



Houston Deaf Senior Citizens Newsletter

Funded by DARS-DHHS Non-Profit Organization

Volume 15

May 2014

Issue 05



Senior Citizen's Field Trip
 Danevang, TX — April 10, 2014
 Danish Heritage Preservation Society and Museum
 El Campo Museum of Natural History



Front Row: Gertrude Sessions, Margie Scribner, Lavern Fair, Jan Dermon, Bertha Moses, Fung Hahn
 Middle Row: Rachele Guidry, Doris Williams, Earl Johnson, Irene Williams, Cindy Clifton, Mike Howard, James Fair, Donna Fair, Don Hahn
 Back Row: Jim Dermon, Paula Szabblowski, Sheri Crabtree, Mike Clifton, Virendla Desai, WM Lambert, Daniel Crabtree



On April 10th, 20 of us had a wonderful day at Danish Heritage Preservation Society. We were greeted with their delicious cookies and coffee. Then there was a short video of their Danish history.

This museum is housed in a building constructed very much like those built by the early settlers and includes features reminiscent of the barns of Denmark. It also shows artifacts of the early Danish settlement.

After this tour, we went on to see Pioneer House and Danevang Church.



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Love Fund
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Houston, TX 77019

HDSC Field Trip—Heritage Village, Woodville, TX May 9, 2014

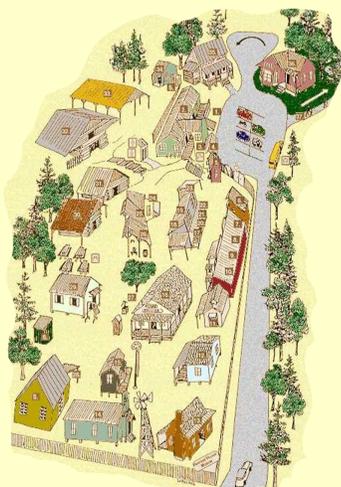
Tour and Luncheon

**Please meet at
7:30 AM**

Woodhaven Baptist Deaf Church ● 9920 Long Point Dr.
Houston, TX 77055

Bus departs at 8:00 AM

60+ Deaf Seniors—\$10.00 ● Under 60 are welcome — \$15.00
Contact: Jim Dermon, 936-828-4013



Heritage Village is a living museum of pioneer history, with a main street that is right out of the mid 1800's to early 1900's.

Walk through an old-time blacksmith shop. Check out a railroad depot. Visit a livery stable or any one of the community's log cabins. Or just stroll through the East Texas forest. See demonstrations of the old ways from people who have either studied the art or lived it.

Community Events

Friday, May 2

ASL Social

Galleria Mall Food Court
5085 Westheimer Rd
Houston, TX 7756
4 pm to 9 pm

Friday, May 9

HDSC Field Trip

Heritage Village
Woodville, TX
See Above

Friday, May 9

Deaf/ASL Social—Ft. Bend

Chick-fil-A
20010 Southwest Freeway
Suagr Land, TX 77479
5:00 pm—9:00 pm

Wednesday, May 14

HDSCF General Meeting

Metropolitan Multi-Service
1475 West Gray Street
Houston, TX 77019
9:00 am—1:00 pm

Friday, May 16

Baybrook Mall Silent Dinner

Baybrook Mall—Food Court
500 Baybrook Mall
Friendswood, TX 77546
6:30 pm—9:00 pm

Wednesday, May 21

Senior Luncheon/Fellowship

Woodhaven Baptist Deaf Church
9920 Long Point, Houston, TX
77055
10:00 am — 2:00 pm
RSVP

Friday, May 23

North Houston Monthly Social

North Houston Chick-fil-A
4410 North Freeway (I-45 N)
Houston, TX 77022
5:30 pm—Closing

Wednesday, May 28

HDSCF DARS Presentation

Metropolitan Multi-Service Ctr
1475 West Gray Street
Houston, TX 77019
9:00 am—1:00 pm



Due to Metropolitan Multi-Service Center having summer activities for children, they asked us to move our regular schedules to 1st and 3rd Wednesday for JUNE only.

June 4th and 18th





On our second tour after we visited Danevang, we went to El Campo Museum of Natural History. This fascinating museum shows how animals are represented in their natural habitats which are colorfully depicted in life-size dioramas, with informative computer kiosks, sound presentations, and light boxes to enhance the experience.



Many thanks to Sheri Crabtree for interpreting for us!




Field Trip Dates

June 13	August 7
July 11	September 12

**Deaf Senior of Texas
Second Biennial Symposium
at San Marcos — April 8-9, 2014**



Front Row: Marie Hayes, Billy Buzz, Don Hahn, James Fair, Lavern Fair
Back Row: Ann Wheeler, Fung Hahn, Virendla Desai, Pasty Walker,
Mary Jo Stevens, Jan Dermon, Jim Dermon

**DARS Office for Deaf and Hard of Hearing Services
Presents**

How to Work with Interpreters
with Ann Horn

Date: Wednesday, May 28, 2014
Time: 10:00 a.m.–12:00 p.m.
Location: Houston Deaf Seniors
Metropolitan Multi-Services Center
1475 W. Gray
Houston, TX 77019

This session will explain how to work with interpreters, the meanings of “qualified interpreter” and “certified interpreter,” and the steps to receive quality interpreting services.

Ann Horn is Deaf and is the Direct Services Program Specialist at the DARS Office for Deaf and Hard of Hearing Services (DHHS). She has worked with DHHS for 22 years and is responsible for the provision of interpreting services, services to senior citizens, issuance of continuing education units, oversight of a youth training program called Camp SIGN, and an array of workshops including sensitivity training, Deaf Self-Advocacy Training, and new employee orientation on working with persons who are deaf or hard of hearing.

Thanksgiving Feast in March



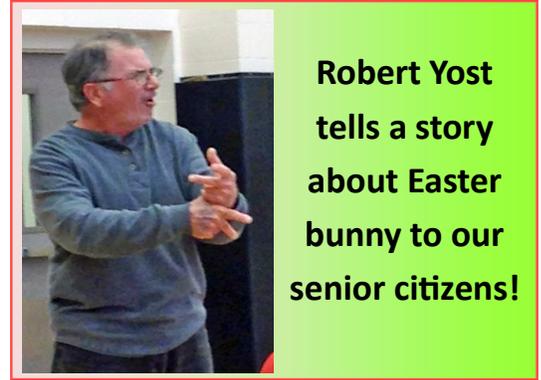
A big "Thank You" to Woodhaven for the delicious turkey and fixings for our March luncheon.



Senior Citizens enjoyed themselves with dominos and fellowship after lunch while Jim and Don pointed at each other!



Beginner's Luck for Paula who won the first domino game she ever played at Woodhaven Fellowship on March 19th.



Robert Yost tells a story about Easter bunny to our senior citizens!

An Illustrated History of Baseball

Baseball evolved from the British game of rounders, and is a cousin to cricket in that it also involves two teams that alternate on defense and offense and involve throwing a ball to a batsman who attempts to "bat" it away and run safely to a base. The first documentation of base ball is in 1838, but there are references to a game of base ball going back to the late 1700s.



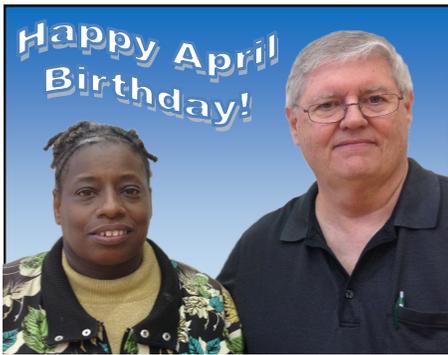
The story promoted as the "invention" of baseball by Abner Doubleday, a Civil War hero for the Union, has largely been discredited. The first published rules of baseball were written in 1845 for a New York base ball club called the Knickerbockers. The author, Alexander Joy Cartwright, is one person commonly known as "the father of baseball."

Cartwright laid out rules for playing the game for the first time, and made one important change. No longer could an out be recorded by "plugging" a runner (hitting him with the ball). The rules required fielders to tag or force the runner, which is still the rule today.

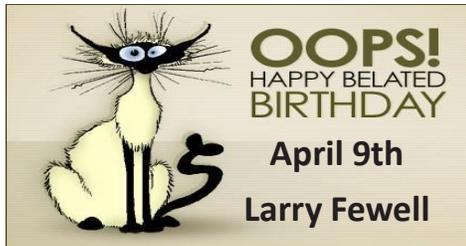


Here is something you may not have thought about.....At some time everyone gets a greasy spot on a favorite shirt. Into the 'rag bag' or trash, right? NO! For years we have heard how Dawn dishwashing liquid can remove oil from birds and animals caught in an oil spill. Well, it works on that greasy spot, too, even after washing and drying it! Don't use much Dawn...just a drop on the oily spot...rub it in, and throw it into the next load of washing. Worked for me!

Sue Wilkerson



Deborah Daniels Larry Butler



Happy Anniversary
May 16 — James and Lavern Fair
61 Years (1953)

A Brief History of Mother's Day

Celebrating Mother's Day



Mother's Day is a holiday celebrated in many countries around the world, but not all nations celebrate on the same day. In the United States, Mother's Day is always celebrated on the second Sunday in May.

Many other countries such as Denmark, Finland, Italy, Turkey, Australia and Belgium also celebrate Mother's Day on the same day as the United States. England, however, celebrates Mother's Day on the fourth Sunday of Lent, and in Argentina it is the second Sunday in October. International Mother's Day is actually celebrated on May 11.

In 1907, Anna M. Jarvis (1864 – 1948), a Philadelphia schoolteacher, began a campaign to establish a national Mother's Day in honor of her mother, Ann Maria Reeves Jarvis.

She wrote hundreds of letters to legislators and prominent businessmen on both state and national levels asking them to create a special day to honor mothers.

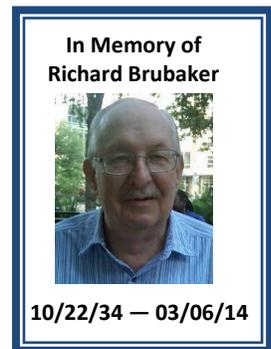
On May 10, 1908, the third anniversary of the death of Anna's mother, the minister of the Andrews Methodist Episcopal Church in Grafton, West Virginia (the church her mother had attended) gave a special Mother's Day sermon honoring Mrs. Jarvis' memory. Anna handed out her mother's favorite flower, the white carnation.

In 1914, Anna's hard work finally paid off when President Woodrow Wilson made the official announcement proclaiming the second Sunday in May as a national holiday in honor of mothers.



Fun Facts about May

- The birthstone of May, the emerald, symbolizes success and love.
- May in the Northern Hemisphere is similar to November in the Southern Hemisphere.
- May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day".
- The Indianapolis 500 car race is held each year during this month. The Kentucky Derby, the world's most famous horse race, is also held on the second Saturday of this month.
- The month of May is devoted to the Virgin Mary in the Catholic Church.



Sympathy:
 To Ann Wheeler in loss of her stepson, David William Wheeler, Jr.

 To Lawrence Coleman Sr. in loss of his wife, Willie.



Because of our March guest speaker couldn't come on March 26th, Pres. Larry decided to have a discussion group meeting. We talked about how we can do for our Houston senior citizens. One of the topics we discussed is the transportation problem for some of our seniors. They

would love to go to HDSLFF but have no ride to get there. Hopefully, we can find a solution to this problem soon.

Any productive suggestions about the transportation problem will be appreciated.



A SIMPLE PINEAPPLE

The pineapple is a member of the bromeliad family. It's the only available edible bromeliad today. It is a multiple fruit. One pineapple is actually made up of dozens of individual floweret's that grow

together to form the entire fruit. Each scale on a pineapple is evidence of a separate flower. Pineapples stop ripening the minute they are picked. No special way of storing them will help ripen them further. Choose your pineapple by smell. If it smells fresh, tropical and sweet, it will be a good fruit. The more scales on the pineapple, the sweeter and juicier the taste. After you cut off the top, you can plant it. It should grow much like a sweet potato will.

This delicious fruit is not only sweet and tropical; it also offers many benefits to our health. We find it enjoyable because of its lush, sweet and exotic flavor, but it may also be one of the most healthful foods available today. If we take a more detailed look at it, we will find that pineapple is valuable for easing indigestion, arthritis or sinusitis. The juice has an anathematic effect; it helps get rid of intestinal worms.

Pineapple is high in manganese, a mineral that is critical to development of strong bones and connective tissue. A cup of fresh pineapple will give you nearly 75% of the recommended daily amount. It is particularly helpful to older adults, whose bones tend to become

brittle with age. Bromelain, a proteolytic enzyme, is the key to pineapple's value. Proteolytic means "breaks down protein", which is why pineapple is known to be a digestive aid. It helps the body digest proteins more efficiently. Bromelain is also considered an effective anti-inflammatory. Regular ingestion of at least ½ cup of fresh pineapple daily is purported to relieve painful joints common to osteoarthritis.

Orange juice is a popular liquid for those suffering from a cold because it is high in Vitamin C. Fresh pineapple is not only high in this vitamin, but because of the Bromelain, it has the ability to reduce mucous in the throat. If you have a cold with a productive cough, add pineapple to your diet. Those individuals who eat fresh pineapple daily report fewer sinus problems related to allergies. Pineapple is also known to discourage blood clot development. This makes it a valuable dietary addition for frequent fliers and others who may be at risk for blood clots.

An old folk remedy for morning sickness is fresh pineapple juice. It really works! Fresh juice and some nuts first thing in the morning often make a difference. It's also good for a healthier mouth. The fresh juice discourages plaque growth.

Submitted by Nancy Morris

DANEVANG TRIP

S A W D D N I R G Y D U V P L N
 E R V D N H J J A R P X B V O
 T T G V S O N N G M O S Y X Y
 A I E I A P E S R E L T T E S
 L F N G H V Z P A U I A S L H
 P A U A A H H S B N Y T P I X
 D C U N H T L O A C X I J U H
 A T G Y V A I T U Z E B X C I
 X S O M M K U R J S D A C O O Q
 J E A I F R W F E N E H C O P
 I N N E A J K N V H M S O K U
 N A B L P A E L C A M P O I E
 R E E N O I P C H U R C H E O
 C Z M I T F J B S D D G T X S Z
 Z C K A A E Q O G N Q W A P R H

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



Trip Down Memory Lane

13th Biennial Deaf Seniors of America
Asheville 2015 Conference
August 23-27, 2015

To register, go to www.DSA2015.org



Donald Hahn

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don@deafglobetrotters.com
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Send some news, an announcement (newborn baby, birthday, anniversary, obituary), and color photos to me before or on **15th day of each month.**

Thanks!

Jan Dermon, Editor of HDSC Newsletter

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New Subscriber

Rachelle Guidry, Annette McCarter, Mairan Rodriguez

Renewals

Linda Ainsworth, Josephine Davis, Virginia Duncan, James/Lavern Fair, Patricia Fair, Troy/Margaretta Graham, Janet Hamilton, Marvin House Jr, William Lambert, Herbert Picou, Jim/Martha Quinn, Juan Rodriguez, Melvin Rueffer, Luci/Rex Ryan, Joyce Smith, James Spaulding, Mary Stevens, Bonnie Tippet, Patsy Walker, Tom/Jenice Wells, Homer West

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Sheri Crabtree — In memory of Sharon Grizzaffi

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Deborah Daniels (Ellen Sias)
Sandra Manley (Jim Dermon)

On the behalf of HDSCLF board, we want to thank you for your kind donation. Your generosity makes a difference in the lives of Houston Deaf Senior Citizens. Thanks again for your kindness.



Jim Dermon



- To Robert Yost who donated snacks for our socials
- To Mike Clifton who won \$20.00 February joke and donated it to Love Fund
- To Don Hahn who donated sheet music stand



Mother's Day

May 14th
9 am to 1:00 pm

- Bring Covered Dish (Please ask Audrey Leger what to bring—281-249-5355)
- Bring Your Own Drinks

METROPOLITAN MULTI-SERVICE CENTER
1475 WEST GRAY ST — HOUSTON, TX 77019

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