

# Houston Deaf Senior Citizens Newsletter

Funded by DARS-DHHS Non-Profit Organization

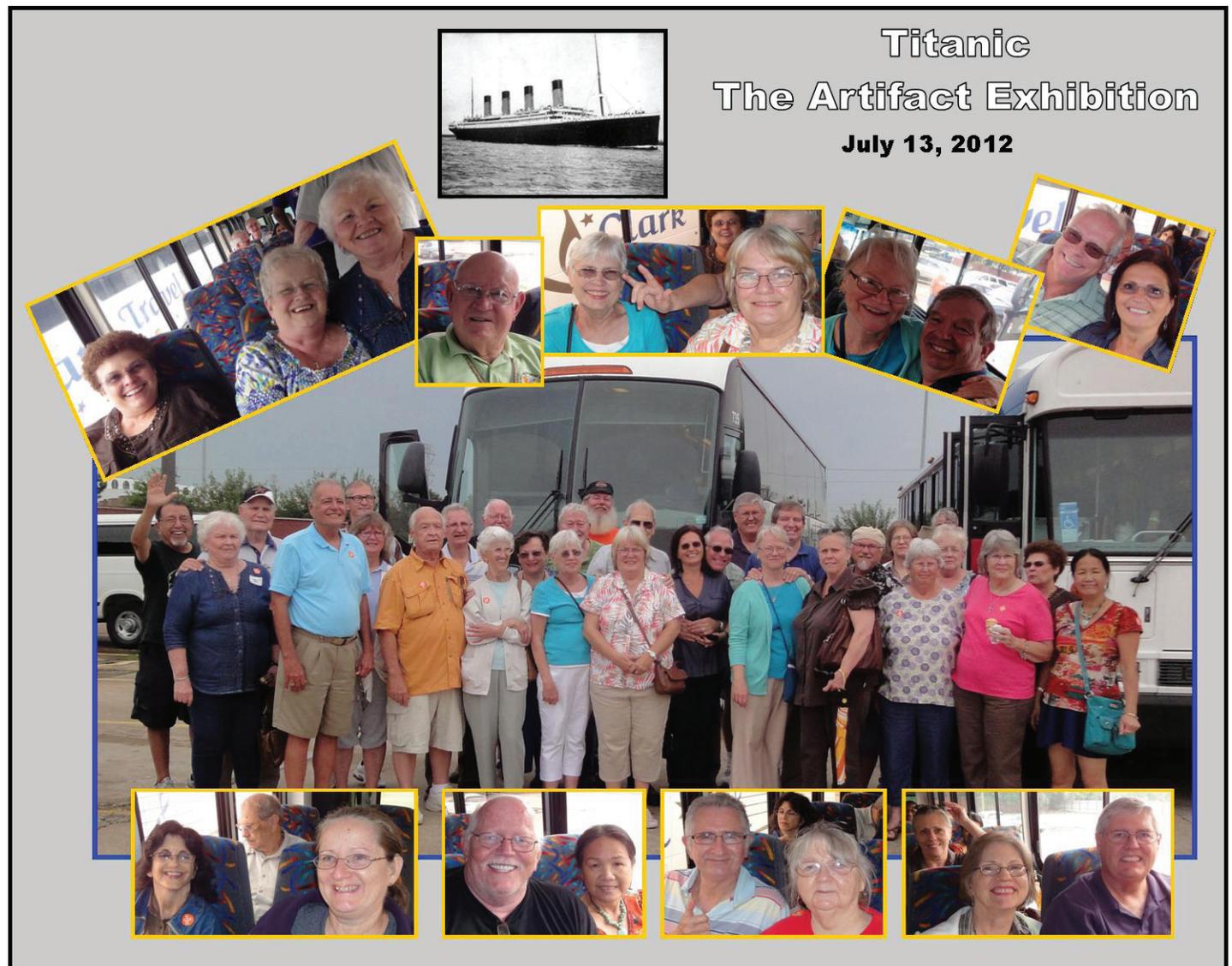
Volume 13

August 2012

Issue 08

HDSC Seniors & Austin Deaf Seniors met at the Houston Museum of Natural Science. It was thrilled for us to explore, learn & talk. The “unsinkable” ship was called “Titanic.” 2,227 peoples came to the ship. They departed on April 7, 1912 for New York from Europe. The Titanic hit the iceberg during the night of April 14, 1912. Lifeboats saved 705 passengers, but 1,522 were lost. They didn’t die from drowning. True fact is that they died from hydration. This year is the 100th Anniversary to remember. After the tour, we went to HIBACHI Grill Buffet for lunch. It was great to have the Austin Deaf Seniors with us.

*Wrote by Judy Becker; Photograph by Jan Demon.*



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**August**

**Birthday**

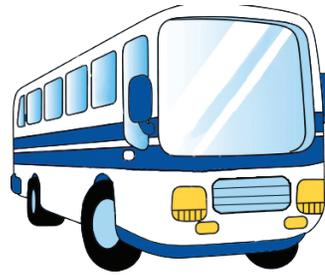
- 2 Menefee Holdren
- 4 Judy Lorenz
- 8 Doris Y. Adams  
Christine McKinnon
- 12 Lanier Paige
- 19 James Fair  
Jim Quinn  
Dorothy Thomas
- 24 Danny Hensley
- 30 Ralph Daniels

**Anniversary**

- 10 Jim & Jan Dermon  
44 years since 1968
- 19 Tommy & Jenice Wells  
51 years since 1961
- 28 Dennis & Linda Smith  
43 years since 1969



**SENIOR CITIZENS' FIELD TRIP**



**No field trip in August 2012**

**September Trip - To Be Announced**

**CONTACT**

Gertrude Sessions  
VP: (281) 249-5284

**COMMUNITY EVENTS**

**Friday, August 3:**

**ASL Social**

Spicy Pickle Sandwich Company  
1440 W. Gray Street  
Houston, TX 77019  
4 pm to 9 pm

**Friday, August 10:**

**Deaf/ASL Social (Ft. Bend)**

Chick-fil-A  
20010 Southwest Freeway  
Sugarland, TX 77022  
4:00 pm - 9:00 pm

**Tuesday, August 7:**

**Positive Interaction Program  
"Homicide Investigations"**

Woodhaven Baptist Deaf Church  
9920 Long Point Drive  
Houston, TX 77055  
7:30 pm

**Wednesday, August 22:**

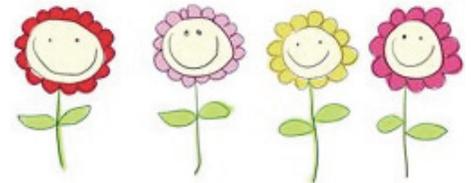
**Social**

HDSCLF  
Metropolitan Multi-Service Ctr  
1475 W. Gray Street  
Houston, TX 77019  
9:00 am - 1:00 pm

**Wednesday, August 8:**

**Meeting**

HDSCLF  
Metropolitan Multi-Service Ctr  
1475 W. Gray Street  
Houston, TX 77019  
9:00 am - 1:00 pm





**Donald Hahn**  
Owner  
9618 Oregano Circle  
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## Alyssa Myers Hearing Impaired RN

Alyssa Myers shows the electronic stethoscope she used to check vital signs as a nursing student at Howard College. Myers, 51, is deaf and graduated in May with a nursing degree, 25 years after she was denied admission into nursing school because she was unable to hear.

*Cindeka Nealy/Reporter-Telegram*

BIG SPRING -- Alyssa Myers always knew she wanted to be a nurse.

She likes people, science and helping others. After graduating with an undergraduate degree in biology, applying for nursing school made sense.

But instead of admission, the only answer Myers received was no.

It was 1987, and administrators at East Coast nursing schools told her she was unfit to be a nurse.

Myers was born deaf.

"It just pissed me off," Myers said during an interpreter-assisted phone call with the Reporter-Telegram. "They told me it wouldn't be safe because I wouldn't be able to hear my patient screaming if I were in the bathroom with their bedpan. That was just a lousy excuse. I understand patient safety, but even though I can't hear, I never would have walked away from them."

Though her denial letter cited low GRE scores as the reason she wasn't accepted, Myers said she knew it was because she was deaf. Frustrated but determined to fulfill her dream, Myers applied to a different nursing school years later.

"Though they never wrote it

down on paper, they told me verbally that, "This isn't the right program for you," Myers said.

Myers went on to earn a master's in health psychology and was working in the human resources department at a school for the deaf before she moved to Big Spring.

When her husband, Mark, accepted the job as provost at Howard College's Southwest Collegiate Institute for the Deaf, Myers decided to give nursing school one last shot.

"I knew it was possible. I knew I could do it. I'd met successful doctors and nurses who were deaf, and the technology is out there to assist me," said the 51-year-old Myers, who graduated as a registered nurse from Howard College in May.

"It was for myself, but also to show that deaf people are just as smart and we can do anything that anyone else can do," Myers said.

Going back to school was challenging and frustrating but was something Myers said she worked through. Myers used her lip-reading skills and the assistance of an interpreter to get through lectures.

Myers said she also spent a lot of time outside of class reading

textbooks and doing supplemental research and learning.

Howard College Nursing Instructor Luci Gabehart believes it was Myers' motivation that is the key to her success.

"She's extremely bright, and I think a lot of her success was because she worked very hard and had a great attitude," Gabehart said.

In addition to focusing on her academic studies, Myers said she spent a lot of time during her first year working with an audiologist, Howard College, the ADA and others to find the appropriate electronic equipment to assist her with hearing the heartbeat while taking a patient's blood pressure.

"We got it all figured out, but it wasn't easy," Myers said.

The only time Myers felt like she might not make it through the program happened when she was trying to use her stethoscope to take the blood pressure manually. Even with today's technology, nurses are required to "hear the heartbeat," Myers said. However, with the assistance of amplifiers, Myers was able to use headphones to hear the heartbeat picked up by her stethoscope.

"I can't do things the exact same

*Continued on next page 4*

Alyssa Myers - From page 3

way as a hearing person, but that doesn't make me smarter or dumber than them. It's just the different path to get to the same point," Myers said.

Myers said it's that important everyone follow their dreams -- regardless if they can hear or not.

"It's so easy to give up because it can be very frustrating and tough," Myers said. "I think a lot of it has to come back to attitude. Don't give up. It's that simple."

Myers currently is looking for jobs on the East Coast, where she and her husband will relocate. Ideally, she'd like to work with a small number of patients in wound or at-home care, she said. She also has considered other fields. For Myers, getting her degree was about so much more than just personal accomplishment.

"Every deaf student is different, just like every hearing person is, but if a deaf person wants to become a nurse or do anything, go for it," Myers said. "People will label you handicapped and say this and that, but with determination, you can do anything."

"It's always upset me that colleges told me no because I'm deaf," Myers added. "I could've been working as a nurse for 25 years now, but the past is the past, and I was ready when the opportunity finally came along."

Meredith Moriak can be reached at [mmoriak@mrt.com](mailto:mmoriak@mrt.com).

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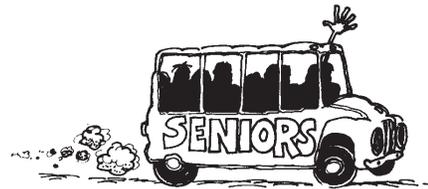
## Happy 51th Anniversary

*A marriage anniversary  
is the celebration of  
love, trust, partnership,  
tolerance and tenacity.  
The order varies for  
any given year.*

**Tommy & Jenice Wells**



Earl Day (Austin) and Don Hahn (Houston) shook their hands as the trip to the Houston Museum of Natural Science was accomplished.



## Accessible Signs

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## Sitting: Hazardous to Your Health

### Even 'active' couch potatoes may face risks

by: Elizabeth Pope / from: AARP Bulletin / Updated January 6, 2012

Here's another easy, no-sweat way to markedly improve your health in the new year — stop sitting so much. You'll live longer.

Mounting evidence suggests that sitting for long periods increases the risk of obesity, diabetes, cancer and early death, even for people who exercise daily. And yet Americans now sit more than they sleep, spending an average of 10 hours a day in a car, at work and in front of a television. Older adults are the worst offenders, according to federal government statistics: Almost three-quarters are sedentary, and more than four in 10 get no leisure-time physical activity at all.



*Take frequent breaks from sitting in your chair. — Chairs: Nation Wong/Photolibrary*

To reduce your cancer risk, the American Institute of Cancer Research is urging Americans to add mini-breaks from sitting to a daily regimen of getting at least 30 minutes a day of moderate-to-vigorous exercise.

"If you reduce sitting by five minutes an hour, at the end of a long day, you've shaved an hour off your total sitting time," says Alpa Patel, M.D., senior epidemiologist with the American Cancer

Society. That advice applies as well to "active couch potatoes," who hit the gym or take that daily brisk walk, because some research indicates daily exercise is not enough protection from the harmful effects of a sedentary lifestyle.

Women who reported sitting more than six hours a day outside of work had a 34 percent higher risk of death than those who sat fewer than three hours daily, according to a recent American Cancer Society study. This was true even for women who exercised regularly.

In a University of South Carolina study, even physically active men were 64 percent more likely to die of heart disease if they sat more than 23 hours a week in front of the TV, compared with those who sat 11 hours a week or less.

Prolonged sitting appears to have powerful metabolic consequences, disrupting processes that break down fats and sugars in the blood. In animal studies, inactive mice and rats quickly develop higher blood fats and lower levels of good cholesterol, which together increase the risk of cardiovascular disease. An Australian study suggests a link between a sedentary lifestyle and several key biological indicators of cancer risk, including insulin resistance, inflammation and body weight.

Older adults will remember pre-soccer-mom days of walking to school, biking to baseball practice, hanging up laundry and washing the dishes. Technology, experts say, has engineered physical activity out of daily life. With the advent of personal computers and cable TV, not to mention remotes and garage door openers, there is scarcely a reason to get out of your seat.

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### Health Tip

*Submitted by Audrey Leger*

Rinse your melons. Even though you don't eat the outside of tough-skinned produce like cantaloupes, mangos, papayas, and watermelon, you should still wash it. That helps remove bacteria and pesticides that could otherwise get into the fruit when you slice into it. Use a vegetable brush to get into the grooves and crevices. Even bananas can benefit from a quick wash before you peel them.

*Quote from a magazine of ConsumerReports onHealth*

Deaf Seniors of Texas  
**DSTSYMPO2012**  
 First Biennial Deaf Senior Symposium



West Gray Adaptive Recreation Center  
 Houston, Texas

October 12-13, 2012

### Sweet Potato Chocolate Chip Cookies

- 3/4 cup cooked, mashed sweet potato
- 1/4 cup coconut oil
- 1/3 cup Xylitol Sweetener  
or Splenda® Granulated Sweetener
- 1 tsp vanilla
- 1 cup old fashioned rolled oats
- 3/4 cup whole wheat flour
- 1/4 tsp Himalayan sea salt
- 1/2 tsp baking soda
- 1/3 cup non-dairy milk (almond or coconut)
- 1/2 cup bittersweet chocolate chips

Preheat oven to 350°F.  
 Put the first 4 ingredients in the bowl of a mixer. Mix in the remaining ingredients except the chocolate chips. Stir in the chocolate chips. Lightly oil a cookie sheet and drop by spoonfuls on it to make 18 to 24 cookies. Bake for 16 to 18 minutes. Cool on a wire rack.

*Submitted by Janice Moreland  
 at <http://thekitchentwist.com>*

## ADVERTISING RATES

(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 to Judy Becker, c/o HDSCLF, P. O. Box 664, Missouri City, TX 77459-0664 or hand in person to Judy Becker 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!*

### Laughing Matters



Two elderly gentlemen from a retirement center were sitting on a bench under a tree when one turns to the other and says: 'Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're

about my age. How do you feel?'

Slim says, 'I feel just like a newborn baby.'

'Really!? Like a newborn baby!?'

'Yep. No hair, no teeth, and I think I just wet my pants.'

## OBITUARIES

*in deepest sympathy*



**Lennie Wanda Morton**, born September 9, 1921 entered into rest on July 3, 2012 at home in Pasadena, Texas. She will be missed by her loving family, friends and the deaf community.

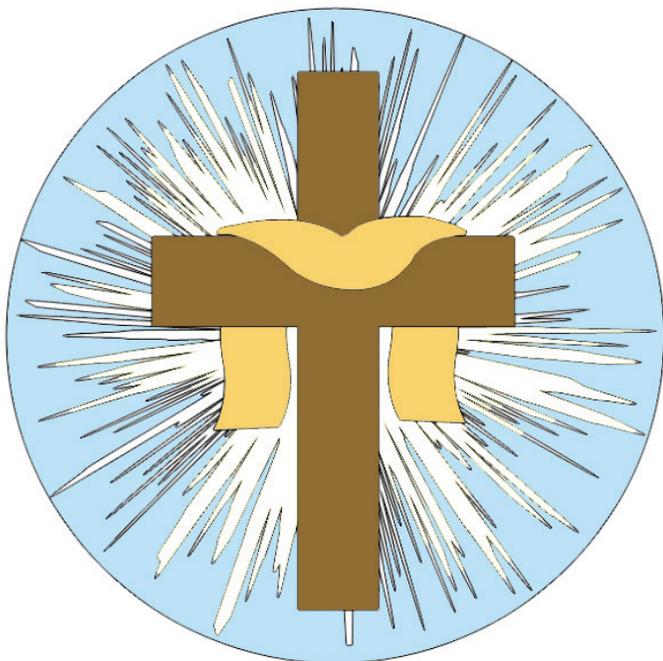
Lennie Wanda was preceded in death by her husband of 64 years, Joe Daniel Morton.

Survived by her daughters Lena Glover and husband Kenneth of Pasadena, TX and Wanda Engelbrecht and husband Freddie of Wallis, TX, brother Laney Benefield and wife Louise of College Station, TX, 5 grandchildren, 11 great-grandchildren and 1 great-great-grandchild.

Visitation was Saturday, July 7, 2012 from 1-3 pm with the service at 3 pm. Interment to follow, at Forest Park East Funeral Home.

In lieu of flowers please make donations to the charity of your choice.

*Published in Houston Chronicle on July 5, 2012*



**Peggy Juanita Miller** was born Nov. 8, 1935, to Ted and Juanita Dodd in Goose Creek, TX. She was a member of Memorial Baptist Church. She was a devoted mother to her five children, and she was a loving

housewife. Peggy passed away at home under hospice care with all of her children and loved ones by her side. She will be deeply missed by all who knew and loved her.

She was preceded in death by her parents, Ted and Juanita Dodd; her first husband, Kyle Curtis Robinson and her second husband, Walter Martin Miller.

She is survived by her children, Dennis Robinson and fiancé Amy Hudson, Linda Robinson and fiancé Lee Myers, Sandra Strickland and husband Victor, Jean Barber and husband Billy, Leaster (Leah) Miller Cain and husband Bud; grandchildren, Brandy Robinson, Casey Robinson, Jessica Robinson, Bubba Robinson, Michael Robinson, James Robinson, Jonathan Wolford, Jared Morrison, Seth Fischer-Cain, Summer Albright and Marix Faught; great grandchildren, Skyler Coburn, Kayla Pate, Noah Robinson, Caselyn Noah, Gregory Johnson, Mylie Wolford, Mia Robinson, Joshua Robinson, Jayden Morrison, Jaiden Albright, Emma Faught, Jace Faught; brothers, Ted and Gordon Dodd; sisters, Aranna Cox and Trish Dodd, as well as numerous other family members and friends.

The family received friends on Wednesday, July 18, 2012, from 6:00 p.m. to 8:00 p.m., at Earthman Funeral Home.

Funeral services was Thursday, July 19, 2012, at 2:00 p.m., in the funeral home chapel. Interment followed at Memory Gardens Cemetery.

*Published by Earthman Baytown Funeral Home*



## NEW SUBSCRIBERS

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## RENEWAL SUBSCRIBERS

Carter Bearden, Billy Buza, Jerry/Peggy Capell, Sheri Crabtree, Phillip DeLozier/Juan Bazan, V. Diana Duncan, Judith Griffins, Ben W. Harmon, Jennie Lee Jordan, George E. Lewis, Ellen Sias, Rochelle B. Simpson, Tommy Smith, and Jane C. Wood.

## DONATIONS - LOVE FUND

Thanks those people for their generous donations to Love Fund: Sheri Crabtree, Thelma Jo Hays, and Jim Lawrence (Accessible Signs).

Thanks to those people for their thoughtful donations to Love Fund in memory of Lennie Morton: Thelma Jo Hays, Jim Lawrence, Audrey Leger, and Pernella Smith especially Lennie Morton's great support and donate to Love Fund lately with her wishes HDSCLF donated to Love Fund in memory of Lennie Morton.

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

Audrey Leger  
*Treasurer*

## EDITOR'S MESSAGE

### Back-To-School Quote

*"Sixty years ago I knew everything; now I know nothing; education is a progressive discovery of our own ignorance." - Will Durant*

Don't forget to send me some news, birthday, anniversary, obituary and color photos (4"x6", high resolution like 150 dpi) before or on 15th day of each month. Thanks!

Judy Becker  
*Newsletter Editor*  
Email: hdsnews@yahoo.com  
memaw51x@yahoo.com  
VP: 281-667-4763

## Houston Deaf Senior Citizens Love Fund

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