



Non-Profit Organization

# Tidbits

Volume 25—Issue 4

[www.hdsclf.org](http://www.hdsclf.org)

April 2024



## Social Meeting and St. Patrick's Day Luncheon

### Routine Healthcare

Joel Silva with the City of Houston's Health Department spoke to us about better health care. Routine Healthcare involves screenings, vaccines, check-ups, and counseling to avoid disease and health issues.

He explained that many people postponed routine care services during the COVID-19 pandemic and delayed care, which led to complicated treatments and extended hospital stays. Preventive care is important to help detect chronic diseases early, prevent heart disease, diabetes, and obesity, and encourage regular medical and dental check-ups.

He explained that it is important to have regular check-ups. The reason for these check-ups is to find out if you have arthritis, cancer, diabetes, heart failure, high blood pressure, osteoporosis, and strokes. It's also important to know your family history. Also, early screening can detect and treat cancers more effectively.

He also recommends that you talk to your doctor about getting vaccinated (COVID-19, Flu, and RSV) and getting a tetanus shot every ten years.

He said you must eat healthily, such as eating more fruits and vegetables and drinking water. Exercise is also important for keeping yourself healthy and fit. Go for walks, lift weights, use resistance bands, and do squats, push-ups, and crunches.

He encourages everyone to say NO to smoking because of the risks of heart and lung disease and cancer.

Submitted by Nancy Morris





After Joel Silva's presentation, we had a good lunch. Special thanks to Carolyn Dill, William Laws, Christine Klenert, Dinah McKenzie, Luci Ryan, Mary Ann Ryba, and Patsy Walker for serving the luncheon and to Jeanne Hilferty for keeping records.

Continue page 3 for additional pictures.

### REPORT FROM OFFICER JAMES SOBOTA

After lunch, Officer James Sobota spoke to us about "Organized Crime." A new crime is happening in pharmacies and stores. What happens is that an individual or a group of people would arrive at the shop with big black trash bags. They are wearing hoodies and face masks. It's hard to identify them when they are dressed like that.

They will go to a shelf and dump everything, such as aspirin, cough medicine, nose sprays, and makeup. Then, they will leave and sell all of that to people on eBay, flea markets, and individuals at night clubs/bars. They will charge a lot of money to profit for themselves.

They will arrive in stolen cars, making it difficult for the police to locate them. Even electronics, phones, laptops, etc., would be stolen for them to sell.

These people even going to stores that sell cigarettes, where the locks are cut, all those boxes are dumped into large black bags. Cigarettes can't be sold on eBay, as it's against the law.

One thing we learned about "Self-Serve" in stores is that a person can pretend that an item has been run through the system when it hasn't! So, these people walk out of the store with stolen items. Those gift cards at the stores are also used to take advantage of getting items free. It's fraud.

Officer Sobota even surprised us by stating that Casino has the best security and catches people cheating or stealing.

Written by Nancy Morris



Lavern Fair and Patsy Walker  
Watching the Interpreter



Yvette Aarons  
 Thurman Amerson  
 Clyde Andrew  
 Wanda Andrew  
 Robert Bellard  
 Eddie Billiot  
 Ruth Billiot  
 Regina Castillo  
 Lawrence Coleman Sr  
 Deborah Daniels  
 Jan Dermon  
 Jim Dermon  
 Carolyn Dill  
 Jorge Enriquez  
 Lavern Fair

Diane Finnegan  
 Kevin Finnegan  
 Eddie Fletcher  
 Sidney Gilland  
 Enedelia Gonzalez  
 Diana Griffin  
 Karen Hancock  
 Jeanne Hilferty  
 Larry Hilferty  
 Ann Hornbeak  
 Margo Jarreau  
 Christine Johnson  
 Chris Kelley  
 Christine Klenert  
 Tom Klenert



Celia Lasry  
 Katherine Laws  
 Robby Laws  
 Miraya Mathews  
 Marion McCreary  
 Dinah McKenzie  
 Michael McKenzie  
 Tammie Mitchell  
 Janie Morales  
 Lee Morgan Jr  
 Nancy Morris  
 Dominique Parisi  
 Dennis Prescott  
 Reginald Rhines  
 Karl Riddle

Winford Riddle  
 Cristina Rodriguez  
 Elias Rodriguez  
 Luci Ryan  
 Mary Ann Ryba  
 Patricia Sah  
 Don Sah  
 Rosa Saucedo  
 Dennis Smith  
 Joanie Stephens  
 Lisa Triplett  
 Mike Triplett  
 Denis Tucker  
 Patsy Walker  
 Deborah Wold



Costume Best  
 Tom, Deborah, Lawrence



Jan's Handmade  
 Crochet Hats



Solo Cups and Ping Pong Game

William—Pins,

Christine and Sidney—Broccoli Flowers,

Deborah, Margo, Lisa—Necklace



**Saturday, March 16, 2024**  
**HDSC Field Trip to Calvert and Navasota, Texas**  
**By Robby Laws**



My wife Kathy and I joined 30 other members of the Houston Deaf Senior Citizens for a bus trip to Calvert and Navasota, Texas. After leaving Houston, we stopped by McDonald's in Hempstead for a quick breakfast before returning to Calvert.



We concluded our Calvert visit with a delicious lunch at the Eloia Theatre, where Harold Maris (the thea-



We arrived there, stopping at the Calvert Coffee Co. store before taking a bus tour to see the beautiful old houses and churches around town. We had Debbie Teague with us to provide her interpreting services while a lady guide was speaking about all the places we saw, and we're grateful to them for the infor-



mation and interpreting services they provided. Sheri Crabtree (who is deaf) owned one of the beautiful houses we visited, and we thank her for being a gracious host.



tre owner) and Jennifer Caudle gave a brief lecture on the history of the theater and the town before checking out the stores along the main street and getting back on the bus to head south to Navasota.

We arrived in Navasota and stopped to visit the BeeWeaver Honey Farm, which has been operating since 1888 and is owned by five generations of the Weaver family. We visited the gift shop where their



honey and other bee-related products were displayed for sale.

It was a delightful trip, and we didn't let the intermittent rain stop us from enjoying our day. The town of Calvert is undoubtedly a hidden gem!

## All Day Field Trip—Visiting Lockhart, TX—Saturday May 11, 2023

- Dr Eugene Clark Library
- Caldwell County Courthouse
- Caldwell County Jail Museum
- Brock Cabin
- The Southwest Museum of Clocks & Watches
- Texas Hatters



**Cost: \$5**

Meet at the South Parking Lot behind Memorial City Mall at **6:00 am**  
Bus leaves at **6:30 am**

**Contact Jim Dermon**

**936-828-4013**

**Deadline: 4/10/2024**



Lunch On  
Your  
Own



## Houston Astros/Detroit Tigers

**Saturday, June 15, 2024**

**Cost: Over 60 — \$20**

**Under 59 — \$25**

**(Non-Refundable)**

Meet at the South Parking Lot behind Memorial City Mall at **1:15 pm**  
Bus leaves at **1:30 pm**

**Contact Jim Dermon—936-828-4013**

**Deadline: 05/08/2024**

## Our Day at Brookwood Community



By Christine Johnson



I took Yvette Aarons to the Brookwood Community Cafe for our pleasure lunch, which she never knew. Before she returned to New York, she learned about what disabled people were doing and living there. I already miss her!

## 2nd Wednesday of the Month:

04/10, 5/8, 6/12

TBA July

Social Meeting at MMSC

1475 W Gray St

Houston, TX, 77019

**Field Trip 2024: 5/11, 6/15**

**Tentative: 7/13, 8/10**



**Naomi Sheneman** with the University of Houston will bring her ASL students on **April 10th**. They will entertain us!

**Nancy Morris** hosts **April's luncheon**. We will have salads, crackers, and desserts. If you haven't signed up, please get in touch with her at 281-804-5794.



**Sidney Gilland:** I love crochet afghans. Here is one I just finished. I used yarn scraps, and I like the way it turned out. I've made many different sizes and colors over the years. It's a fun Hobby. And they are fantastic to snuggle up with.



The most extended members, **Gerdie Seasons and Lavern Fair**, helped celebrate the 100-year Deaf ministry church.



In Memory of  
**Miriam Johanna Thumann**  
 7/20/1932  
 2/23/2024

**Tidbit Newsletter**



**Renewals:**

Linda Ainsworth, Zelma Curbello, Doris Dover, Clifford Menard, Lydia Minor

**Donations to HDSCFLF:**

Lydia Minor

Send some news, your trip, an announcement (newborn baby, birthday, anniversary, craft, obituary, and color photos to me before or on **15th day of each month**. Thanks!

**Jan Dermon** Editor of HDSCFLF Tidbits  
**Email:** jdermon.senior@gmail.com

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