



## SENIORS' CHAT



# Don's Column



Hello, Happy Hands Members and Friends,

At the January 8 Monthly Meeting, the afternoon topic is TBD. We will have Sloppy Joe's for lunch. See page 2.

See pages 3-7 for a recap of the December 4 Monthly Meeting. Twenty-five people attended in person. Laura Garrett gave a presentation about "Beekeeping." Twelve people participated in the cookie exchange.

As usual, Stay Happy Safely with Our Awesome Hands!

~ Don



## HAPPY BIRTHDAY ...to the folks with birthdays in **January**

Cyril Potosky [4th]  
Patty Christenson [5th]  
Susan Rountree [8th]  
Zina Zimina [11th]  
Laurie Warren [13th]

Cindy Burton [15th]  
Nate Drown [25th]  
Becky Sadler [28th]  
Irene Hunter [29th]  
Nancy Rarus [29th]

# Happy Hands In-Person Meeting

## January 8 at 10:00 AM



We will have our monthly meeting on January 8, 2025 at 10:00 AM - 2:00 PM. We will provide unlimited Sloppy Joes and more for \$5.00 (see menu below). For more information, contact Pat Beech at [pgbeech@aol.com](mailto:pgbeech@aol.com).

**BRING YOUR OWN BEVERAGES.**

Beef Sloppy Joes — Melanie Williams  
 Vegan Sloppy Joes — Eddie Drawdy  
 Hamburger Buns — Jill Moebus  
 Cheese — Bob Hickey  
 Hot Sauce Bottle — Jill Moebus  
 Cole Slaw — Bob Hickey  
 Vegetable Tray — ??

Potato Chips with Dip — Steve Williams  
 Fruit Platter — ??  
 Apple Pie — Don Ames  
 Cherry Pie — ??  
 Cupcakes — ??  
 Cookies — Cathleen Potosky  
 Paper Products — Pat Beech



After lunch, we will have Board Games and Crafts.

# Happy Hands 2025 Members

## (as of December 21, 2024)

**Membership for 2025:** Thanks for joining or renewing your membership.

William Athy  
 Don Ames  
 Janice Barker  
 Mary Ann Beatty  
 Tim Beatty  
 Pat Beech  
 Claudia Brawley  
 Peter Brawley  
 Jean Buffardi  
 Paul Daniels

Peggy Daniels  
 Eddie Drawdy  
 Phuong Duong  
 June Freeman  
 Laura Garrett  
 Eileen Goran  
 Barry Harlan  
 Margaret Huang  
 Anthony Heller  
 Vicki Hurwitz

Song Jo  
 Jonathan Kiell  
 Jeanne Lavelle  
 Tim Lavelle  
 Eileen McCartin  
 Cathleen Potosky  
 Cyril Potosky  
 Rebecca Sadler  
 Nancy Sanders  
 Thelma Schroeder

Vicki Shank  
 Barbie Sidawy  
 George Sidawy  
 Cathy Thompson  
 Rick Thompson  
 Eleni Triantafell  
 Melanie Williams  
 Steve Williams

For those who have not renewed or joined for the year 2025, here is the link  
 for the Happy Hands 2025 Membership Form:  
[https://www.nvrc.org/wp-content/uploads/2024/12/2025Membership\\_Fillable.pdf](https://www.nvrc.org/wp-content/uploads/2024/12/2025Membership_Fillable.pdf)




**RECAP**

# Recap of Monthly Meeting on December 4, 2024


**RECAP**

At the December 4 meeting, we had 25 attendees. Here is YouTube link for the meeting: <https://youtu.be/2OXzgbKc7W0>. Highlights of the meeting were:

- December Birthday Song
- NVRC Annual Meeting (postponed to January 25)
- NVAD Super Bowl in February 2025
- Cookie Exchange
- Thanks from Eileen McCartin
- Beekeeping by Laura Garrett

“Beekeeping” by Laura Garrett: <https://youtu.be/0MXpXbIMJkA>






**RECAP**

# Recap of Monthly Meeting

(continued from page 3)


**RECAP**


Jill Moebus and  
Cathleen Potosky



Tom Dowling and  
Pat Beech



Thelma Schroeder  
and Eileen Goran



Tim & Mary Ann  
Beatty



Jonathan Kiell and  
Darren Marquardt



Serry Fahmy and  
Lynn Keefe



Barbie & George  
Sidawy



Deanna  
Dunham



Barry Harlan &  
Vicki Shank



Peggy & Paul  
Daniels



Bill Morris (shivering),  
Jonathan Kiell, and  
Tom Dowling



Serry Fahmy,  
Eileen Goran, and  
George Sidawy



Don Ames



Eileen McCartin and  
Darren Marquardt






**RECAP**

# Recap of Monthly Meeting

(continued from page 4)


**RECAP**


Laura Garrett  
and Jill Moebus



Tim Lavelle



Peter  
Brawley



During lunch



## Cookie Exchange

Jill Moebus [Snowball Cashew Cookies and Sprinkled Peppermint Meringues], Mary Ann Beatty [Lemon Cookies], Bill Morris [Oatmeal Cookies with Milk Chocolate Chips], Thelma Schroeder [Condensed Milk Snow Cookies], Cathleen Potosky [Cinnamon Palmiers], Eileen Goran [Peanut Butter Cookies], Pat Beech [White Chocolate Haystacks], Laura Garrett [Chocolate Peppermint Crunch Cookie Bark], Jonathan Kiell [Macaroons], and Tom Dowling [Festive Cranberry Cookies] and holding Jean Buffardi's Chocolate Marshmallow Cookies

**THANK YOU**  
**THANK YOU**  
*for your participation*  
**THANK YOU**  
**THANK YOU**




**RECAP**

# Recap of Monthly Meeting

(continued from page 5)


**RECAP**


Melanie Williams dropped off  
**Whipped Shortbread Cookies**

[<https://www.tasteofhome.com/recipes/whipped-shortbread/>]



**Snowball Cashew Cookies and  
Sprinkled Peppermint  
Meringues**



**Lemon Cookies**

[ <https://www.vosshomebakery.com/printable-card/soft-lemon-cookies/> ]



**Oatmeal Cookies  
with Milk Chocolate Chips**

3 ripped bananas  
2 cups rolled oats  
1/3 cups milk chocolate chips  
1/2 cups peanut butter (natural)

Bake 350F for 10-12 minutes



**Condensed Milk Snow Cookies**

[<https://www.facebook.com/groups/515333217231935/posts/918698510228735/>]



**Cinnamon Palmiers**

[<https://www.allrecipes.com/recipe/231466/cinnamon-palmiers/>]

Option: Sprinkle remaining 1/4 cup sugar onto a work surface. Used wax paper instead. Less sugar.




**RECAP**

# Recap of Monthly Meeting

(continued from page 6)


**RECAP**


**Peanut Butter Cookies**

[<https://www.bettycrocker.com/products/cookie-mix/peanut-butter>]



**White Chocolate Haystacks**

[<https://www.bettycrocker.com/recipes/white-chocolate-haystacks/d3e902da-efba-4bc6-a669-bed1742f6152>]



**Chocolate Peppermint Crunch Cookie Bark**

[<https://www.nvrc.org/wp-content/uploads/2024/12/Chocolate-Peppermint-Crunch-Cookie-Bark.pdf>]



**Macaroons**

The Swiss Bakery  
in Springfield, VA



**Festive Cranberry Cookies**

[<https://barefeetinthekitchen.com/cranberry-cookies/>]



**Chocolate Marshmallow Cookies**

[Recipe from Jean Buffardi's mother Louise Ryan]



**Mini Muffins**

Thanks to Darren Marquardt

Heat in double boiler: 2 Tbs. butter,  
One 6 oz. package of Chocolate Chips,  
and 1 tsp vanilla

Mix 1 egg and 1 cup powdered sugar.  
Pour egg mixture and small (colored)  
marshmallows into chocolate. Divide  
into 2 bundles on Saran Wrap and form  
into long rolls. Cover with graham  
cracker crumbs. Put the Saran-Wrapped  
rolls in foil and chill overnight. Slice in  
desired thickness.





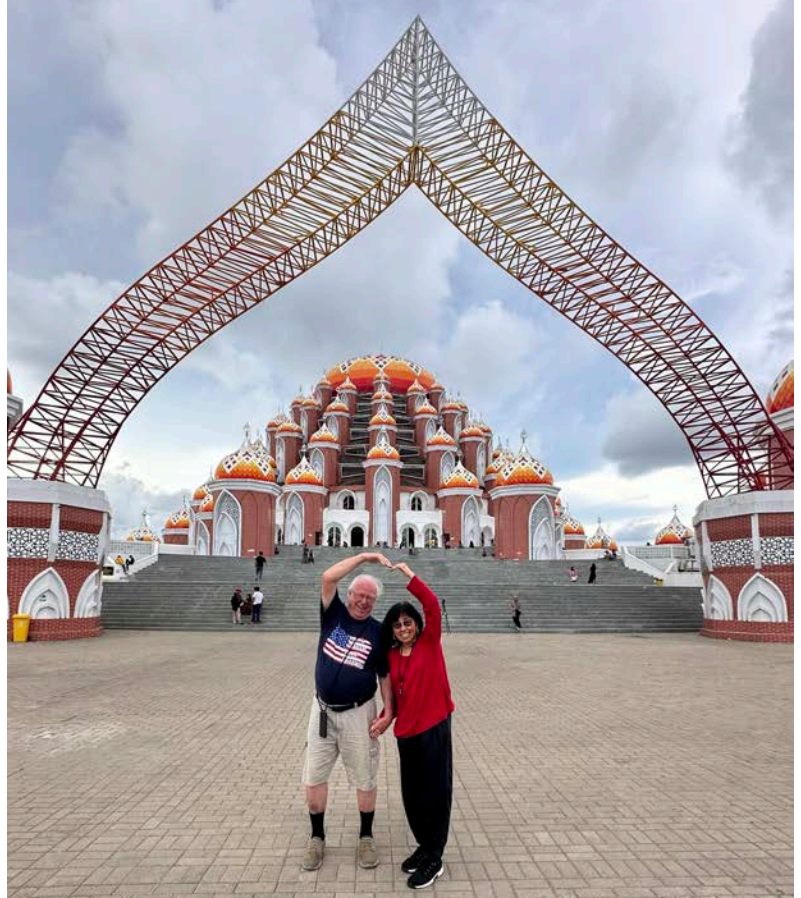
# News of Interest



Representing NVRC, Eileen McCartin was at Ashby Ponds on December 6 to give a presentation on “Living Well with Hearing Loss” to members of the Hearing Loss Awareness Group. Eileen is pictured on left with the club organizer, Paula Olejarz.



Lanny Quarles & Sam Yates were in Indonesia and Bali for two weddings during November 14 - December 25.



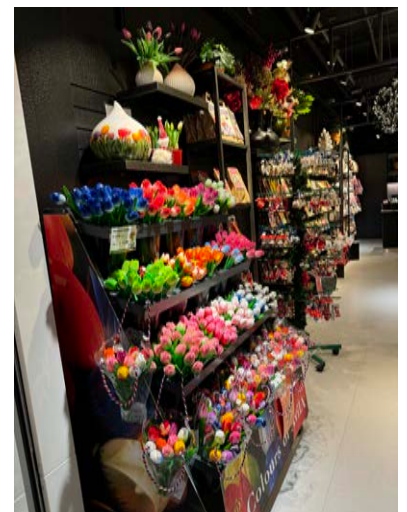




## More News of Interest



Stan Smith went to Amsterdam with daughter Penny on November 29. They went to Copenhagen, Denmark. After five days in Denmark, Stan took the train to his friend Monica's hometown. While there, they visited the Anna Frank House Museum. He returned on Dec. 10.



Quote from Otto Frank, 1970:

"We cannot change what happened anymore. The only thing we can do is to learn from the past and to realise what discrimination and persecution of innocent people means."





## Still More News of Interest



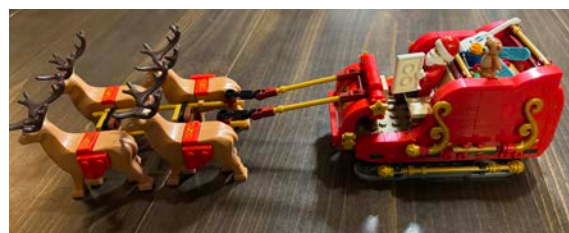
On left — At the NVAD Holiday Party on December 7, Jill Moebus saw JoAnn Pelarski, a long-time member of Happy Hands Deaf Seniors.

On right — During December 7-9, Julie Greenfield and Becky Sadler were in NYC to see the Radio City Rockettes with Becky's daughter Cindy and her husband Dane.



Joe McLaughlin, a Class of 1975 graduate of Gallaudet University, had a small part in a Hallmark made-for-TV movie. The movie premiered on December 6. It is called "Private Princess Christmas." Joe quoted that "It was a great experience. I loved it, and learned a lot!"

URL: <https://www.hallmarkchannel.com/private-princess-christmas/about-private-princess-christmas>



Melanie Williams and her grandson Maverick put together a Lego Santa's Sleigh Christmas Set with Reindeer and Santa.



## In Loving Memory



Vicki Shank's sister Terri Ann Reed died from cancer on November 19. In lieu of flowers, donations can be made to your favorite charity.

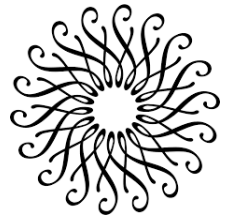
Source: <https://www.echovita.com/us/obituaries/va/haymarket/terri-reed-18908274>







# Longwood Gardens



During December 3-5, Eddie Drawdy went to Longwood Gardens to see “A Longwood Christmas.” It is located in Kennett Square, PA which is about 110 miles from Washington, D.C.

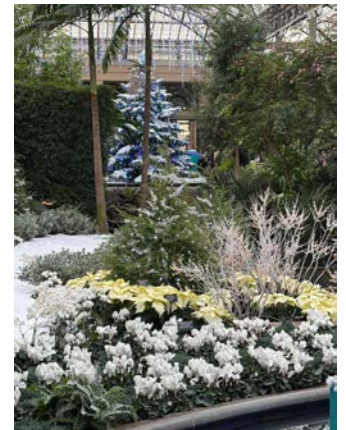
The arborists decorated more than 170 outdoor trees with over 60 miles of lights, along with glowing snowflakes, shimmering orbs, and so much more. If you visit, you can stroll:

- \* beneath the heavenly blue glow of illuminated London plane-trees
- \* wander through a mesmerizing 200-foot-long twinkling tunnel
- \* follow a river of lights down Flower Garden Drive

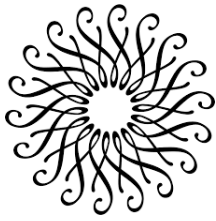


A Longwood Christmas: <https://longwoodgardens.org/gardens/our-seasons/longwood-christmas>

Longwood Gardens: <https://longwoodgardens.org/>

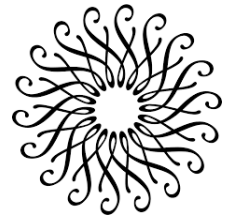






# Longwood Gardens

(continued from page 11)



## Celebrating New Year 2025

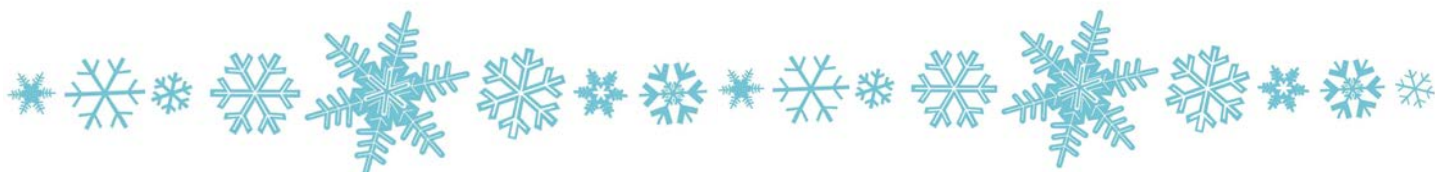


Happy Hands will celebrate the new year, 2025, on January 15 @ 12:00PM at Clyde's Willow Creek Farm in Broadlands, just west of Dulles Airport in Loudoun County.

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 January 3, 2025, if you plan to come. We need a head count. More details will be provided, as time nears.







# Oct-Nov-Dec Birthday Celebration on 12-02-2024



**The Birthday Group #1**  
Janice Barker, Jean Buffardi, and  
Cheryl & Robert Gault

Sitting: Pat Beech, Cheryl & Robert Gault, and Eddie Drawdy  
Standing: Jean Buffardi, Renee Connor,  
Rick & Cathy Thompson, and Mary Ann & Tim Beatty



**The Birthday Group #2**  
Eddie Drawdy, Cathy Thompson,  
Renee Connor, and Mary Ann Beatty



Blowing out the candles on the Butter Cakes



Our waiters



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

## January Word Search Puzzle

Cold  
Hat  
Ice  
Snow  
Wind

Winter  
Coat  
Frosty  
Skiing  
Icicle

Scarf  
Sled  
Gloves  
Mitten  
Toboggan

Sledge  
Hibernate







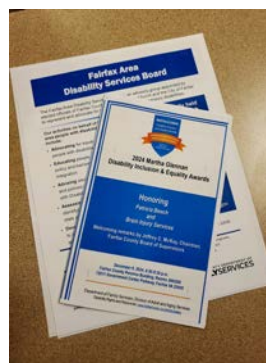
# Disability Inclusion & Equality Awards



Pat Beech was honored as the recipient of the 2024 Martha Glennan Disability Inclusion & Equality Award (Individual Category). The award ceremony took place on December 9 at the Fairfax County Pennino Building.



Because Pat couldn't attend, Jonathan Kiell and Darren Marquardt accepted the award on her behalf. Tom & Laurie Dowling, and Andrew Magill were at the ceremony. NVRC plans to recognize Pat in person at a private ceremony in January.



For more information about this award, see: <https://www.fairfaxcounty.gov/familyservices/disabilities/martha-glennan-disability-inclusion-and-equality-awards>.



## Pat Beech's Trip 12-06-24 to 12-11-24



Pat Beech went to San Antonio, TX during December 6-11, 2024 for an early Christmas celebration with her brother and his family.

Picture on left: Matthew with Raleisha, Mike, Karen, Noelle, Pat, and Scott with Victoria.

Picture on right: Raleisha and Matthew are holding their Mini Goldendoodles - Mika and Ruger.



# NVRC Annual Meeting Rescheduled to January 25

Join NVRC's Staff and Board for our Annual Breakfast and Meeting!

Date: Saturday, January 25, 2025

Location: NVRC, 10467 White Granite Drive, Suite 300, Oakton, VA 22124

Doors Open: 9:15 AM

Breakfast Buffet: 9:30 AM

Meeting: 10:00 AM - 12:00 PM

The meeting will include:

- ✦ Remarks from the Board Chair
- ✦ Highlights from the Executive Director
- ✦ Introduction of new Board candidates followed by voting
- ✦ Recognition of Pat Beech, the 2024 recipient of the Martha Glennan Disability Inclusion & Equality Award

ASL interpreters and CART services will be provided.



You need to register. See:

<https://www.nvrc.org/happening/nvrca-annual-meeting-and-breakfast/>

## Winter Word Search Puzzle

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

BOOTS	SKATING
DRIFT	SKIING
FISHING	SLIDING
FLAKES	SLIPPERY
FLURRIES	SNOWBALL
FUN	SNOWBLOWER
HOCKEY	SNOWMAN
ICY	SNOWMOBILE
PLAY	STORM
PLOW	WHITE
SALT	
SAND	
SCRAPER	
SCULPTURE	
SHOVEL	





*Empowering Our Future*



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

The DSA Board of Directors and the Kansas City Local Committee are excited to announce the 18th Biennial DSA Conference, taking place from August 1–7, 2025, at the Marriott Downtown Hotel in Kansas City, Missouri.

For more information, see: <https://www.deafseniors.us/2025-conference>.

- Pre-conference tours survey – Share your preferences and explore the full list of potential tours.
- Combo early bird registration – Don't miss out on early savings! Register before the end of the year.
- Non-combo registration – Now open for those who prefer this option.
- Lodging update – A second hotel has been added for those arriving early for pre-conference tours.
- Schedule updates – More details are now listed, including entertainment, keynote speakers, and more.
- Scooter rentals – Take advantage of special rates for conference attendees.
- Latest news – Visit the home page for all the latest updates.

DSA is looking for workshop proposals! DSA also welcomes sponsors, advertisers, and exhibitors to join DSA in making this conference a success!

Lorrie Shank, Liaison  
DSA 2025 Kansas City Local Committee  
[dsa2025liaison@deafseniors.us](mailto:dsa2025liaison@deafseniors.us)



# 2025 JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2 	3 	4 
5 Social Night at Wegmans (p. 18)	6	7	8 HH Monthly Meeting (p. 2)	9	10	11 
12	13	14	15 Clyde's 12:00 (p. 12)	16	17	18 
19 Social Night at Wegmans (p. 18)	20 	21	22 Fine Tuners Meeting 10AM-12PM	23	24 	25 NVRC Annual Meeting (p. 15)
26	27	28 	29 Stan's White Christmas Gift Exchange 10AM-2PM	30	31	

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## Thanks to:

- Everyone who helped with set-up and clean-up at the December 4 Meeting
- The Cookie Exchange participants
- Laura Garrett for giving a presentation on "Beekeeping"
- Laura Garrett for donating \$125 to Happy Hands Deaf Seniors from the sales of her "Pure Raw Honey" jars
- Pat Beech for doing the monthly HH Newsletter issue
- Melanie Williams and Jonathan Kiell for proofreading the monthly HH Newsletter issue
- Debbie Jones and Pat Beech for preparing the monthly HH Newsletter hardcopies for mail



## Thanks for donating to Happy Hands:

\* Eileen McCartin \* Rebecca Sadler \* Vicki Shank







E-mail: [info@nvrc.org](mailto:info@nvrc.org)  
 URL: [www.nvrc.org](http://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 2024-2025

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

Back Row (All are Members-At-Large): Jill Moebus,  
 Lois Herberger, Bob Hickey, and Cathleen Potosky



## 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 5 and 19. 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, there will be no HH Lunchtime Social Chat at Wegmans in January (we are meeting on January 15 at Clyde's instead — to celebrate the new year 2025).

For more info, contact Jonathan Kiell at [jona3ki@msn.com](mailto:jona3ki@msn.com) or for the Sunday Chats see: <https://www.meetup.com/aslbridge/events/304987317>.

Find and circle the snowman materials listed in the word list:

