



Non-Profit Organization

Tidbits

Volume 25—Issue 11

www.hdsclf.org

November 2024

FOOD SAFETY & HEALTH GUIDELINES



Celia Lasry spoke to us about taking better care of our health. She discussed the differences between glass pans that will crack, metal pans with chemicals, and aluminum pans that cook slower. The best pan to buy is Calphalon. Cast Iron is okay, but it needs to be dried immediately after washing.

Celia reassured us about the safety of using silicone molds in the oven, as they don't burn or melt, instilling confidence in our cooking practices. She also highlighted the safety of cooking with parchment paper, which won't catch fire but may turn brown. Her advice on using a wire rack to keep cookies dry after baking further reassured us of the safety and practicality of these cooking tools, providing a sense of security in our cooking practices.

When cooking chicken, it must be fully cooked. Chicken legs take longer to cook than the breast. Using a temperature gauge to ensure it's cooked all the way is a reliable method. If washed, the chicken must be patted dry, as it can develop bacteria. Similarly, pork must be cooked all the way. The meat can be pink on the inside, but it's essential to be careful and ensure it is fully cooked to prevent potential health risks.

There is a rule of storing leftovers for three days. After that, they need to be thrown out to avoid the risk of foodborne illnesses. It's essential to be careful of bacteria. However, a more severe risk is E. coli, which is caused when someone doesn't wash their hands after using the toilet. It's crucial always to have clean hands when handling food to prevent this serious health risk.

Celia Lasry warned us to watch for expired dates on everything we buy at the store—many thanks to her for the safety information, which prevents us from getting sick.

Written by Nancy Morris

Looky. Looky. We wore the same spooky Halloween T-shirt.



While waiting for our police officer to come, we played cards.



Jan showed Lisa how to sew hexagon flower.



SENIOR ABUSE WITH OFFICER JAMES SOBOTA

Officer Sobota warned everyone about criminals. They are all around us, and we must

know our surroundings. Sometimes, we are so busy with our iPhones that we forget to look around before getting attacked.

Officer Sobota explained that there are a lot of scams related to bank accounts. He advised us to delete these messages and not reply to them. Do not give your bank account to anyone.

5 Signs That Text is a Scam

- 1 Strange number
- 2 Asks you to log in
- 3 Odd grammar
- 4 Uses scare tactics
- 5 Asks you to open a link

Logos: American Bankers Association, BANKS NEVER ASK THAT

Another situation is when people take advantage of widows or widowers. These people are lonely and fall into the trap of evil people who take over their houses, cars, money, and everything they own. These wicked people watch your home and contact you to make you think that they are in love with you.

Submitted by Nancy Morris

HDSCLF Visiting Nacogdoches, Tx—October 12, 2024

Get away for a day in Nacogdoches, Texas. Stroll the red brick streets of historic downtown, and experience the hospitality and charm of the Oldest Town in Texas.

Lawrence Coleman, Robert Bellard, Jose Ybarra, Marion McCreary, Eddie Billiot, Ruth Billiot, Jan Dermon, Jim Dermon, Wanda Andrew, Chris Kelley, Clyde Andrew, Dominique Parisi, Celia Lasry, Dennis Smith, Don Sah, Patti Sah, Deborah Daniels, Elias Rodriguez, Cristina Rodriguez, Kathy Laws, Doina Langham, Robby Laws, Tom Langham

Visit Nacogdoches

Texas Starts Here



Millard's Crossing Historic Village
• School House • Blacksmith • Farming





**2nd Wednesday
of the Month:**



**Note: In the next meeting,
On Thursday,
November 14th,**

we will have a gathering at
MMSC. We will have
Thanksgiving catering from
Cracker Barrel.



OLD COUNTRY STORE

- Contact Pasty Walker (281-973-2242) for headcount.
- Please ask Christine Johnson (979-413-5014) what to bring dessert.
- Bring your own drink.

No meeting on Nov. 13th.

There are no speakers for
November and December
due to the holidays. Instead,
we will have a great
luncheon.

Address:
MMSC
1475 W Gray St
Houston, Tx, 77019



November 16, 2024 (Saturday)

Field Trip to Independence, TX \$5.00

The town of Independence, Texas was founded in the 1820s and became a Baptist stronghold when selected to be the site of Baylor University in 1845. Reaching its peak during the 1850s, the town was recognized as an educational, economic and religious center.



Antique Rose
Emporium

Lunch
on
Your
Own



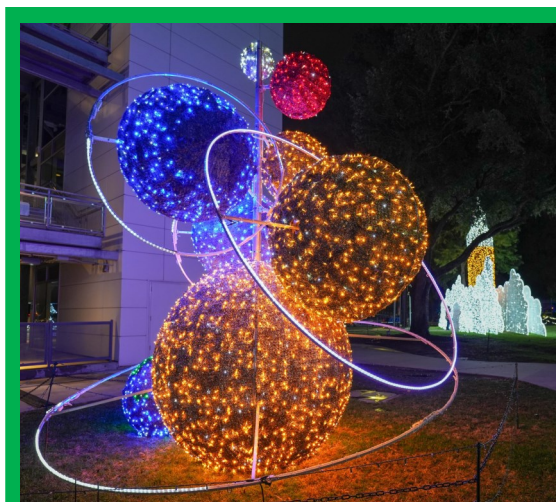
Independence
Baptist Church
&
Texas Baptist
Museum

**Meet at the South Parking Lot
behind Memorial City Mall at 8:30 am**

Bus leaves at 8:45 am

Please Contact Nancy Morris at 281-815-4033

Deadline: NOV. 14, 2024



December Field Trip
Space Center
Houston's

Galaxy Lights

December 14, 2024

**Cost: \$10.00
Non-Refundable**

Contact:
Christine Johnson
979-413-5014



TBA Luby's

On Your Own

**Meet at the South Parking Lot
behind Memorial City Mall at 4:00 pm**

Bus leaves at 4:30 pm

Deadline: Nov. 14, 2024



Mark Your Field Trip Calendar

November 16, 2024 (Saturday)

December 14, 2024 (Saturday)

For more info, contact Jim Dermon 936-828-4013



*Congratulation
September 8, 1979*



Diane and Kevin Finnegan received a blessing from Rev. Michael Corrigan on their 45th Anniversary.

Board of Directors and Tidbits Committees



Patsy Walker
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Robert Bellard
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In Memory of



Donald Henry Hahn

May 7, 1946 - September 5, 2024

Tidbit Newsletter

Renewals: Lawrence E Coleman Sr,
Janie Morales, Don/Patti Sah,
Dominique Parisi, Rosalind Stuckey



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 HDSCFL Tidbits
Email: jdermon.senior@gmail.com

<input type="checkbox"/> New <input type="checkbox"/> Renewal		<input type="checkbox"/> \$5.00 per year-Electronic <input type="checkbox"/> \$12.00 per year-Paper	X Year(s) = \$____.00	<input type="checkbox"/> SUBSCRIPTION <input type="checkbox"/> DONATION	Houston Deaf Senior Citizens Love Fund, Inc. Non-profit, 501(c)(3) tax exempt organization
Please Print Clearly					
Name:		OFFICE USE ONLY			
Spouse:		<input type="checkbox"/> Money Order		<input type="checkbox"/> Check	
Address:		<input type="checkbox"/> Receipt #		<input type="checkbox"/> Cash	
City/State/Zip:		<input type="checkbox"/> NP/Phone		<input type="checkbox"/> Fax	
Email (Required):					
Donation/Gift Subscription					
<input type="checkbox"/> Gift Subscription from (Giver) _____		_____ in memory of _____ (tax deductible)			
<input type="checkbox"/> Donation to HDSCFL \$ _____		_____ to the Houston Deaf Senior Citizens Love Fund (tax deductible)			
<input type="checkbox"/> Donation \$ _____		_____ (tax deductible)			
Make payable to HDSCFL and mail this form with personal check or money order to Houston Deaf Senior Citizens Love Fund, Attn: Treasurer, PO Box 131072, Spring, TX 77393. Thank you.					