



## SENIORS' CHAT

# Don's Column

Hello, Happy Hands Members and Friends,

Mark your calendar for our monthly meeting on November 15 at NVRC (see page 2). Social Chat at Wegmans will be on November 8 (see page 12). Our Social Chat via Zoom will be on November 1 (see page 2). See page 3 for recap on the October 4 meeting.

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As usual, Stay Happy Safely with Our Awesome Hands!

~ Don



## HAPPY BIRTHDAY ...to the folks with birthdays in November

Jean Buffardi [3rd]  
Mary Kay Kelley [3rd]  
Josephine Bergner [10th]  
Barbara Eger-Klatt [14th]



# Happy Hands In-Person Meeting

## November 15 at 10:00 AM



We will have our 17th post-COVID in-person monthly meetings on November 15, 2023 at 10:00 AM - 2:00 PM. Bring your own lunch bags and beverages.

Stan Smith will give a presentation on “Malaysia” @ 1PM.  
Here is Zoom Info:

<https://us02web.zoom.us/j/87682818371>

Meeting ID: 876 8281 8371



# Happy Hands Zoom Chat

## November 1 at 10:00 AM



On November 1 at 10:00AM-12:00PM, Pat Beech will give a presentation on “Unveiling America: Distinctive Landmarks Across Fifty States”. She will show one landmark per state.

Zoom Info:

<https://us02web.zoom.us/j/89226403439>

Meeting ID: 892 2640 3439

# November Trivia

1. What is the birthstone for November?
2. What is the flower for November?
3. Veterans' Day is celebrated on which day?
4. What two presidents were born on November 2?
5. The day after Thanksgiving is known as what?
6. Thanksgiving occurs on which Thursday?
7. Which Christmas Carol was written for Thanksgiving?
8. The word “November” comes from a Latin word meaning what?



Answers: 1. Topaz, 2. Chrysanthemum, 3. 11th, 4. Warren Harding and James Polk, 5. Black Friday, 6. Fourth Thursday, 7. Jingle Bells, and 8. Nine





# Recap of Hybrid Meeting October 4, 2023



We had our 16th Hybrid Meeting on October 4, 2023. We had 31 people in person and 1 person on Zoom. Vicki Shank and Barry Harlan gave a presentation on “Incredible India.” Here is link for viewing the Hybrid Meeting video: [https://youtu.be/cVY7\\_h2O-D0](https://youtu.be/cVY7_h2O-D0).

To see more pictures of their trip, here is URL for their Travel Blogspot: <https://barry-vicki-journey4.blogspot.com/p/incredible-india-nvrc-presentation-oct.html>



Barry Harlan  
& Vicki Shank



Peggy Daniels,  
Mary Ann Beatty,  
and Jill Moebus



Serry Fahmy,  
Lois Herberger,  
and Jonathan Kiell



Barbara Eger-Klatt,  
Eddie Drawdy, and  
Cathleen Potosky



Cathy & Ricky  
Thompson, and  
Bob Hickey



Sitting: Shelley Simms  
Standing: Bob Hickey, Barry Harlan,  
Don Ames, and Paul Daniels



Pat Beech and  
Richard Cohen



Laurie & Tom  
Dowling



Linda Naiditch and  
Cathleen Potosky



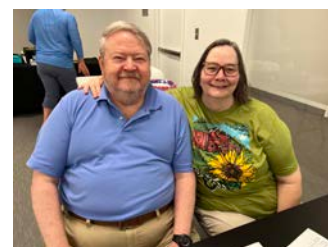
Donna & Gary Viall,  
and Eileen Goran



Cathleen Potosky,  
Darren Marquardt,  
and Deanna Dunham



Lynn Keefe,  
Bill Morris,  
and Donna Viall



Steve & Melanie  
Williams

# Tips and Tricks



**Senior Citizens Health Resource Information**  
**Barbara Eger-Klatt, Community Health Educator**

**November**  
**2023**

## **Vegan Mushroom Lentil Loaf with Cranberries**

- 1 small finely chopped onion
- 2 garlic cloves finely chopped
- 1 cup cooked red lentils
- 1 cup cooked green lentils
- 3 cups finely chopped mushrooms
- 1/2 cup walnuts pieces
- 8 tbsps ground flax seed
- 1/2 cup all purpose flour or oat spelt
- 1 cup packed breadcrumbs
- 1/2 cup dried cranberries
- 1/2 cup large apple, grated
- 1 tsp salt
- 1 tsp pepper
- 1 tsp dried sage
- 1 tsp dried thyme
- 1 tsp dried rosemary
- 1 tsp tamari or soy sauce

Add all of the ingredients in a large bowl and use your hands to scrunch it together.

### **Cranberry Toppings**

- 2 cups cranberries fresh or frozen
  - 4 tbsps sugar (not brown sugar)
- Cook cranberries and sugar in a small pan over medium heat for 5 to 6 min.  
[https://avirtualvegan.com/wprm\\_print/13328](https://avirtualvegan.com/wprm_print/13328)

## **What is the list of ingredients for making the flu vaccination?**

Information about the flu vaccination can be found at [CDC.gov](https://www.cdc.gov). The list of ingredients for making the flu vaccine for humans is interesting. Ingredients include sugar or gelatin, aluminum salts, formaldehyde, residual cell culture materials (example: egg protein), common residual antibiotics (penicillin is not used because more people are likely to be allergic to it), and preservatives (found in some kinds of fish). There is a flu vaccine for people who are allergic to eggs. These people need to go to their healthcare facility to receive the vaccine so their reaction to the vaccine can be monitored.

Each ingredient has its own role in increasing the potency of the flu vaccine. Stabilizers, such as sugar, help to keep the vaccine effective after manufacturing. Adjuvants, such as aluminum salts, help to boost the body's absorbency of the vaccine. Residual inactivating ingredients, such as formaldehyde, kill the virus or inactivate toxins during the manufacturing process. Residual cell culture materials, like egg protein, produce enough virus or bacteria to make the vaccine. Common antibiotics (for example, neomycin, kanamycin, streptomycin, but not penicillin) are used to prevent contamination by bacteria during the manufacturing process. Preservatives, found in some fish, prevent contamination. One example is thimerosal, which is used only in multi-dose flu vaccines. It has a form of mercury (ethylmercury) in it, but does not cause mercury poisoning and is safe to use in vaccines. <https://www.cdc.gov/vaccines/vac-gen/additives.htm>.

*Your input is important to me. If there is any disease or other medical issue that you want to know more about, please email me at [barbarae.ny@gmail.com](mailto:barbarae.ny@gmail.com). I will research and write an article for the next newsletter.*





## News of Interest



Gallaudet University collaborated with AT&T to create the “first 5G-connected football helmet” with a lens inside the helmet. Gallaudet coaches can pick a play from a tablet and send the play via 5G to the helmet that the player is wearing.

Here are two YouTube videos, explaining this:

\*<https://youtu.be/xDuXHLWT5tQ>

\*[https://youtu.be/h4S8SSd\\_t3o](https://youtu.be/h4S8SSd_t3o)

Sources:

\* <https://www.goodmorningamerica.com/living/video/new-technology-helping-deaf-hard-hearing-athletes-103747174>

\* <https://www.usatoday.com/story/graphics/2023/10/14/5g-football-helmet-explained/71072261007/>

\* <https://more.att.com/5g/helmet>

\* <https://www.usatoday.com/story/sports/ncaaf/2023/10/21/gallaudet-football-5g-helmet-deaf-players/71019953007/>

## Cathy's Little Boutique November 18, 2023



Cathleen Potosky has a small shop called “Cathy’s Little Boutique.” She makes original, upcycled accessories, jewelry as well as some men’s accessories and catnip toys.

This year Cathleen will be at St. Timothy Church Craft Fair on November 18 at 9AM-3PM. She will be at Booth G20 in the gym area. The address is 13807 Poplar Tree Road, Chantilly VA 20151.

She hopes to see you there. If you cannot be there but are looking for personal items or gifts, you can contact her at [cathyslittleboutique@gmail.com](mailto:cathyslittleboutique@gmail.com).



# In Loving Memory



Dr. Betty J. “BJ” Schuchman died on October 1, 2023. She and her husband, Dr. John S. (Stan) Schuchman had a major impact on Gallaudet University and the field of Deaf history. They founded the Drs. John S. and Betty J. Schuchman Deaf Documentary Center, named in their honor. They endowed a Deaf History Award that recognizes excellence in documenting the lives of deaf people.

Source: <https://gallaudet.edu/schuchman-documentary-center/betty-j-bj-schuchman-dies-long-time-supporter-benefactor/>



Cheryl Heppner died on October 14, 2023. In 1991, she became Executive Director of the Northern Virginia Resource Center for the Deaf and Hard of Hearing (NVRC/DHHP), before she retired in 2015. During her years as Executive Director, Cheryl was a superstar advocate for all deaf and hard-of-hearing people. She wrote “Seeds of Disquiet: One Deaf Woman’s Experience” (1992).

She touched so many lives. She will be greatly missed. A memorial service is scheduled for Sunday, November 19, at 2PM-4PM. This will be held at NVRC.

Sources:

- \* <https://nvrc.org/cheryl-heppner-memorial-service/>
- \* <https://nvrc.org/about/nvrc-history/>
- \* <https://www.saywhatclub.org/keynote-speaker-cheryl-heppner-swc-con-2013/>
- \* <https://gupress.gallaudet.edu/Books/S/Seeds-of-Disquiet>



Melody Hotek, Elaine Shaffer, and Cheryl Heppner  
[taken at Cheryl’s retirement party on September 12, 2015]



Cheryl Heppner and Bruce Greenfield



Gary Viall, Cheryl Heppner, and Steve Williams



# Monthly Social Chat

## Wegmans on 10-11-2023



Sitting: Liz Moore, Melanie Williams, Lois Herberger, Vicki Shank, and Paul Daniels  
 Standing: Darren Marquardt, Barry Harlan, Cathleen Potosky, Linda Naiditch, Don Ames, Liz Sale, Jonathan Kiell, Eddie Drawdy, and Pat Beech



**DE Sorority**  
 Liz Moore, Pat Beech,  
 Melanie Williams,  
 and Liz Sale



**Former Gallaudet Employees**  
 Sitting: Eddie Drawdy,  
 Liz Moore, and Pat Beech  
 Standing: Liz Sale, Lois Herberger,  
 Vicki Shank, and Barry Harlan



Liz Sale, Laurie Dowling,  
 and Vicki Shank



Jean Buffardi  
 and Melanie Williams



Tom Dowling and  
 Lois Herberger





# Trip to NY and CT October 13-21, 2023



Pat Beech went to NY and CT during October 13-21, 2023. First stop was in Geneva, NY for Amelia Hamilton and Tanner Ketchum's wedding on October 14 [Amelia is Nancy Rarus' granddaughter]. Second stop was in Rochester for two nights at Cindy and Dane Officer's home [Cindy is Becky Sadler's daughter]. While in Rochester, Pat visited Keith Cagle at NTID. On the way from Rochester to Webster, Pat stopped at Golden Harvest Bakery & Cafe (deaf-owned; <https://www.goldenharvestbakerycafe.com/>), and visited with Kara Dowling in Fairport [daughter of Tom & Laurie Dowling]. They stopped at Schutt's Apple Mill (<https://schuttsapplemill.com/>). In Webster, Pat stayed two nights at Mary Bagby's house. While in Webster, she visited with Jan Peters, sister of Adele Polk. Last stop was in Danbury, CT for two nights at Mary Silvestri's home. Pat got to meet Mary's 5th grandson, Jameson — son of Julia Silvestri.



Pat with Amelia Hamilton  
& Tanner Ketchum



Pat with  
Keith Cagle



Pat with  
Kara Dowling



Pat with  
Mary Bagby



Pat with  
Dane & Cindy Officer



Pat with Julia (holding  
Jameson) and Mary Silvestri



Dane & Cindy's dogs  
Fiona and Kamala



Pat with Jan Peters  
and Mary Bagby



# Gallaudet Homecoming October 19-21



## DE Sorority Reunion

Dot Brenner,  
Laurie Dowling,  
Dianne Hodgins,  
and Liz Sale



## Class of 1972 Reunion

Jill Moebus, Liz Sale, Vicki Shank,  
Mark Nagy, Laurie Dowling,  
and Connie Nagy



## VAD T-Shirt Booth

Jill Moebus, Tom Dowling,  
and Tim Lavelle



## DE Sorority Pledges

Front Row: Cindy Pettie, Dianne Hodgins,  
Laurie Warren, and Laurie Dowling  
Back Row: Sue Zvosec and Liz Sale

# September & October Birthday Celebration



## Lazy Dog in Fair Oaks on 10-23-2023

Cheryl & Robert Gault, and Linda Naiditch



Northern Virginia Resource Center  
for Deaf & Hard of Hearing Persons  
*Improving Communication, Changing Lives*

## Fostering Better Communication Between the Deaf & Hard of Hearing Community & the Police

Officer Meg Hawkins will present a program focusing on communication between the police and the deaf and hard of hearing community. She will include:

- What training do police officers receive regarding the deaf and hard of hearing community?
- What to do if you are pulled over, especially at night
- What to expect when the police arrive after you have been involved in a traffic accident

**We will also allow time for Q&A and for the audience to:**

- Share your police experience
- Discuss how the police can best communicate with you

**Zoom on Thursday evening,  
November 16 at 7 pm**

*\*ASL interpreting and captioning will be provided*



**Register Here**  
or visit [NVRC.org](https://www.nvrc.org)

*Officer Meg Hawkins is a 20-year veteran in law enforcement with Fairfax County. She holds the title of a Certified Crime Prevention Specialist, accredited by the Virginia Dept. of Criminal Justice Services, and she is also a Certified Law Enforcement Crime Prevention through Environmental Design Practitioner. However, her true calling lies in community outreach and engagement, a passion she fervently pursues as the Community Outreach Officer for the Sully District Station.*

Note: Jonathan Kiell (who organized this event) is looking for questions and issues that people would like Officer Hawkins to address. They would like to leave some time during the presentation for the participants to share either good or bad experiences they have had with the Police.



# Events for November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 HH Social Chat via Zoom (see p. 2)	2	3	4
5 Social Night (see p. 12) 	6	7 	8 HH Social Chat at Wegmans (see p.12)	9	10	11 
12	13	14	15 HH Monthly In-Person (see p. 2)	16 NVRC Presentation (see p. 10)	17	18 Cathy's Little Boutique (see p. 5)
19 Social Night at Wegmans (see p. 12)	20	21	22 HH Fine Tuners In-Person	23 	24	25
26	27	28	29	30	1	2

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## Thanks to:

- Everyone for bringing dishes for the Hybrid Monthly meeting on October 4 (see page 3)
- Vicki Shank and Barry Harlan for giving a presentation on “Incredible India” at the Hybrid Monthly meeting on October 4 (see page 3)
- Pat Beech for facilitating the Hybrid Monthly meeting on October 4 [see page 3]
- Jonathan Kiell for helping with the Tech Set-Up and PowerPoint Presentation at the HH Hybrid Monthly meeting on October 4 [see page 3]
- Cathleen Potosky and her Food Committee for set-up of the Buffet Table at the HH Hybrid Monthly meeting on October 4
- Surya Sahetapy for giving a presentation on “Indonesia” via Zoom on October 25 (<https://youtu.be/BaXUMa4IyOI>)
- Everyone who submitted photos for the November issue
- 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



**Thanks for donating to  
Happy Hands:**

- Dot Brenner





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](mailto:dames@cox.net)]

## Ashby Ponds News



Mike Stinebaugh visited Ashby Ponds on October 6, 2023.

All three (Mike, Jill Moebus, and Eve Christian) worked at U.S. Geological Survey.



Carla Beyer-Smolín gave a presentation about HLAA to the Hearing Loss Awareness Group at Ashby Ponds. For information about HLAA, see: <https://www.hearingloss.org/>.

Pictured with Carla are Alice Sue Hecht and Paula Olejarz, organizers of this event (also residents of AP).

## Golden Harvest Bakery & Cafe LLC

Joel & Emily Reed

Email: [ghbcafe@gmail.com](mailto:ghbcafe@gmail.com)

368 Jefferson Rd Rochester, NY 14623



Facebook - Golden Harvest Bakery & Cafe

Phone: 585-766-5332 text or call

## 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 for the Silent Social Chat are November 5 and 19. FYI: The date for HH Social Chat is on November 8.

For more info, contact Jonathan Kiell at [jona3ki@msn.com](mailto: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!



### Fine Tuners for 2023-2024

Front Row: Don Ames (Chair), Jill Moebus (Vice Chair), Melanie Williams (Secretary), and Steve Williams (Treasurer)

Back Row (All are Members-At-Large): Paul Daniels, Tom Dowling, Cathleen Potosky, Eddie Drawdy, Stan Smith, and Barbara Eger-Klatt

Insert: Member-At-Large - Lois Herberger