



SENIORS' CHAT

Don's Column

Hello, Happy Hands Members and Friends,

Mark your calendar for our monthly meeting on January 3 at NVRC (see page 2). On January 10, we will meet at Clyde's instead of Wegmans (see page 2). Social Chat via Zoom will be on January 24 (see page 16). See pages 3-4 for recap on the December 6 meeting.

This issue has:

- Recap of Hybrid Meeting on pages 3-4
- Cookie Exchange on pages 5-6
- Tips and Tricks on page 7
- News of Interest on page 8
- Ashby Ponds News on page 9
- November & December Birthday Celebration on page 9
- NVRC Annual Meeting on page 10
- NVAD Holiday Party on page 11
- MDSC Holiday Lunch on page 12
- Don Ames' Trip during December 1-16 on page 13

As usual, Stay Happy Safely with Our Awesome Hands!

~ Don



HAPPY BIRTHDAY

...to the folks with birthdays in January

Patty Christenson [5th]
Susan Rountree [8th]
Regina Sleeper [11th]
Zina Zimina [11th]

Nate Drown [25th]
Becky Sadler [28th]
Irene Hunter [29th]
Nancy Rarus [29th]

Happy Hands Meeting January 3 at 10:00 AM

We will have our 19th post-COVID in-person monthly meeting on January 3, 2024 at 10:00 AM - 2:00 PM. We will provide unlimited Chili and more for \$5.00 (see below). If the weather is a problem or if you do not want to eat our specially prepared, fabulous ChiliFest, you can bring your own lunch bags. We will advise if weather requires us to cancel the meeting or limit the ChiliFest supplies.



Turkey Chili — Peggy Daniels

Beef Chili — Melanie Williams

Vegan Chili — ?????

Shredded Cheese — Cathleen Potosky

Baguette & Chips — Jill Moebus

Cornbread — Lois Herberger

Fruit — Stan Smith

Salad & Dressing — Tom Dowling

Cookies — Jonathan Kiell

Cups & Ice — Jonathan Kiell

Paper Products — Pat Beech

Melanie Williams will give a presentation on “Bureau of Land Management (BLM) and Wild Horses.”

Here is Zoom info: <https://us02web.zoom.us/j/84635279403>

Meeting ID: 846 3527 9403

Weather Advisory: If Fairfax County Government is closed due to weather (i.e., snow), NVRC will be closed too. There will be no Snow Date for January.



Celebrating New Year 2024



Happy Hands will celebrate the new year, 2024, on January 10 @ 12:00PM at Clyde's Willow Creek Farm in Broadlands, just west of Dulles Airport in Loudoun County.

Address: 42920 Broadlands Blvd, Broadlands VA 20148

URL: <https://www.clydes.com/location/willow-creek-farm/>



Please let Pat Beech [pgbeech@aol.com] know by December

23, if you plan to come. We need a head count. More details will be provided, as time nears.

FYI, the closest Metro Station is Ashburn Station [<https://www.wmata.com/rider-guide/silver-line-extension/Ashburn.cfm>]. You could get Uber or Lyft from Ashburn Station to Clyde's Willow Creek Farm.



Recap of Hybrid Meeting on December 6, 2023



We had our 18th Hybrid Meeting on December 6, 2022. We had 32 people in person and 6 people on Zoom. Here is link for viewing the meeting: <https://youtu.be/Bc1yUR7H7EQ>.

After lunch, we had Cookie Exchange (see pages 5-6). Then Melanie presented “Gone With The Wind” Trivia (PowerPoint was prepared by Pat Beech).



Sam Yates and Melanie Williams signed “Happy Birthday” to Bob Hickey, Mary Ann Beatty, Jill Kotchen, and Eddie Drawdy



Cookie Exchange



Lois Herberger brought homemade fudges for everyone at the meeting



Cathleen Potosky brought homemade scarves for the ladies at the meeting.



Lanny Quarles loves her scarf, given by Cathleen Potosky



1st 50/50 Raffle Winner
Mary Ann Beatty



2nd 50/50 Raffle Winner
Darren Marquardt
(Eddie Drawdy will give the \$\$ to Darren)



Martinelli’s Sparking Cider
Jonathan Kiell and Paul Daniels pour cider into cups for those at the meeting (the bottles were from Jill Moebus)





Recap of Hybrid Meeting on December 6, 2023 (continued from page 3)



Stan Smith, Jill Kotchen,
and Tom Dowling



Vicki Shank,
Cathleen Potosky, and
Melanie Williams



Sam Yates and
Lanny Quarles



Cheryl & Rocky
Rockburn



Eleni Triantafell
and Lynn Keefe



Eddie Drawdy, Richard Cohen,
and Mary Ann Beatty



Barry Harlan
and Bob Hickey



Lois Herberger
and Vicki Shank



Lanny Quarles
and Stan Smith



Peggy & Paul
Daniels



Mia Laboy-Heisley
and Melanie
Williams



Money Table
Steve Williams and Eddie Drawdy



Mary Ann & Tim
Beatty



Pat Beech and
Steve Williams



Julie Greenfield
and Jonathan Kiell



Tom & Denise
Drake



Darren Marquardt
and Barbara Eger-Klatt



Donna & Gary
Viall



Barbara Eger-Klatt



Darren Marquardt



Zoom Participants

Jean
Buffardi

Margaret
Huang

Jill
Moebus

Bill
Morris

Nancy
Rarus

Mike
Toms




Cookie Exchange


Cookie Exchange

on December 6, 2023



Raspberry Linzer Windowpane Cookies
by Barbara Eger-Klatt

URL: <https://www.myrecipes.com/recipe/raspberry-linzer-windowpane-cookies>



Soft Frosted Eggnog Cookies
by Bob Hickey

URL: <https://lifemadesweeter.com/soft-frosted-eggnog-cookies-2/>



Shortbread Cookies
by Cathleen Potosky

URL: <https://preppykitchen.com/shortbread-cookies-recipe/>



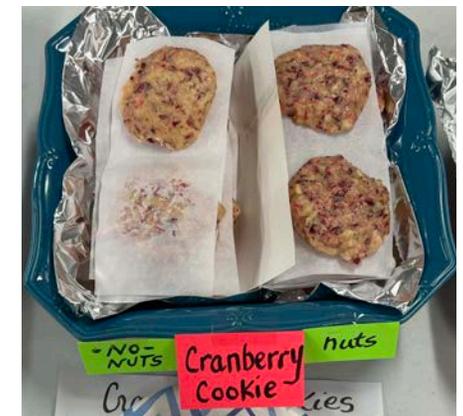
Red Velvet Oreos
by Mary Ann Beatty

URL: <https://www.cookingclassy.com/red-velvet-oreos/>



Chocolate Kiss Cookies
by Darren Marquardt

URL: <https://www.twopeasandtheirpod.com/chocolate-kiss-cookies/>



Cranberry Cookies
by Jill Kotchen

URL: <https://goodcheapeats.com/cranberry-christmas-cookies/>



No Bake Avalanche Cookies
by Laurie Dowling (for Tom Dowling)

URL: <https://cookiesandcups.com/no-bake-avalanche-cookies/>



Holiday Rice Krispies
by Vicki Shank

URL: <https://www.wkkellogg.com/en-us/recipes/the-original-treats-recipe.html>



Coconut Macaroons with chocolate
brought by Jonathan Kiell
From The Swiss Bakery
in Springfield, VA



Cookie Exchange on December 6, 2023



Peanut Butter Chocolate Chip Cookies
by Barbara Eger-Klatt

Peanut butter lovers will enjoy the rich pure flavor of peanuts in these cookies. For variety, you can substitute another nut butter, such as almond or cashew butter, or add 1/2 cup of semisweet chocolate chips to the batter.

- * 3/4 cup creamy peanut butter
- * 1/2 cup vegan margarine
- * 1/2 cup sugar
- * 1/3 cup maple syrup
- * 3 tablespoons pure vanilla extract
- * 2 1/2 cups all-purpose flour
- * 1 tsp baking powder
- * 1/4 tsp salt

In a large bowl, combine the peanut butter, margarine, sugar, maple syrup, water, and vanilla. Mix until well blended. Add the flour, baking powder, and salt. Stir well for a smooth dough. Cover and chill until firm, about 1 hour.

Preheat the oven to 350 degrees. Roll out the dough on a lightly floured work surface to a 1/4 inch thickness. Cut into shapes with cookie cutters or the rim of a small drinking glass. Use a metal spatula to transfer the cookies to an ungreased baking sheet.

Baked until lightly browned at the edges, 8 to 10 minutes. Cool the cookies slightly before transferring to a wire rack to cool completely. Store in an airtight container.

Source: 1,000 Vegan Recipes



Mini Animal Cracker Cookies
by Lanny Quarles

Ingredients:

- * 2 1/4 cups All-purpose flour
 - * 1 tsp ground cinnamon
 - * 1/2 tsp baking soda
 - * 1/4 tsp salt
- Whisk the mix first in a medium bowl.

Add:

- * 3/4 cup unsalted butter (softened)
 - * 3/4 cup granulated sugar
- Mix both on high speed for 2 minutes.

Add:

- * 1 large egg
- * 1 1/2 tsp pure vanilla

Mix for one minute.
Bake in oven for 9 minutes at 350 degrees.

Buy icing from a grocery store — any color. You can top the icing with rainbow sprinkles.

Source: <https://sallysbakingaddiction.com/animal-cracker-cookies/>



No Bake Sugar Cookies
by Melanie Williams

URL: <https://funcookierecipes.com/no-bake-sugar-cookies>



Peppermint Bark Pretzel Bites
by Pat Beech

URL: <https://togetherasfamily.com/peppermint-bark-pretzel-bites/>



Pecan Puffs
by Peggy Daniels

URL: <https://www.food.com/recipe/pecan-puffs-34948>



Chocolate Chocolate Chip Cookies
by Sam Yates

URL: <https://www.pillsburybaking.com/recipes/easy-brownie-cookies-8798/>



Various Cookies
brought by Stan Smith
From Crumbl



Lemon Ricotta Cookies
by Paul Daniels

URL: <https://thisitaliankitchen.com/lemon-ricotta-cookies/>

Tips and Tricks



Senior Citizens Health Resource Information
Barbara Eger-Klatt, Community Health Educator
January 2024

Suggested Ready Made Soup Packages

The weather is becoming colder and making soup is the best remedy for warming up. Sometimes when you become tired of cooking, it is nice to select ready made soup packages. The "Potato Leek Soup" package from Anderson House - Frontier Soups is fabulous. You don't need to add dairy and can substitute chicken broth or vegetable broth. It's gluten free, nothing artificial and no added salt. It's a wonderful warming soup for a cold and windy day.

There is another soup called "Butternut Squash and Lentil Soup Mix". It's delicious and your stomach will be grateful!. There is a large variety of soups. Below is the link for Anderson House Foods website.

Click on store locator to find out which stores carry these soup packages:
<https://andersonhousefoods.com/store-locator/>

Answer to Trivia Question in Dec 2023

A zoonotic disease is an illness that can be transmitted from animals to humans.

Quotes

**"Count your age by friends, not years.
Count your life by smiles, not tears."**
– John Lennon

Community Health Worker (CHW)

The National Association of Community Health Workers defines the Community Health Worker as "an umbrella term and includes community health representatives, promoters, peers and **other workforce members** who are **frontline public health professionals** that share life experience, trust, compassion, cultural and value alignment with the communities where they live and serve".

The mission is to "Unify the voices of the community health workers and strengthen the profession."

How did I become a CHW?

In March 2023, Gallaudet announced a CHW Workshop open to the Deaf Community. I attended the two-day workshop. It explained how to become a CHW. You check [NACHW.org](https://nachw.org) for the list of CHW classes in your home state. It lists accredited community college or university courses that are available. It is a public health field.

CHW focused on six pillars:

- ☀ CHWs are a unique workforce. It is one of a kind.
- ☀ CHWs are a community-based workforce
- ☀ CHWs are a historic and diverse workforce
- ☀ CHWs are a cross-section workforce
- ☀ CHWs are a proven workforce
- ☀ CHWs are a precarious workforce

Barbara will give a presentation about CHW to Happy Hands on January 24, 2024 via Zoom.

<https://nachw.org/the-six-pillars-of-community-health-workers/>



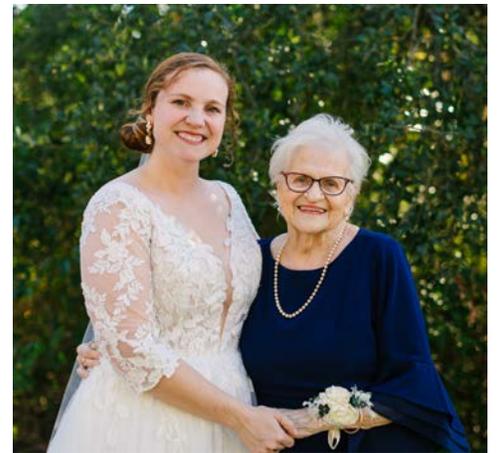
News of Interest



Laurie Warren with her Scotty Gracie and Sue Bungard visiting from Ohio were part of the contingent that walked with the Scottish Terrier Club of Greater Washington in the Alexander Scottish Christmas Walk on December 2.

Upon completing the walk they watched other groups and spotted Peggy and Paul Daniels across the street so crossed over between groups to talk and have a picture taken. They had lunch at a nearby restaurant and Gracie joined them as Alexandria is a very dog friendly city!

Amelia Hamilton went to Texas for work in November. She took this opportunity to get a picture of herself in her bridal dress with grandmother Nancy Rarus.



Cathleen Potosky was at St. Timothy Church Craft Fair on November 18. Her shop called “Cathy’s Little Boutique” was at Booth G20 in the gym area. She made original upcycled accessories, jewelry as well as some men’s accessories and catnip toys.



Ashby Ponds News



Joe Duarte gave a presentation about InnoCaption to the Hearing Loss Awareness Group at Ashby Ponds on December 1. For information about InnoCaption, see: <https://www.innocaption.com/>.

Picture on left: Joe & Meg Duarte with Paula Olejarz, organizer for this event (also resident of AP).



Picture on right: Joe Duarte helps Mayumi Taniguichi, a resident of AP.



Joan Cassidy had a booth at the Holiday Bazaar in Ashby Ponds on November 11.



On December 15 at Ashby Ponds, Debbie Jones displayed and discussed assistive technologies for use at home or on the go. She works for the Northern Virginia Resource Center for Deaf and Hard of Hearing Persons. This event was hosted by the Hearing Loss Awareness Group. She presented:

- * TAP and Beyond! Assistive Technology for Daily Living
- * Remote Conference Captioning
- * Smart App Packet



November & December Birthdays Celebration



The Birthday Group

Sitting: Al Manfredonio

Standing: Jill Kotchen, Jean Buffardi, Eddie Drawdy, Bob Hickey, and Deanna Dunham

Lazy Dog at Fair Oaks on 12-07-2023



Sitting: Eddie Drawdy, Deanna Dunham, and Pat Beech

Standing: Bob Hickey, Al & Kea Manfredonio, Jill Kotchen, and Jean Buffardi

NVRC Annual Meeting

12-09-2023



Annual Meeting



NVRC Staff
 Bonnie O'Leary, Cheryl Gault,
 Barbara Silber, Eileen McCartin,
 and Aseel Elayan



Melanie & Steve Williams and Jonathan Kiell



Laurie & Tom Dowling



Eleni Triantafell, Bill Morris, and Jill Moebus



Debbie Jones
Resource & Technology Manager



Lois Herberger and Julie Greenfield



Cyril & Cathleen Potosky



Eddie Drawdy, Stan Smith, and Robert Gault



Steve Williams, Paul Daniels, and Robert Gault



Raffle Prize Winner



Raffle Prize Winner



Raffle Prize Winner



Raffle Prize Winner



Raffle Prize Winner



Raffle Prize Winner



Peggy Daniels

NVAD Holiday Lunch 12-09-2023



Buffet Table
at
The Italian Oven
in McLean



Sitting: Bill Athy, Helena Ngalle, Jeremy Smith,
Sharon Ellis Sandoval, and Lisa Wolf
Standing: June Newman, Margaret Huang, Daniel
Berke, and Mike Yared



Sitting: Steve Williams, Liz Sale
Jill Moebus, and Vicki Shank
Standing: Melanie Williams, Pat Beech,
Laurie Dowling, Eddie Drawdy, Jill Kotchen,
Lois Herberger, Barry Harlan, and Tom Dowling



Jan & Margott Skrobisz, Joan Corley,
Wendy Ting, and Pete & Karen Sepielli



Sitting: Robert Gault, and Rita & Bill Hickey
Standing: Cheryl Gault, Joe & Lisa Mazzu,
Eleni Triantafell, and Bob Hickey



Sitting: Robert Goodwin, Michele Mulligan,
and Jamie Berke
Standing: Christine Wixtrom & Don Parnell,
Tim & Mary Ann Beatty, Renee Connor,
and Laurie & Mark Avino



Sitting: Barbara Sidawy, Gary & Donna
Viall, and Mia Laboy-Heisley
Standing: Paul & Peggy Daniels,
George Sidawy, and Wendy Ting



Sitting: Eileen Goran, Stan Smith, Cindy Burton,
Patricia Raswant, and Steven Burton
Standing: Jeanne & Tim Lavelle,
Yvonne & Jimmie Dickens, and Al & Kea Manfreonio



Owner Rob Esposito
and his staff



MDSC Holiday Lunch

12-14-2023



Sitting: Eleni Triantafell, Julia Becker,
and Jeanette Webster
Standing: Tim Kenney, Pat Beech,
and Jerry Webster

Jeanette & Jerry Webster



Pat Beech and Vicki Shank



Alex Richey & Stephen DeMuth



Pat Beech and Suzy Wallace



Cathy Thompson and Pat Beech



Ricky Thompson,
Thelma Schroeder,
and Cathy Thompson



Eileen Goran and Carrie White



Roy White and Dot Brenner

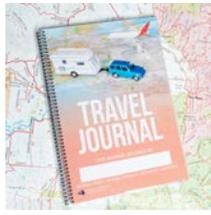


Joan Harvey



Pat Beech and Holly Roth

For more information about Maryland Deaf Senior Citizens, see: <https://mddeafseniors.org/>.



Don's Trip December 1-16, 2023



Don Ames went on a trip during December 1-16 with his wife, Teresa Chiu, and their dog Cooper. They travelled through West Virginia, Kentucky, Indiana, and Illinois where they picked up son Danny. All of them went to Chicago, Milwaukee, Des Moines, and back to Illinois where they stayed 3 more days and dropped off Danny. Don, Teresa, and Cooper went back to Virginia via Indiana, Kentucky, and West Virginia.

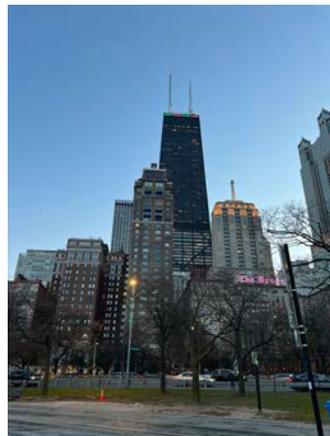


Abraham Lincoln Birth National Park
URL: <https://www.nps.gov/abli/index.htm>
Map: <https://npplan.com/wp-content/uploads/2017/04/Lincoln-Birthplace-Map.jpg>

**Abraham Lincoln's
Boyhood Home**



**Lincoln Tomb
in Springfield, IL**



**360 Chicago Observation
Deck (Hancock Center)**



**Tilted at 360
Chicago**



**Crown Fountain in
Millennium Park
(Chicago)**



**Chicago
Riverwalk**



**The Bean
(Chicago)**



**Milwaukee Brat
House**



Lake Michigan

GO SKIING

WORD SEARCH PUZZLE

- ANKLE
- BALANCE
- BEND
- BOOT
- CHOICE
- CONTROL
- FAST
- HANDLE
- LANDSCAPE
- LEVEL
- LIFT
- LIGHT
- LODGE
- POLE
- RACE
- RELAX
- RENT
- REST
- RUNS
- SLOPE
- SLOW
- SNOW
- SPEED
- SPORT
- TENSION
- TREE
- WINTER

T	S	T	S	E	R	S	P	O	R	T
H	N	O	C	H	O	I	C	E	L	O
G	U	A	P	T	A	O	T	E	L	O
I	R	O	R	S	N	N	V	O	X	B
L	L	E	L	T	I	E	D	N	A	E
E	E	O	R	W	L	G	R	L	L	D
P	W	O	N	S	E	F	A	K	E	N
O	L	I	F	T	A	N	N	E	R	E
L	A	N	D	S	C	A	P	E	S	B
S	K	I	T	E	N	S	I	O	N	S

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



Events for January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 	2	3 HH Monthly (p. 2) 10AM-2PM	4	5	6
7 Social Night at Wegmans (p. 16) 7PM	8	9	10  (p. 2)	11	12	13
14	15 	16	17 Fine Tuners 10AM-12PM	18	19	20
21 Social Night at Wegmans (p. 16) 7PM	22	23	24 Social Chat (p. 16) via Zoom 10:00-12:00	25	26	27
28	29	30	31	1	2	3

© BlankCalendarPages.com

Thanks to:

- Those who brought cookies for the Cookie Exchange at the Hybrid Monthly meeting on December 6
- Pat Beech and Melanie Williams for giving a presentation on “Gone With The Wind Trivia” at the Hybrid Monthly meeting on December 6
- Cathleen Potosky for giving out scarves to the ladies at the Hybrid Monthly meeting on December 6
- Pat Beech for facilitating the Hybrid Monthly meeting on December 6
- Jonathan Kiell for helping with the Tech Set-Up and PowerPoint Presentation at the HH Hybrid Monthly meeting on December 6
- Cathleen Potosky for set-up of the Buffet Table at the HH Hybrid Monthly meeting on December 6
- Everyone who submitted photos for the January 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





Happy Hands Zoom Chat January 24 at 10:00 AM



On January 24 at 10:00AM-12:00PM, Barbara Eger-Klatt will give a presentation on “Certified Health Work”. She will explain what CHW is, what its mission is, how to become a CHW, and its six pillars. See page 7 for her “Tips and Tricks.”

Zoom Info:

<https://us02web.zoom.us/j/84204219172>

Meeting ID: 842 0421 9172



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

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 January 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!

