



SENIORS' CHAT



Don's Column



Hello, Happy Hands Members and Friends,

Our next Happy Hands meeting on May 3, 2023 will be in person. During the meeting, we will have an election of Fine Tuners for the year 2023-2024. After lunch, Stan Smith will give a presentation on "Oklahoma City Bombing." For more information, see page 2.

We had two presentations at the April 5 meeting. Jonathan Kiell talked about NVRC Emergency Plans for Fire. Barbara Eger-Klatt gave a presentation on "Spring Harvest." See pages 3-4 for recap.

Happy Hands members and friends met at Wegmans in Fairfax for a Social Lunch on April 12. See page 6.

Hope to see you on May 3 for the Hybrid meeting. As usual, Stay Happy Safely with Our Awesome Hands!

~ Don

P.S. Please see page 9 for information on CPR Certification Class.

June 7, 2023
10:00AM-4:00PM (Rain or Shine)

Occoquan Regional Park
<https://www.novaparks.com/parks/occoquan-regional-park>

More information
is provided in flyer.



HAPPY BIRTHDAY ...to the folks with birthdays in **May**

Walter Klatt [13th]
Felix Chevere [16th]
Rose Otterman [17th]
Steve Williams [24th]

Eve Christian [25th]
Shelley Simms [25th]
Joan Corley [31st]



Happy Hands Meeting

May 3 at 10:00 AM



We will have our TWELFTH post-COVID in-person monthly meeting on May 3, 2023 at 10:00 AM - 2:00 PM. See below for the menu. If you want to bring something, please let Jill Moebus [jmoebus7@gmail.com] know. If you do not bring food, please pay \$8.00.

Meat Loaf — Jill Kotchen
 Vegan Meat Loaf — Eddie Drawdy
 Vietnamese Pork — Phuong Duong
 Mashed Potatoes and Gravy — Eileen Goran
 Green Beans — Bob Hickey
 Vegetable Salad — Barbara Eger-Klatt
 Salad — Lynn Keefe
 Chili Casserole — Melanie Williams
 Fruit Salad — Stan Smith
 Rolls & Butter — Jill Moebus

Jello Salad — ??
 Cake — Cindy Pettie
 Cookies — Paul Daniels
 Pie — Peggy Daniels
 Brownies — Julie Greenfield
 Water — Tom Dowling
 Coke-related Beverages — Steve Williams
 Pepsi-related Beverages — Don Ames
 Cups & Ice — Jonathan Kiell
 Paper Products — Pat Beech

Stan Smith will give a presentation on “Oklahoma City Bombing.” Here is a brief summary: On the morning of April 19, 1995, an ex-Army soldier and security guard named Timothy McVeigh parked a rented Ryder truck in front of the Alfred P. Murrah Federal Building in downtown Oklahoma City. He was about to commit mass murder. Stan will explain what happened that day.



Zoom info: <https://us02web.zoom.us/j/84269837700> and Meeting ID: 842 6983 7700

Tentative Schedule:

10:00-11:00 People arrive

11:30-12:30 Lunch

11:00-11:30 Meeting & Election

1:00-2:00 Presentation

Additional Happy Hands 2023 Members

(as of April 21, 2023)

Membership: Thanks for joining or renewing your membership for 2023.

Daniel Murray
 Jerry Pelarski

JoAnn Pelarski
 Susan Rountree

Linda Whitworth
 Robert Whitworth

.....
 For those who have not renewed or joined for the year 2023, please see:
<https://nvrc.org/wp-content/uploads/2022/09/2023Membership.pages.pdf>



Recap of Hybrid Meeting on April 5, 2023



We had our 11th Hybrid Meeting on April 5, 2023. We had 28 people in person and 6 people on Zoom. Jonathan Kiell gave a presentation on “NVRC Emergency Plans - Fire” before lunch, and had the attendees participate in a fire drill practice. After lunch, Barbara Eger-Klatt gave a presentation on “Spring Harvest.” Here is link for viewing the Hybrid Meeting: <https://youtu.be/WEigXrqhBPk>.

Also, here are three links mentioned during Barbara’s presentation:

Red Gorilla Tubs & Buckets - <https://redgorillausa.com/collections/red-gorilla-tubs-buckets>

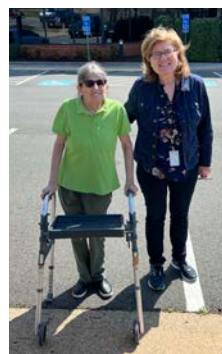
Harvesting Head Lettuce (tips and tricks) - <https://youtu.be/cyVrywTgcWM>

400 Wild Plants That You Can Forage For - <https://foragingwildedibles.com/>



Fire Drill Practice

after Jonathan Kiell’s presentation on “NVRC Emergency Plans - Fire”



Raffle 50/50 Winner

Mary Ann Beatty
(won both 1st & 2nd prizes)



Cindy Pettie, Eddie Drawdy,
Jill Moebus, and Jill Kotchen



Jonathan Kiell
and Pat Beech



Eileen Goran, Don Ames,
Cathleen Potosky, and Rayna Kozerka



Steve Williams, and
Mary Ann & Tim Beatty



Stan Smith
and Daniel Murray



Lynn Keefe
and Tom Dowling



Barbara Eger-Klatt
& Walter Klatt



Recap of Hybrid Meeting on April 5, 2023

(continued from page 3)



Serry Fahmy, Bob Hickey, and Barry Harlan



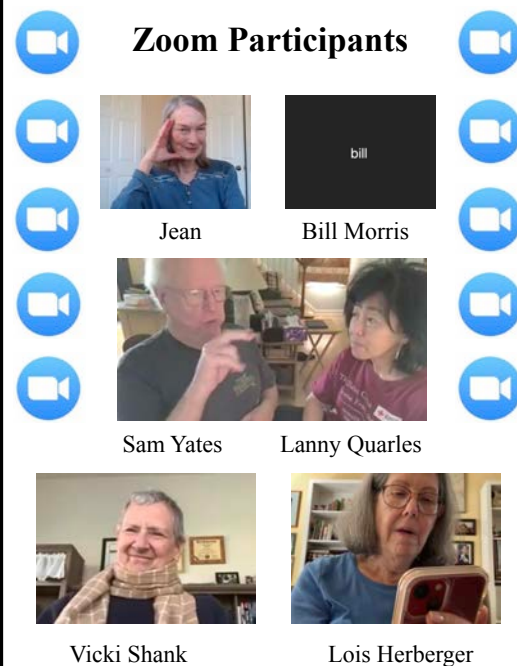
Rita & Bill Hickey



Shelley Simms and Peggy Daniels



Julie Greenfield and Melanie Williams



Thanks to:

- Everyone who brought goodies for lunch at the Hybrid Monthly meeting on April 5
- Jonathan Kiell for presenting “NVRC Emergency Plans - Fire” at the HH Hybrid Monthly meeting on April 5
- Everyone who participated in the fire drill practice after Jonathan’s presentation on April 5
- Barbara Eger-Klatt for presenting “Spring Harvest” at the HH Hybrid Monthly meeting on April 5
- Pat Beech for facilitating the Hybrid Monthly meeting on April 5 [see pages 3-4]
- Jonathan Kiell for helping with the Tech Set-Up and Powerpoint Presentation at the HH Hybrid Monthly meeting on April 5
- Pat Beech for doing the monthly HH Newsletter issue
- Sharon Svenningsen, Melanie Williams, and Jonathan Kiell for proofreading the monthly HH Newsletter issue
- Debbie Jones for stuffing the monthly HH Newsletter hardcopies and getting them ready for mail





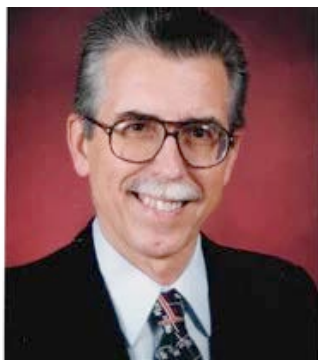
Sunshine News



Helen Webb Smith of Gainesville, VA died on February 21, 2023 at 11:45PM. If she had survived 15 more minutes, she would have turned 91 years old. She was predeceased by Howard Smith in July 2021. She is survived by sister-in-law Jean Mountjoy. Helen and Howard were high school sweethearts at VSDB.

Willis Joel Mann died on March 31, 2023, at the age of 82. He received his bachelors in English from Gallaudet University in 1967, and masters in Vocational Rehabilitation from the University of Maryland in 1969. He coordinated the World Federation of the Deaf Congress in 1974. He helped to establish the Sacramento Relay Service.

He was the first executive director of the NorCal Center on Deafness in 1977. In the early 1990s, he and his family moved to Laurel, MD. He helped to establish Maryland Relay, and became its first executive director. He served as an adjunct professor of public speaking at Gallaudet University. He was the 11th and 13th president of Maryland Deaf Seniors Citizens, Inc. He is survived by wife Jacqueline Nellesseen of 56 years, and sons Erik Robert Mann and Kristin Todd Mann. A memorial service will be held on April 29 at 2:00PM-4:00PM in Bethany Community Church at 15720 Riding Stable Road in Laurel, MD.



Mike Marzolf of Staunton, VA passed away on April 4, 2023. He was born on July 13, 1944 in Gross Pointe, MI. He received his bachelors from Gallaudet University in 1969, and masters at Western Maryland College in 1974. He taught chemistry and math at VSDB. He retired in 1999. He enjoyed traveling. He was co-director for Miss Deaf America for 8 years under the National Association of the Deaf. He served in many positions for various organizations. He is survived by Frances Manzella Marzolf, of 55 years, and son Thomas Marzolf. A memorial service will be held on June 17, 2023 at 11:00AM at Trinity Episcopal Church in Staunton. Source: <https://www.henryfuneralhome.net/obituaries/Michael-Marzolf/#!/Obituary>.



Sign Language Club had a booth at Club Fair in Ashby Ponds Senior Living in Ashburn, VA on March 29, 2023. Sitting at the booth are Sharon Harvey and Eve Christian (see picture on left). The quilt is a gift to Eve from her Sign Language Class.

Pat Beech visited JoAnn & Jerry Pelarski in Marshall, VA on April 17, 2023. See picture on right.





Creamy Mashed Potatoes



provided by Bob Hickey

[Source: <https://www.foodnetwork.com/recipes/ree-drummond/creamy-mashed-potatoes-2507085>]

Ingredients:

- 5 pounds russet or Yukon gold potatoes
- 1 1/2 sticks (12 tablespoons) butter, plus more for topping
- One 8-ounce package cream cheese, softened
- 1/2 to 3/4 cup half-and-half
- 1/2 to 1 teaspoon seasoned salt, such as Lawry's
- 1/2 to 1 teaspoon freshly ground black pepper

Directions:

1. Peel and cut the potatoes into pieces that are generally the same size. Bring a large pot of water to a simmer and add the potatoes. Bring to a boil and cook until the potatoes are cooked through, 30 to 35 minutes.
2. Preheat the oven to 350 degrees F.
3. Drain the potatoes thoroughly in a large colander. Place them into the dry pot and put the pot on the stove. Mash the potatoes over low heat, allowing all the steam to escape before adding in all the other ingredients.
4. Turn off the heat and add the butter, cream cheese and about 1/2 cup of half-and-half. Mash, mash, mash! Next, add about 1/2 teaspoon seasoning salt and 1/2 teaspoon black pepper. Stir well, and then taste and add more half-and-half, seasoning salt and pepper if needed.
5. Transfer the potatoes to a medium-sized baking dish. Put a few pats of butter over the top of the potatoes and place in the oven until the butter is melted and the potatoes are warmed through.



Note: The dish can be made 1 to 2 days in advance. Follow the recipe up to putting the mashed potatoes in a baking dish and then refrigerate. Take the potatoes out of the fridge 2 to 3 hours before serving time. Bake in a 350-degree-oven until warmed through, 20 to 30 minutes.

Fairfax Wegmans Social Chat on 03-08-2023



Standing: Paul Daniels, Pat Beech,
Eddie Drawdy, Jonathan Kiell,
Darren Marquardt, Daniel Murray,
and Don Ames

Sitting: Vicki Shank, Cathleen Potosky,
Barry Harlan, and Eileen Goran



Road Trip to Texas during March 3-23, 2023



Pat Beech went on a 3-week road trip to Texas during March 3-23, 2023. She went through 6 states [VA, TN, AR, TX, NM, and WV] and 3 Time Zones [Eastern, Central, and Mountain]. She visited 5 National Parks:

- **Hot Springs** - <https://www.nps.gov/hosp/index.htm> and https://en.wikipedia.org/wiki/Hot_Springs_National_Park
- **Big Bend** - <https://www.nps.gov/bibe/index.htm> and https://en.wikipedia.org/wiki/Big_Bend_National_Park
- **Guadalupe Mountains** - <https://www.nps.gov/gumo/index.htm> and https://en.wikipedia.org/wiki/Guadalupe_Mountains_National_Park
- **Carlsbad Caverns** - <https://www.nps.gov/cave/index.htm> and https://en.wikipedia.org/wiki/Carlsbad_Caverns_National_Park
- **New River Gorge** - <https://www.nps.gov/neri/index.htm> and https://en.wikipedia.org/wiki/New_River_Gorge_National_Park_and_Preserve



She also visited Graceland [<https://www.graceland.com/>] and 8 families. After this trip, Pat has visited 46 out of 63 major National Parks [https://en.wikipedia.org/wiki/List_of_national_parks_of_the_United_States or <https://www.nps.gov/aboutus/national-park-system.htm> or <https://www.nationalparks.org/connect/blog/how-many-national-parks-are-there>]. Nancy Rarus' daughter Kim gave Pat a tour of Texas School for the Deaf. Pat arrived in Texas just in time to see the bluebonnets bloom. At end of trip, Pat drove a total of 4996.9 miles.



Hot Springs National Park
Arkansas



Big Bend National Park
Texas



Guadalupe Mountains National Park
Texas



Carlsbad Caverns National Park
New Mexico



New River Gorge National Park
West Virginia



Graceland
Memphis, TN



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Road Trip to Texas

during March 3-23, 2023

(continued from page 7)



Alyssia Arnold & family
(Spouse Jim's cousin)
Fayetteville, TN



Devin Stuart & family
(Spouse Jim's cousin)
Little Rock, AR



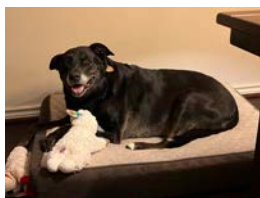
Bluebonnets in Austin, TX

[[https://en.wikipedia.org/wiki/Bluebonnet_\(plant\)](https://en.wikipedia.org/wiki/Bluebonnet_(plant))]



Perry Collins &
Sandy Wise
with Wyakin
Sealy, TX

(Sandy is a
former Virginia
resident)



Nancy Rarus
with Blue and Bonnet
Austin, TX

(Happy Hands member;
former Virginia resident)



Raleisha & Matthew
Gaither
with Mika and Ruder
(mini golden
doodles), and
Yuki (rag doll)

San Antonio, TX

(Matthew is Pat's
brother's oldest son)



Mark & Susan Leitson
with Cari and Honey
Knoxville, TN

(interpreters; former Virginia residents)



Mari Sorrel
Buda, TX




(interpreter;
former Virginia resident)



Linda & Scott Witt
(Spouse Jim's cousin)
with Lulu (Jack Russell Terrier)
Austin, TX



Events for May 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1  NVRC OTC Zoom (p. 10)	2	3 HH Monthly (p. 2) 10AM-2PM	4	5	6
7 NVRC Tea Party (p. 10) Wegmans (p. 10)	8 DSSCP (p. 10)	9 NVRC ASL Zoom Social (see p. 10)	10 Social Chat (p. 10) at Wegmans 10:30-1:00	11	CPR Certification Class We are considering hosting an interpreted CPR-AED Certification class to better prepare people to deal with emergencies, but we need enough interest before we can make arrangements for a class. This is valuable life-saving training. The hands on class typically lasts about 4 hours. If you are interested or have questions, please let Jonathan Kiell (jona3ki@msn.com) or Bonnie O'Leary know (boleary@nvrc.org).	
14 	15	16 NVRC ASL Zoom Social (see p. 10)	17 Fine Tuners 10AM-12PM	18		
21 Social Night at Wegmans (p. 10) 7PM	22	23 NVRC ASL Zoom Social (see p. 10)	24 Social Chat (p. 10) via Zoom 10:00-12:00	25 DSSCP (p. 10)		
28	29 	30	31			

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Health Fair at Ashby Ponds NVRC Booth



Dr. Joan Ehrlich, outgoing Loudoun County Outreach Specialist
Julie Greenfield, incoming Loudoun County Outreach Specialist

NVRC had a booth at Health Fair in Ashby Ponds Senior Living in Ashburn, VA on April 6, 2023.

Thanks for donating to Happy Hands at the March 5 Meeting:

- Phuong Duong
- Barry Harlan
- Shelley Simms





VP 571-350-8656
10467 White Granite Drive, Suite 312
Oakton, VA 22124

<https://nvrc.org/about/directions/>

URL: <https://nvrc.org/happy-hands/>
Don Ames, Chair
[dames@cox.net]



DSSCP Chats

2nd Monday at 4:30-5:30PM (last session is June 12)
4th Thursday at 7:00-8:00PM (last session is June 22)

For more information, contact Barbara Eger-Klatt
at seniors@nvrc.org.

NVRC ASL Zoom Chats

Tuesdays at 8PM-9PM (last session is May 23)

For more information, contact Barbara Eger-Klatt
at seniors@nvrc.org.

Silent Social at Wegmans

This occurs on the first and third Sundays of each month at 7:00PM in Fairfax Wegmans at the corner of Route 29 and Monument Drive (Upper Level, near the stairs). Registration is suggested. The dates are May 7 and 21.

For more info, contact Jonathan Kiell at jona3ki@msn.com or see: <https://www.meetup.com/aslbridge/>.

Please come join the very informal chat; the group often includes students and interpreters looking to learn and practice ASL. You can also get your groceries while you are there!



NVRC Tea Party May 7, 2023



NVRC will host Tea Party Fundraiser on May 7 at 1:00-3:00PM at the NVRC site. Several donated items will be available for Silent Bidding.

Source: <https://nvrc.org/nvrc-tea-party-fundraiser-2023/>

Happy Hands Social Chats

05-10-2023 at 10:30-1:00 in person

Fairfax Wegmans at 11620 Monument Drive
in the Food Court area upstairs.

Jonathan Kiell at jona3ki@msn.com.

05-24-2023 at 10:00-12:00 via Zoom

Pat Beech will give a presentation on "Road Trip to Texas." Here is Zoom info:

<https://us02web.zoom.us/j/81092452051>

Meeting ID: 810 9245 2051

NVRC Zoom Program on May 1, 2023 at 7PM-8PM

Title: Over-the Counter (OTC) vs.
Prescription Hearing Aids:
What You Need to Know About Both Options

Presenter: Dr Amy Bernstein, Au.D.

To register <https://us02web.zoom.us/meeting/register/tZ0lcuyspjorH9Gr0gJGcyODWixlJOmCyPXc>

The program will be captioned and ASL interpreted.



In this program, Dr. Bernstein will be discussing the differences between over-the-counter (OTC) hearing aids and prescription hearing aids in terms of candidates, products, services, warranties, and price. The significance of a hearing test (whether someone plans to purchase OTC or prescription hearing aids) and the impact of hearing and cognitive function will be discussed.

Amy Bernstein, Au.D., FAAA has a BA in Hearing and Speech Sciences from the University of Maryland and a Doctorate in Audiology from the University of Memphis. She has presented on the topic of over-the-counter (OTC) hearing aids. Dr. Bernstein specializes in personalizing hearing aid fittings in a way that accounts for the individual's hearing loss, environment, lifestyle, and personal preferences. She also specializes in taking ear impressions and fitting custom earpieces for musicians. As a musically-trained individual and lover of music herself, Dr. Bernstein enjoys teaching her patients about hearing protection and ways to prevent hearing loss. She holds licenses in audiology and hearing aid dispensing in Virginia. Dr. Bernstein is an exciting speaker who welcomes Q and A after her programs for an informative discussion on the topic.