



SENIORS' CHAT



Hello, Happy Hands Members and Friends,

Happy Hands will meet on August 6. See page 2 for information.

All of our recent events are reported with pictures in this newsletter for your reading pleasure.

As usual, Stay Happy Safely with Our Awesome Hands!

~ Don

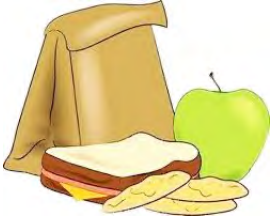


HAPPY BIRTHDAY ...to the folks with birthdays in August

Tim Lavelle [3rd]
Lydia Olugbodi [4th]
Eileen Goran [9th]
Rick Thompson [18th]
Lew Carr [20th]
Lynn Keefe [20th]

Melanie Williams [23rd]
Peter Brawley [25th]
Newby Ely [26th]
Mike Toms [26th]
Frances Marzolf [27th]

Happy Hands In-Person Meeting August 6 at 10:00 AM



We will have our monthly meeting on August 6, 2025 at 10:00 AM - 2:00 PM.

BRING YOUR OWN LUNCH BAGS AND BEVERAGES.

After lunch, we will do a Scavenger Hunt on NVRC and Happy Hands history.



Happy Hands Social Chat August 27 at 10:00 AM



We will have our social chat on August 27, 2025 at 10:00 AM - 2:00 PM.

BRING YOUR OWN LUNCH BAGS AND BEVERAGES.

After lunch, the DSA attendees will share their experiences at the conference during August 1-7. In addition, we will share what we did during our “Summer Vacation.”



Empowering Our Future



**18TH BIENNIAL CONFERENCE • KANSAS CITY, MO
DEAF SENIORS OF AMERICA**



**UPCOMING
EVENTS**

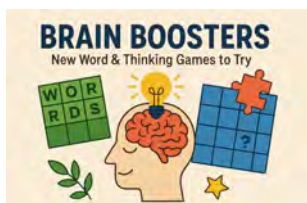
Upcoming Events

**UPCOMING
EVENTS**

September 3

Menu: Salad Bar
and Italian Ice

Presentation: “Brain
Boosters: New Word &
Thinking Games to Try”
by Barbara Eger-Klatt



October 22

Menu: Brown Bag

Activity: Crafts by Lynn Keefe



September 24

Menu: Brown Bag

Activity: Chair Volleyball



November 5

Menu: Brown Bag and
Japanese Desserts

Presentation: “Trip to Japan”
by Eileen McCartin



October 1

Menu: Subs

Presentation: “National
Baseball Hall of Fame and
Museum in Cooperstown”
by Bill Morris



December 3

Menu: Holiday
Appetizers

**Presentation
before lunch:**
“Fugio Coin”

by Lois Herberger

Activity after lunch:
Building Legos



UPCOMING EVENTS

(Subject to Change)



HH Social Event

06-25-2025



Cyril Potosky,
Jonathan Kiell, and
Robert Gault



Jill Moebus,
Denise Proulx,
and Barry Harlan



Stan Smith
and Cathleen
Potosky

Sitting: Vicki
Shank and
Eileen Goran
Standing:
Cathleen
Potosky and
Tim Lavelle



Practicing Chair Volleyball

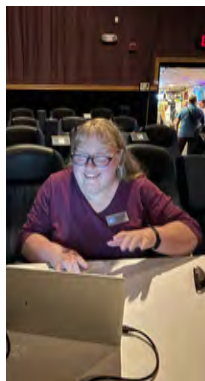
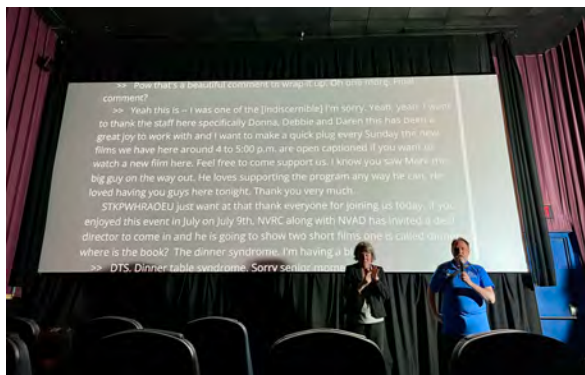


Pat Beech and
Lydia Olugbodi



Chair Volleyball

NVRC Hosts Screening of “Deaf President Now”



NVRC hosted a community screening of “Deaf President Now!” on June 25 at Cinema Arts Theatre in Fairfax. This documentary was about the 1988 Gallaudet protest, and co-produced by Nyle DiMarco and Davis Guggenheim. Nearly 100 attendees came. After the screening, Erik Nordlof led a discussion. If you missed this event, you can stream the film on Apple TV+.

On July 15, the Television Academy announced that DPN received nominations for two Emmy awards [<https://www.televisionacademy.com/shows/deaf-president-now>]. Congrats!!



NVRC Hosts Interpreter Appreciation Gathering



On June 26, NVRC held a “Building Bridges, Sharing Smiles” to show their appreciation to interpreters. Some of their interpreters, board members, and staff came together to mingle, enjoy food, and celebrate the important role interpreters play with making communication accessible.



Gift for the interpreters



Interpreter
APPRECIATION


 RECAP

Recap of Monthly Meeting on July 9, 2024


 RECAP

28 attendees came to the July 9 meeting. Highlights of the meeting were: July Birthday Song, Little Moons, and Potoskys' NYC Trip. Here is YouTube link for the meeting: <https://youtu.be/94SrjiGE94I>.



Deanna Dunham
and Stan Smith



Jill Moebus, Denise Proulx,
Cathleen Potosky, and Vicki Shank



Don Ames, Eddie Drawdy, Cyril Potosky,
Bob Hickey, and Jonathan Kiell



Richard Cohen,
Bob Hickey, and
Alfred Traurig



Eileen Goran
and Jean
Buffardi



Bill Morris and
Eddie Drawdy



Tom & Laurie Dowling,
and Pat Beech



Paul & Peggy
Daniels



Jill Moebus, Vicki Shank,
Kathy Jones, Laurie Dowling,
and Lois Herberger



Melanie & Steve Williams,
Stan Smith, and Lydia Olugbodi

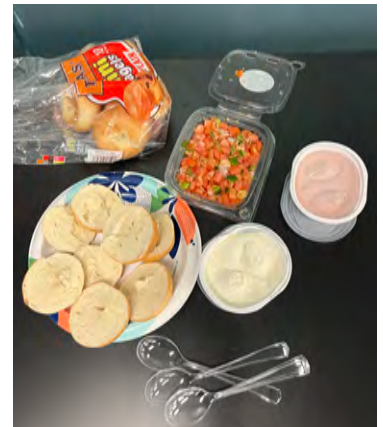


Tim Lavelle and
Marshal Kesler

RECAP

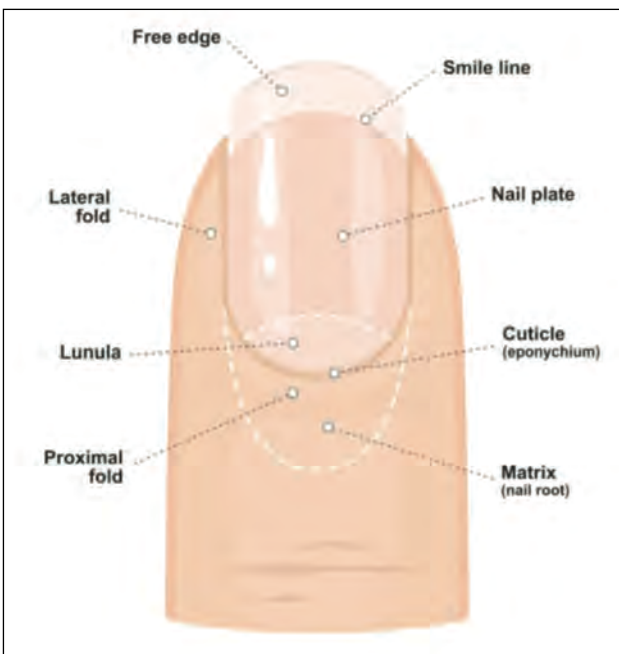
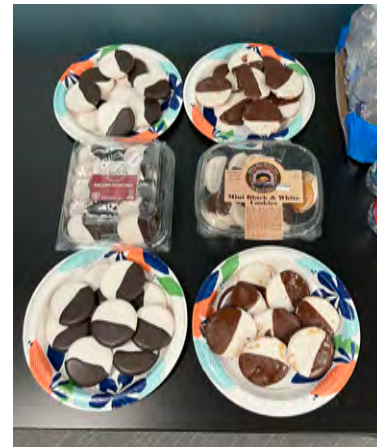
Recap of Monthly Meeting

(continued from page 7)

RECAP

NYC Appetizers

Fruit Kabobs, Apple Slices with Cheese, Mini Bagels, and Black & White Cookies



Lunula is the only visible part of a larger structure known as nail matrix. It is one of the four major parts of fingernail which contains nerves, blood vessels, and lymph. Nails grow from the nail matrix and lunula where new protein cells create multiple layers of keratin, the same protein that makes up hair. The typical nail has about 196 layers of keratin cells.

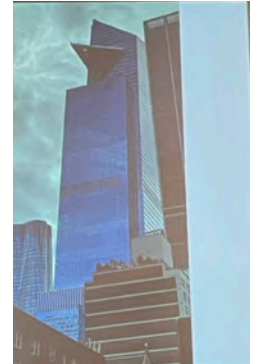
Sources for the “Little Moons” presentation:

- <https://www.healthline.com>
- <https://www.interestingfacts.com>
- <https://www.medicalnewstoday.com>
- AI Overview


RECAP

Recap of Monthly Meeting

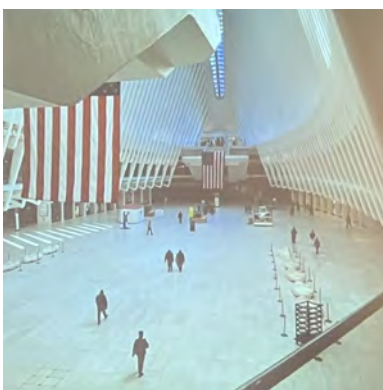
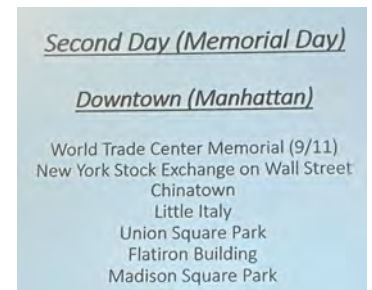
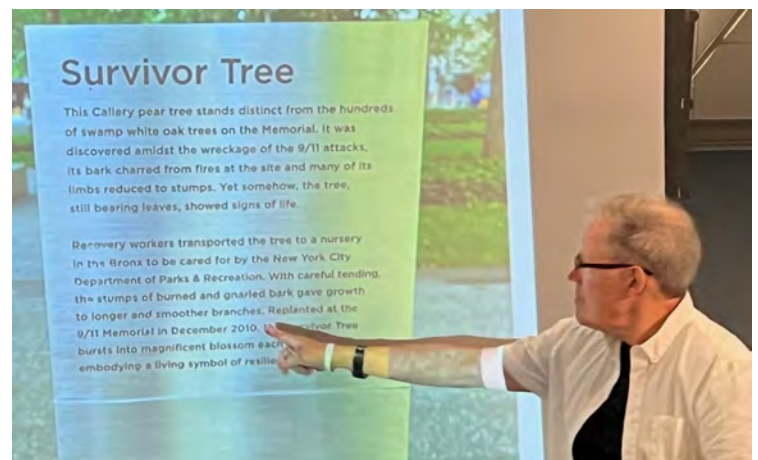
(continued from page 8)


RECAP


Visiting Uptown

 Warner Media Building
[\[https://en.wikipedia.org/wiki/30_Hudson_Yards\]](https://en.wikipedia.org/wiki/30_Hudson_Yards)

https://en.wikipedia.org/wiki/Times_Square

<https://www.orderlapizzaitalia.com/>

 Oculus World Trade Center
[\[https://www.explorewtc.com/en/local/learn-about-wtc/oculus-transportation-hub.html\]](https://www.explorewtc.com/en/local/learn-about-wtc/oculus-transportation-hub.html)


Survivor Tree

[\[https://911memorial.org/visit/memorial/survivor-tree\]](https://911memorial.org/visit/memorial/survivor-tree)

RECAP

Recap of Monthly Meeting

(continued from page 9)

RECAP

Third Day (Tuesday, May 27th)

East Side (Manhattan)

5th & 6th Avenue
Rockefeller Center
Radio City Music Hall
NBC Studio
Lego Store
Louis Vuitton Store
Apple Fifth Avenue Electronics Store
St. Patrick's Cathedral
Central Park
New York City Public Library
Bryant Park



Lego Store

[<https://www.lego.com/en-es/aboutus/news/2021/june/new-nyc-flagship-store/>]



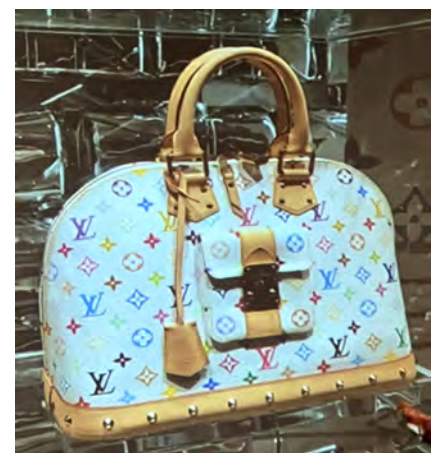
Coach Store

[<https://www.racked.com/2016/11/18/13669750/coach-house-fifth-ave/>]



Louis Vuitton Department Store

[<https://us.louisvuitton.com/eng-us/magazine/articles/57th-street-nyc>]



Saks Fifth Avenue

The window collaboration is inspired by “And Just Like This,” a Max Original spinoff of the HBO drama “Sex and the City.” The window displays merge fashion, technology, and iconic items. The picture on left shows Carrie Bradshaw’s wedding dress — made from newspapers and MetroCards.

[<https://www.luxurydaily.com/saks-dedicates-flagship-windows-to-and-just-like-that-display/>]


RECAP

Recap of Monthly Meeting

(continued from page 10)


RECAP

Fourth Day (Wednesday, May 28th)

West Side (Manhattan)

"Dinosaur" Pigeon Sculpture
The Shed
The Vessel
The High Line Interim Walkway at Hudson Yards
Hell's Kitchen Town



"Dinosaur" Pigeon Sculpture

A colossal, cast-aluminum sculpture of a feral pigeon by the Colombian artist, Ivan Argote. It will remain on display until the Spring of 2026. The sculpture measures @ 20 feet in length and weighs close to 2,000 pounds.

[[https://en.wikipedia.org/wiki/Dinosaur_\(statue\)](https://en.wikipedia.org/wiki/Dinosaur_(statue))]



Vessel

Visitor attraction built as part of Hudson Yards in Manhattan.

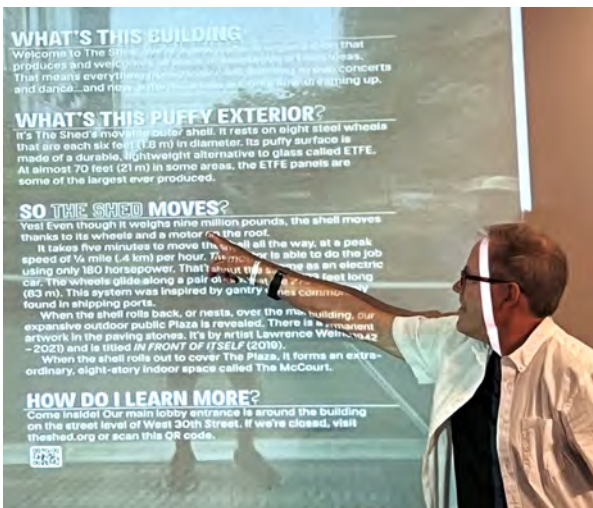
This honeycomb-like structure rises 150 feet and has 154 flights of stair. Its final cost is estimated to have been \$200 million.

[[https://en.wikipedia.org/wiki/Vessel_\(structure\)](https://en.wikipedia.org/wiki/Vessel_(structure))]



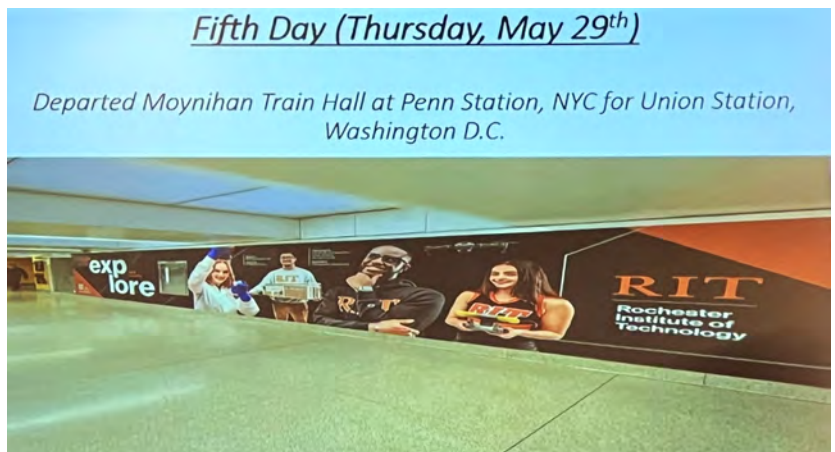
Shed Building

[[https://en.wikipedia.org/wiki/The_Shed_\(arts_center\)](https://en.wikipedia.org/wiki/The_Shed_(arts_center))]



Fifth Day (Thursday, May 29th)

Departed Moynihan Train Hall at Penn Station, NYC for Union Station, Washington D.C.



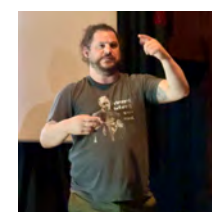
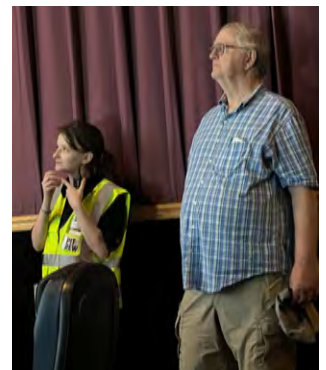
NVRC and NVAD Host “Angry Deaf People Short Film Festival”

NVRC and NVAD hosted a Short Film Festival by Angry Deaf People on July 9 at Cinema Arts Theatre in Fairfax. Two 12-min films were shown:

- * “Glass Cage” was about the hidden struggles of a Deaf individual facing depression
- * “Dinner Table Syndrome” was about the isolation and the pain of being excluded in a hearing environment

Kriston Pumphrey was the emcee of the event, asking questions of storytellers Charlie Ainsworth and Jules Dameron, and Bellamie Bachleda (star of “Glass Cage”).

We got to meet the theatre owner, Mark O’Meara.





News of Interest



A group of us went to Cinema Arts Theatre on July 11 to see “Marlee Matlin: Not Alone Anymore.” The documentary film was directed and produced by Shoshannah Stern. It follows the life and the career of Marlee Matlin, who was the first deaf actor to win an Academy Award for her performance in “Children of a Lesser God.”



For more information, see: <https://www.imdb.com/title/tt33322301/> and https://en.wikipedia.org/wiki/Marlee_Matlin:_Not_Alone_Anymore. The official trailer can be seen on <https://youtu.be/yh7weSZkUU8>. The film will be streamed on PBS (date has not been announced yet).



Stan Smith was in DC during July 11-12 to attend ADA2025 for two nights of music, comedy, and dance. This event celebrated the 35th anniversary of the Americans With Disabilities Act. It took place at The Anthem, located in the Wharf District.

The performers on Day 1 were D.J. Demers, Tina Friml, Josh Blue, Adam Keys, and Kathy Buckley.

The performers on Day 2 were Stephen Framil, Mandy Harvey, Lachi, Wawa's World, Kodi Lee, Omnium Circus, and Sho'Roc.

For those of you who couldn't attend this event you can register for full access to the WAWABILITY Summit recordings for 90 days after the event - available through November 11, 2025. The link is: <https://wawability.performedia.com/registration/>.

WTOP News: <https://wtop.com/dc/2025/07/wawability-honors-adas-35th-anniversary-with-shows-at-the-anthem/>



In Loving Memory



Shirley Alice Roop Werner, age 86, died on May 14 in Staunton, VA. She graduated from VSDB in 1956, and Gallaudet University in 1961. She taught PE at the Arizona School for the Deaf and Blind in Tucson, AZ for 4 years. She returned to VA and taught PE at VSDB for 26 years. She was preceded in death by her husband of 56 years, Dawayne Werner. She is survived by children Suzanne Botkin and Patrick Werner.

Source: <https://www.coffmanfuneralhome.net/obituary/shirley-roop-werner>



Clifton Bass Lockridge, Jr., age 78, died on July 5 in Salem, VA. He graduated from VSDB in 1966. He worked for USPS for 26 years. He was preceded in death by wife of 53 years, Phyllis Ann Lockridge. He is survived by two children: Perry Lockridge and Dale Lockridge.

Source: <https://www.johnmoakey.com/obituaries/Clifton-Bass-Lockridge?obId=43571621>



NTID's Next President



Caroline M. Solomon has been named president of RIT's National Technical Institute for the Deaf and vice president of RIT. She will start on August 18. She will be the first woman to lead the college in its nearly 60-year history.

Solomon is currently Dean of the Faculty at Gallaudet University. She earned a doctorate in marine, environmental and estuarine sciences from University of Maryland. A renowned scientist and researcher, Solomon has devoted herself to encouraging and nurturing deaf and hard-of-hearing students in STEM fields.



She was inducted into the Deaflympics Hall of Fame in 2020 (a past participant in the Deaflympics as a swimmer).

Sources:

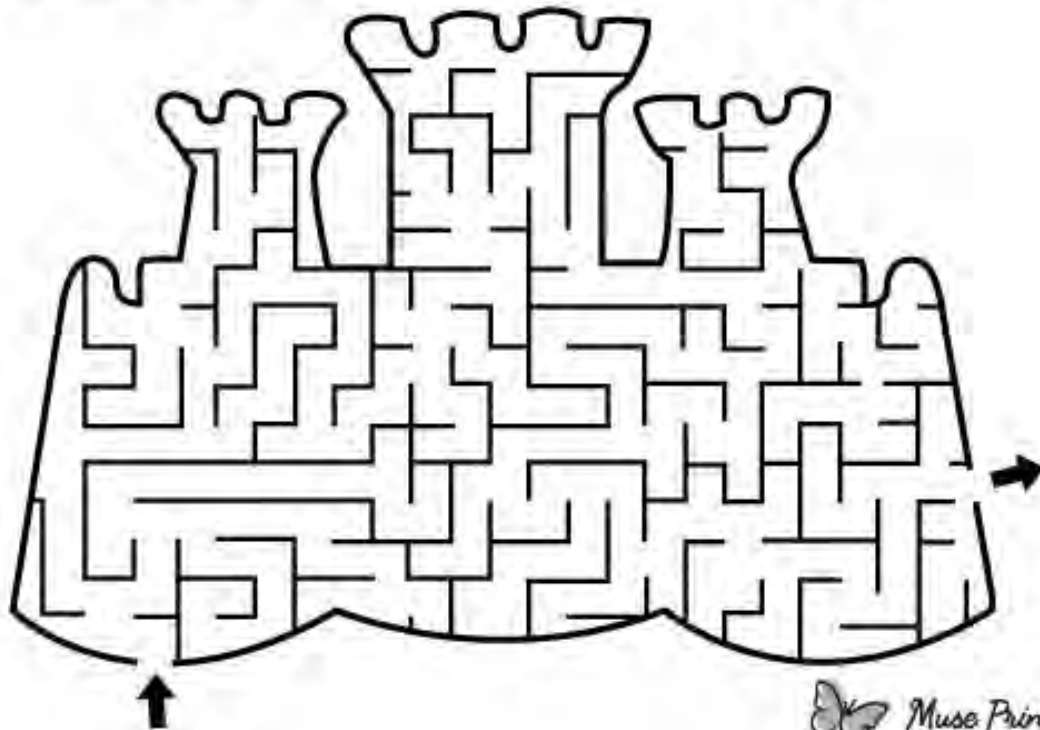
- * <https://www.rit.edu/ntid/next-president>
- * <https://gallaudet.edu/academic-affairs/dr-caroline-solomon-named-new-president-of-ntid/>
- * <https://www.rit.edu/news/caroline-m-solomon-named-president-rits-national-technical-institute-deaf>

NVRC Booth during Resident Services Fair on 07-17-2025 at Ashby Ponds

NVRC had a booth during the Resident Services Fair at Ashby Ponds on July 17. The fair had booths showing services and agencies available in the Loudoun County area.

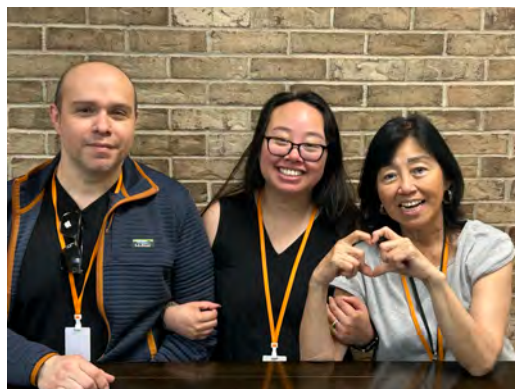


Sandcastle Maze





Training at HKNC



Lanny Quarles' daughter and her husband visited her during July 4th weekend.

Summer Word Search

Find and circle the words.

BALL CLAM FUN PLAY SEA SUN
BEACH CRAB HOT SAND SHELL SWIM



Lanny started working in the cafeteria at the Lavelle School for the Blind [<https://www.lavelleschool.org/>] in NYC on July 7. She said that the cafeteria had a bigger kitchen and it was very neat. She explained that she rides in a large deluxe car with her vocation teacher (similar to what president or senator uses). The cab driver is very nice. HKNC pays the cab fares.





July 4th Photo Album



Mike Finkle & Pam Gannon
Huntington, PA



NVRC Staff
Oakton, VA



Cheryl Gault
Fairfax, VA



Darren Marquardt
Alexandria, VA



Debbie Jones
Springfield, VA



Darren Marquardt
Alexandria, VA
Bonnie O'Leary
Springfield, VA



Stan Smith
Herndon, VA



Wyakin
Sealy, TX



Teddy Bear (Rose)
Falls Church, VA
(Deanna Dunham)



Sandy Wise
Sealy, TX



Mary Silvestri
Danbury, CT



July 4th Photo Album

(continued from page 17)



The Fletcher Family
Lovettsville, VA

Left to right: Brian, Joy, Karen,
Donald, and Selby John (6 months)
[Note: Karen's mother was Elaine Shaffer,
a long time member of Happy Hands]



Becky Sadler
Morgantown, WV



Steve & Melanie Williams
Centreville, VA



July 4th Buffet at Ashby Ponds
Ashburn, VA

Left to right: Eve Christian, Jill Moebus,
Jean Balcom, Pat Beech, Margaret Huang,
and Mayumi Taniguichi



Steve & Melanie Williams's daughter Rachel
with her daughters, Ashlyn and Jordyn
Atlantic Beach, NC



July 4th Photo Album

(continued from page 18)



Roger & Tamara Webb
Ashburn, VA



Eve Christian's Display
Ashburn, VA



Selina & Ross Gilson
with son Charlie
Nags Head, NC



The Gilson Family
Selina & Ross with Charlie's family
Nags Head, NC



Selina & Ross's daughter
Candace with her family
San Diego, CA



July 4th Photo Album

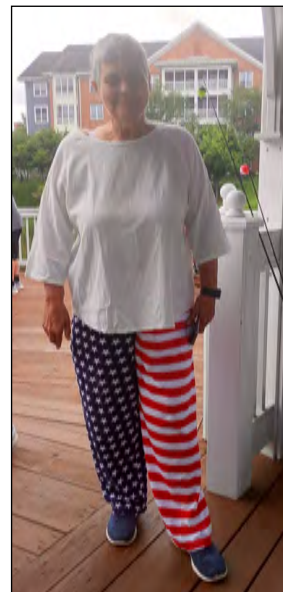
(continued from page 19)



Tim, Nancy, & Kim Rarus
Austin, TX



Jill Kotchen
Largo, FL



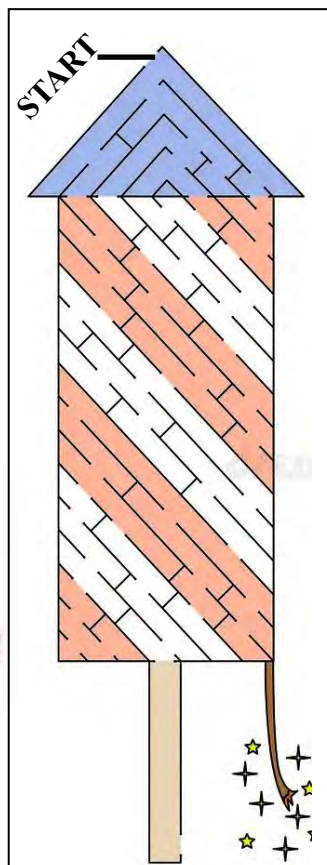
Jill Moebus
Ashburn, VA



Lew Carr and Paula Olejarz
CODAs at Ashby Ponds in Ashburn, VA



Nationals Stadium
Washington, DC
(Paul Daniels)



A Trip To The Beach

Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

ALOE VERA
BATHING SUIT
BEACH BALL
BEACH CHAIR
BUCKET
BUG SPRAY
CHAPSTICK
COOLER
FRISBEE
GOGGLES
GOOD BOOK
HAT
SANDALS
SARONG
SHORTS
SHOVEL
SNACKS
SNORKEL
SUNGLASSES
SUNSCREEN
TANK TOP
TENT
TOTE BAG
TOWEL
UMBRELLA

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





Summer Crossword Puzzle

Solve the clues and fill out the grid

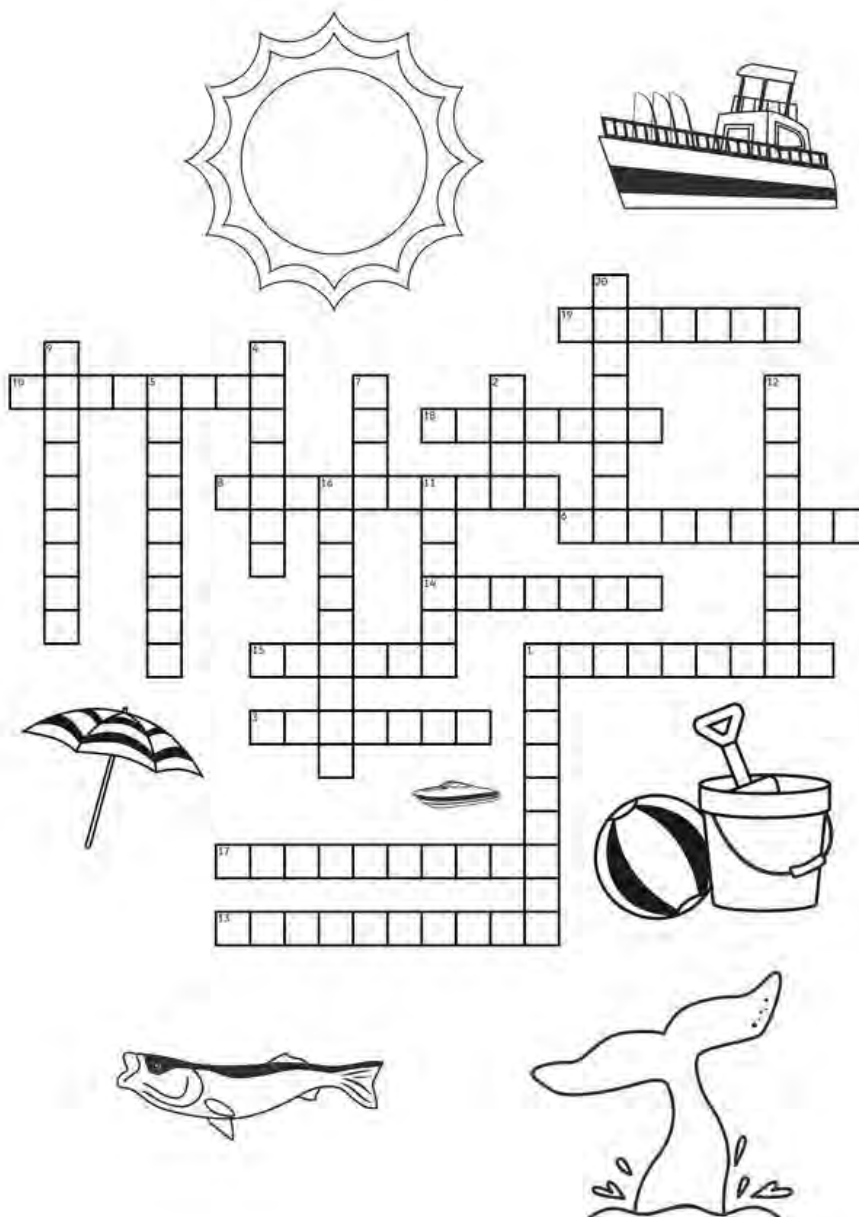


DOWN

1. A cream to prevent sun damage and burns
2. An airborne toy flown by a person on the ground in summer
4. White-feathered bird known for stealing snacks at the beach
5. What can be both sparkly and loud during a celebration
7. An outdoor watery playground
9. Positive emotion during a picnic
11. A deliciously chilled fruity dish
12. Summer garden favorite
16. Growing and tending to plants as a hobby
20. Grilled meats and veggies event

ACROSS

1. A long flat item used for wave riding
3. These keep your feet cool in the heat
6. Ocean dwellers that end up on sandy beaches
8. Eyewear made to shield against bright light
10. Location where camp songs are often sung
13. A fruit that's 92% water and great for hydration
14. Recreational activity with a vessel on water
15. Helps to prevent sunburn on your head
17. Children often build this while playing on the beach
18. Designed to glide through the air
19. Going on an adventure with a tent and fire



Beeloo



2025 AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1  NATIONAL WATER BALLOON DAY	2  NATIONAL Coloring Book Day
3 Social Night at Wegmans (p. 24)	4  U.S. COAST GUARD DAY	5	6 HH Monthly Meeting (p. 2)	7  NATIONAL LIGHTHOUSE DAY	8  Global Sleep Under The Stars Night	9  NATIONAL BOWLING DAY
10	11	12	13 HH Social Chat Wegmans (p. 24)	14	15  NATIONAL RELAXATION DAY	16  National Roller Coaster Day
17 Social Night at Wegmans (p. 24)	18  AJTA DAY	19  National Soft Ice Cream Day	20 Fine Tuners Meeting 10AM-12PM	21  NATIONAL SENIOR CITIZENS DAY	22  BE AN ANGEL DAY AUGUST 22ND	23  NATIONAL RIDE THE WIND DAY
24	25  NATIONAL PARK SERVICE FOUNDERS DAY	26  NATIONAL DOG DAY	27 HH Social Chat at NVRC (p. 2)	28  National Bow Tie Day	29  COLLEGE COLORS DAY	30  NATIONAL GRIEF AWARENESS DAY
31  NATIONAL TRAIL MIX DAY						

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Thanks to:

- Set-Up before the June 25th Social Event; and Clean-up after the event
- Jill Moebus for the Indoor Chair Volleyball activity at the June 25th Social Event
- Set-Up before the July 9th Monthly Meeting; and Clean-Up afterwards
- Lois Herberger for presenting “Little Moons” at the July 9th meeting
- Cyril Potosky for showing pictures from his NYC trip at the July 9th meeting
- Menu committee for bringing NYC-related appetizers for the July 9th meeting
- Everyone that provided pictures for the July 4th Photo Album (pages 17-20)
- Pat Beech for pictures for HH Social Event (page 4), DPN Screening (page 5), Interpreter Appreciation (page 6), HH Monthly Meeting (pages 7-11), Angry Deaf People (page 12), and NVRC Booth (page 15)
- Pat Beech for doing the monthly HH Newsletter issue
- Melanie Williams, Jonathan Kiell, and Vicki Shank for proofreading the monthly HH Newsletter issue
- Debbie Jones and Pat Beech for preparing the monthly HH Newsletter hard copies for mail





E-mail: info@nvrc.org
 URL: www.nvrc.org
 VP 571-350-8656
 10467 White Granite Drive
 Suite 312
 Oakton, VA 22124

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



Don Ames, Chair
[\[dames@cox.net\]](mailto:dames@cox.net)

URL: <https://www.nvrc.org/happy-hands/>



Fine Tuners for 2025-2026

Sitting: Don Ames (Chair),
 Eddie Drawdy (Vice Chair),
 Melanie Williams (Secretary),
 and Tim Beatty (Treasurer)

Standing (Members-At-Large):
 Jill Moebus, Cathleen Potosky,
 Lois Herberger, and Bob Hickey

Thanks for your donations

- * Pam Gannon
- * Lynn Keefe



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 August 3 and 17. FYI, some people arrive early (6:00PM) and grab some of Wegmans prepared food for dinner.



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!

Also, HH Lunchtime Social Chat at Wegmans will be on August 13.

For more info, contact Jonathan Kiell at jona3ki@msn.com.

For the Sunday Chats see: <https://www.meetup.com/aslbridge/events/304987317>.

