with lid and cook on low heat for 5 - 6 hours.

Stir in dark and light red kidney beans and allow to heat through, about 10 minutes (if you want the soup to have more liquid you can add in another 1/2 cup water or beef broth). Serve warm with desired toppings (I say the cheese and sour cream is a must, everything else is optional).

*If you don't like heat then you can use canned tomatoes without green chiles since they are a little spicy.

Recipe Source: Cooking Classy

Future Plans – 2018

HDSCF Events

Ringling New Year	January 10
Sweethearts Day	February 14
Pajamas Breakfast	March 14
Spirit of Aloha	April 11
Wacky Hat Contest	May 09
Backyard Fun	June 13
Red, White & Blue Celebration	July 11
Domino Tournament	August 08
Deaf Carnival	September 12
Monster Mask Contest	October 10
Giving Thanks Potluck	November 14
Annual Holiday Luncheon	December 12

HDSCF Field Trips

Houston – Museum District	January 12
San Felipe, Fulshear & Brookshire	February 09
Waco	March 10
Hempstead	April 07
Beaumont	May 05
Alvin - Santa Fe	June 09
Katy	July 14
La Grange	September 13
Fort Smith / Branson	October 01-05
Houston	November 10

February 14, 2018 – Activity **Sweethearts Day**

9:00 am – 10:00 am –



Provided by
Don/Fung Hahn

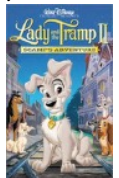
10:00 am – 11:30 am –



Meeting

11:30 am – 2:00 pm –

Spaghetti Lunch / Movie



2:00 pm – 3:00 pm –



Domestic Violence
among Older Adults

San Felipe, Fulshear & Brookshire

February 09, 2018

Place:



Lunch on your own



Sign up and pay \$10 – January 10th

Please meet at 9:00 am
Woodhaven Baptist Deaf Church
9002 Long Point Rd., Houston

Bus leaves at 9:30 am

Contact: Don Hahn - VP 832.413.6183

Renewals:

Doris Adams; David Naumann;
Harold/Zola Schelp

Donations:

Your Cause, LLC; Patsy Walker;
Sharon Williams

On the behalf of HDSCF 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
HDSCF Treasurer

BOARD OF DIRECTORS

Judy Becker



Patsy Walker



Jim Dermon



Don Hahn

HDSCF MEETING/SOCIAL

@ Metropolitan Multi-Service Ctr.
1475 W. Gray St.
Houston, TX 77019

HDSCF Meeting/Event/Social
is held on second Wednesday
from 9:00 am to 3:00 pm.

Head Committee Chairs:

Greeter – Robert Yost
Event Planner – **Vacant**
Luncheon/Prizes – Patsy Walker
Refreshment – Doris Williams
Travel – Don Hahn/Gertie Sessions
Subscription – Jim Dermon
Tidbits & Website – Judy Becker

HDSCF Officers:

Judy Becker, Acting President
hdsclf8web@gmail.com
Vacant, 1st-Vice President
email address
Patsy Walker, 2nd-Vice President
waynellus@hotmail.com
Jim Dermon, Treasurer
jdermon.senior@gmail.com
Don Hahn, Secretary
hdsclf@gmail.com



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reliable at the time of publication. However, we do not guarantee the
accuracy of the content in the information presented.



\$5.00

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



\$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 HDSCF \$_____ in memory of _____ (Tax deductible)

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

PLEASE PRINT: ☐ **CURRENT ADDRESS** ☐ **NEW ADDRESS**

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

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

Address: _____

City/State/Zip: _____

Email: _____ ☐ VP, ☐ TTY or ☐ Fax: _____
(Required)

Anniversary:

____ / ____ / ____

Make payable to **HDSCF** 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 # _____
