



SENIORS' CHAT



Don's Column





Hello, Happy Hands Members and Friends,

Our upcoming May 7th monthly meeting's agenda will have an election of Fine Tuners for 2025-2026, "Think Of A Number," "IQ Test," and a presentation about a research project. See page 2 for details.

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

Page 2 has information about election of officers for 2025-2026.

As usual, Stay Happy Safely with Our Awesome Hands!

~ Don



June 4, 2025

10:00AM-4:00PM (Rain or Shine)

Lake Fairfax Park

http://www.fairfaxcounty.gov/ parks/lake-fairfax

> See page 3 for more information.

HAPPY BIRTHDAY



Steven Burton [3rd] Margaret Huang [3rd] Barbie Sidawy [5th] George Sidawy [10th] Walter Klatt [13th] Felix Chevere [16th] Steve Williams [24th] Eve Christian [25th] Joan Corley [31st]



Happy Hands In-Person Meeting May 7 at 10:00 AM



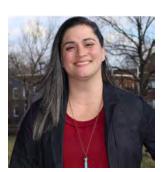
We will have our monthly meeting on May 7, 2025 at 10:00 AM - 2:00 PM.

BRING YOUR OWN LUNCH BAGS AND BEVERAGES.

Before lunch, we will have an election of Fine Tuners for 2025-2016, and Bob Hickey will present "Think of A Number" and "IQ Test."



After lunch, Vanessa Arp, an adaptive instructor at Gallaudet University, will give a presentation on a balance exercise research project currently being conducted by her team, funded by the National Institutes of Health. They are preparing for their third cycle in fall 2025 and a fourth in spring 2026. The project focuses on Deaf seniors and aims to determine whether the balance exercise program can improve their balance and overall quality of life. The first two cycles have shown significant improvements in balance, confidence, and quality of life among participants in two different groups. For more information about the project, visit: https://balancelab.wixsite.com/balancelab/copy-of-asl-adaptation-self-report and see page 19.



ELECTION

Of Fine Tuners for 2025-2026

If you are interested in any of the positions below, please contact Pat Beech at pgbeech@aol.com.

- * Chair will lead meetings.
- * Vice Chair will substitute for the Chair when needed, and assist with other committee planning whenever needed.
- * Secretary will take minutes.
- * Treasurer will maintain detailed records of all cash activities.
- * Member-At-Large (3-5) will help wherever needed.





Picnic at Lake Fairfax Park

(Rain or Shine)



June 4, 2025 at 10:00 a.m. - 4:00 p.m. Location: Picnic Shelter K, 1400 Lake Fairfax Drive, Reston, VA 20190 Shelter K is a short walk from the parking lot. The bathroom is close by.



http://www.fairfaxcounty.gov/parks/lakefairfax https://www.fairfaxcounty.gov/parks/lake-fairfax/on-your-own

Catered by Mission BBQ

Pulled Chicken and Pulled Pork Broccoli Salad, Baked Beans, Potato Salad, and Cole Slaw



Provided by Happy Hands

Fruit and Desserts





Because we need to know how much stuff to buy, we need RSVP by May 21. Please email Pat Beech at pgbeech@aol.com.

HH Members: \$20 for picnic

Non-Members: \$35
(\$20 for picnic and
\$15 for membership)

Name:						
Pick only one meat (mark X)	Pick 2 or 3 side dishes (mark X)					
Pulled Chicken	Broccoli Salad					
Pulled Pork	Potato Salad					
	Baked Beans					
	Cole Slaw					

Payments must be received by May 28. There will be NO at-door registrations.

In person, you can give the \$\$ (cash or check) to Pat Beech. Make check payable to NVRC/Happy Hands. You can mail the check to: NVRC/Happy Hands, 10467 White Granite Drive, Suite 312, Oakton, VA 22124. To use Zelle, send the payment to accounting@nvrc.org. In the memo, say "Happy Hands Picnic 2025."



Recap of Monthly Meeting on April 2, 2024



Thirty-eight attendees came to the April 2 meeting. Highlights of the meeting were: April Birthday Song, 9-1-1 Survey, and Board Games. Here is YouTube link for the meeting: https://youtu.be/GjWtUbZwC8U.



Don Ames starts the meeting



Don signs "Happy Birthday" to the April folks: Jonathan Kiell, Laurie Dowling, and Paul Daniels



Darren Marquardt, NVRC Executive Director



Jonathan Kiell, Eddie Drawdy, and Don Ames



Sitting: Margaret Huang and June Freeman Standing: Denise Drake and Cathleen Potosky



Jean Buffardi



Sitting: Cheryl Rockburn and Bob Hickey Standing: Tom Drake, Stan Smith, and Rocky Rockburn





Recap of Monthly Meeting

(continued from page 4)

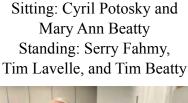




9-1-1 Survey Team Arber Deski and Linda Jackson



Eileen Goran, and Paul & Peggy Daniels





Steve & Melanie



Laurie Dowling, Jonathan Kiell, and Tom Dowling



Jill Moebus and Eve Christian



Cathleen Potosky, Eileen Goran, Lynn Keefe, and Laurie Dowling



Cathy & Rick Thompson



Richard Cohen



Bill Morris, and Barry Harlan & Vicki Shank



Pat Beech and Lois Herberger





Recap of Monthly Meeting



(continued from page 5)













Dessert Table

Buffet Table





Playing Scrabble







Socializing



Mar-Apr Lunch at Lazy Dog on 04-07-2025

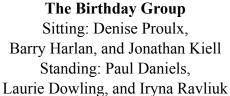








Sitting: Vicki Shank & Barry Harlan,
Jonathan Kiell, and Zina Zimina
Standing: Pat Beech, Denise Proulx, Peggy & Paul Daniels,
Melanie & Steve Williams, Lois Herberger,
Laurie & Tom Dowling, and Iryna Ravliuk











Blowing out the candles on the Butter Cakes





News from Texas





Nancy Rarus and her SSSS group met for lunch on 04-07-2025 at Nancy's daughter Kim's home in Austin, TX. They had croissants filled with chicken & grape salad. For dessert, they had fruit pizza covered with cream cheese, marshmallow creme, and fresh fruits on top.

They did a craft where they rolled egg-shaped stones into paint over the canvas. Everyone took their artwork home.

The games were fun — Charades, Hot Egg (instead of Hot Potato), Beach Ball Slap, and Put Our Feet to Work.

Note: SSSS means Sexy Sassy Smart Seniors.



Kathryn Caldcaugh, Lisa Bosson, Nancy Rarus, Sharon Having, Joann Brinstool, and Kim Rarus







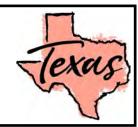








More News from Texas



No tornados, snow, flooding this year (well, so far)! We had a very short winter. The summers tend to be a bit warm. White Oak is in the northeast part of Texas - about an hour from Shreveport, Louisiana and about 3 hours from Dallas. We moved here in October 2013.

I don't miss Northern Virginia traffic!!! The food store is about 3 minutes from the house. The veterinarian's office is 5 minutes' drive. Our doctor's office is about 7 minutes' drive down the road. Two major hospital centers are 20 minutes away. The shopping loop with hundreds of stores and restaurants is 15 minutes down Route 80. Mexican restaurant, subway shop, and pizza restaurant are 3 minutes away.

Sandy, the dogs and I are doing well. Sandy is keeping busy with his radios, fixing vehicles (cars and tractors) and farm chores on our 10-acre property. True is 11 years old and still up to his fun things. Dream just turned 5, and he is a sweet dog. Both dogs earned their American Kennel Club companion dog novice titles.

Meanwhile, I am keeping busy with crafts, spinning, knitting and making stamping up cards. The Methodist church next door keeps me busy with Bible studies and prayers. Sandy helps with church and electronics maintenance. Recently the church sponsored a wonderful bluegrass concert.

I have met only 2 deaf folks from out of town.



Sandy & Nan with Dream and True (Belgian Sheepdogs)



Title Ribbons



"Deaf President Now!" will premiere on Apple TV+ on May 16, 2025. The documentary highlights the landmark protests of 1988, when Gallaudet students demanded the appointment of a Deaf president for the university, marking a pivotal moment in advocacy for Deaf rights and representation.

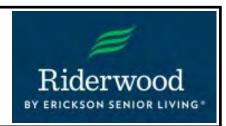
This movie was directed by Nyle DiMarco and Davis Guggenheim.

For more information, see:

- * https://www.imdb.com/title/tt34965967/
- * https://www.apple.com/tv-pr/originals/deaf-president-now/



Erickson Gatherings





Dinner at Ashby Ponds on 03-22-2025

Sitting: Paula Olejarz, Laurie Warren, Laurie & Tom Dowling, and Eve Christian Standing: Lew Carr, Pat Beech, Jill Moebus, Sharon Harvey, Jean Balcom, and Jane Light



Birthday Celebration for Linda

at Ashby Ponds on 03-23-2025

Sitting: Linda & Robert Whitworth Standing: Pat Beech, Karen Schleifer, Jill Moebus, and Eve Christian



Karen Schleifer, Linda Whitworth, and Bev Young

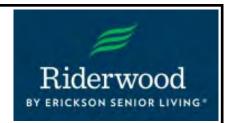


Lunch at Riderwood on 03-26-2025
Sitting: Holly Roth, Jill Moebus,
and Jack Mitchiner
Standing: Eddie Drawdy
and Pat Beech



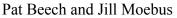
Erickson

(continued from page 10)



Resident Life at Ashby Ponds sponsored a Cherry Blossom Art Pop Up on April 1, 2025. For more info about this artwork, see: https://www.toddleratplay.com/2020/03/03/cherry-blossom-craft/.







Kelsey Hunt

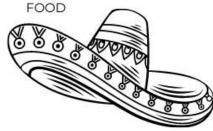


Paula Olejarz

CINCO DE MAYO WORD SEARCH

AMIGO GUITAR

BUENO MAY
BURRITO MEXICO
CACTUS MUSIC
CINCO PINATA
CULTURE SALSA
DANCING SOMBRERO
FIESTA SPANISH



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

https://everydaychaosandcalm.com

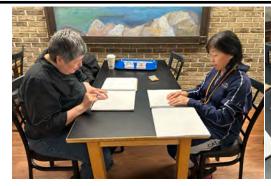


Training at HKNC





Lanny and friends play Skip-Bo on Friday nights



Reading story in Braille about Helen Keller's life



Learning to use Braille Display iPhone with Caitlin, hearing blind teacher (with two interpreters)







Making coffee blindfolded — Lanny had to learn to plug in the coffee brewer, put in the K-Cup, and put in sugar and milk [https://youtu.be/wmwGun7-FHc]



Lanny works at Jersey Mike's Restaurant, and Washer Room in a hotel every Monday. She gets free lunch with Pepsi.









Using toaster blindfolded — Lanny had to learn to plug in the toaster, put in two slices of bread, use settings on the toaster, and put butter and jelly on the toast [https://youtu.be/OPIL1QC77gk]



Training at HKNC

(continued from page 12)









Tutoring session with Tech Teacher, Robert Pena







Lanny, daughter and her husband visited Manhattan



Daughter and her husband visited Lanny at HKNC.





Training at HKNC

(continued from page 13)





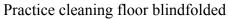








Deaf-Blind group at HKNC



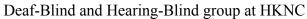


Walk on Track for 45 minutes daily after dinner



The Deaf-Blind group celebrated Ahmad's 23rd birthday (wearing hat and glasses). He leaves for RIT in May.





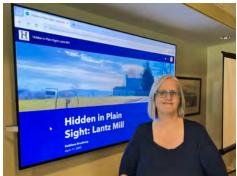


Easter Egg Hunt



Echoes Through Time 04-12-2025



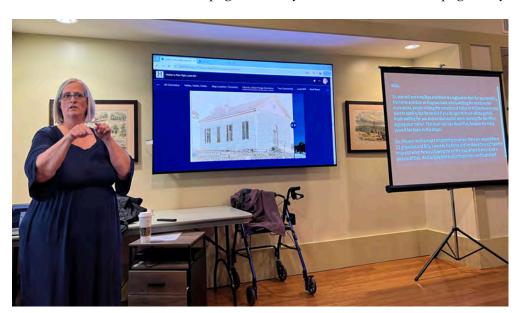


NVRC and the City of Fairfax Office of Historic Resources hosted the "Echoes Though Time" presentation by Kathleen Brockway at the Civil War Interpretive Center at Historic Blenheim in Fairfax on 04-12-2025. Over 82 people attended. Fifteen cars were turned away due to the standing-room-only capacity.

Several descendants of the Lantz Mills Deaf Village attended this event: Eve Christian with son Dana, Denise Drake, and Bill Barber.

The Lantz Mills Deaf Village Exhibit is on display at the Fairfax Museum & Visitor Center until May 17.

Pictures on pages 15-16 by Pat Beech; Pictures on page 17 by Jeanne Lavelle











Echoes Through Time

(continued from page 15)





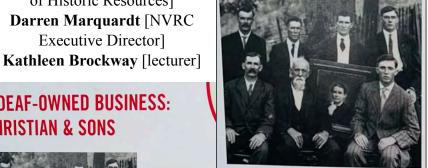
Sean Redmiles [Historic Resource Specialist II, City of Fairfax Office of Historic Resources] Darren Marquardt [NVRC Executive Director



Kathleen Brockway with Eve Christian and her son Dana



Denise Drake and Bill Barber





Dana Christian is pointing to William Christian Denise Drake is pointing to Cleveland Henrico Christian







Mills really had its genesis after the Christian family moved there from the Readus area to open a funeral and furniture business. Even before it became more popular, eaf residents had been well established in the Madison District for years. Lantz Mills was a known unincorporated town that served as a local business district for the larger area of Edinburg. According to the Shenandoah Herald, local deaf entrepreneur William Christian founded "Christian & Sons" in 1877.

and run businesses in nineteenth-century Virginia, a rarity but an important footnote in the Shenandoah County and Lantz Mills historical narrative. This deaf-owned business arried down the three generations of the Christian ame wood shop, overall around 80 years.

ESTABLISHED 1877. Wm. Christian & Sons. LANTE'S MILL, VIRGINIA,

Undertakers & Furnitue Directors All orders will receive prompt atten-



Eve Christian with her son Dana



Kathleen Brockway with interpreters, Wes and Matt



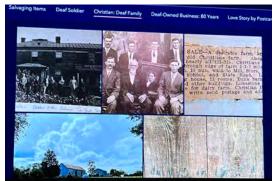
Echoes Through Time

(continued from page 16)











Jeanne Lavelle and Bill Barber

Signing Community

https://encyclopediavirginia.org/entries/the-shared-signing-community-of-lantz-mills/

Daily Moth Interview

https://www.dailymoth.com/blog/kathleen-brockway-on-historic-shared-signing-community-of-lantz-mills

Traveling Exhibition

https://edu.lva.virginia.gov/lantz-mills-traveling-exhibition/

YouTube "I Have A Story"

https://youtu.be/mMtwa8rv_BI

The Northern Virginia Daily

https://www.nvdaily.com/nvdaily/traveling-statewide-exhibit-tells-of-deaf-village-near-edinburg/article 39fc1670-72aa-59c2-8e88-eb913f904cff.html



Kathleen Brockway with Jeanne & Tim Lavelle

Lantz Mills Exhibit at Fairfax Museum on 04-19-2025











NVRC Volunteers for the Lantz Mills Exhibit Pat Beech, Barbara Eger-Klatt, and Jonathan Kiell



NVRC Volunteers for the Lantz Mills Exhibit Andrew Linzie, Denise Drake, Lois Herberger, and DeBorah Bingham



Volunteer Barbara Eger-Klatt and Museum visitors (Richard & Yolette Cohen) watched the Daily Moth interview with Kathleen Brockway



Sean Redmiles
[Historic Resource
Specialist II,
City of Fairfax Office of
Historic Resources]





Pat Beech with prize after completing Scavenger Hunt

Happy Hands Social Chat at NVRC on 04-23-2025



Bill Morris, Eileen Goran, Jonathan Kiell, Richard Cohen, and Eddie Drawdy

Happy Hands Social Chat at NVRC on 05-28-2025



Carbon Monoxide Poisoning (Chemical Formula CO)

Presenter: Cathleen Potosky

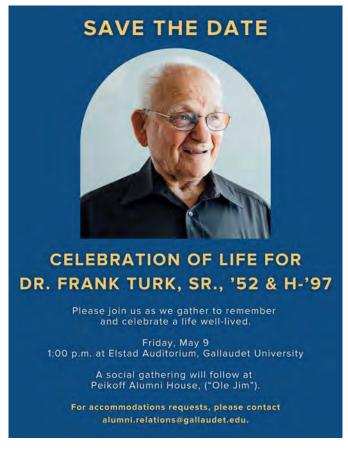


Tentative Schedule:

- * "Carbon Monoxide Poisoning" by Cathleen Potosky
- * Lunch
- * Bingo















PHYSICAL EDUCATION & RECREATION

OLDER, DEAF VOLUNTEERS NEEDED REDUCE FALLING & IMPROVE QUALITY OF LIFE WITH EXERCISE!

EXERCISE BEGINS | SEPTEMBER 22 LAST CLASS | NOVEMBER 14

MEET CAMPUS TWICE A WEEK
FOR 8-WEEKS
MONDAY | FRIDAYS | 12-2 PM
YOU MAY PARTICIPATE
IF YOU ARE...

AGE 60 YEARS DEAF & FLUE & OLDER? ASL USER

PRE-ASSESSMENT ~ BEFORE SEPTEMBER 19 POST ASSESSMENT ~ AFTER NOVEMBER 14

EMAIL FOR MORE INFORMATION:

RESEARCH.BALANCE@GALLAUDET.EDU

THE
GALLAUDET
IRB HAS
APPROVED
THIS STUDY

FOR MORE DETAILS: SCAN QR CODE



FUNDED BY



Happy Hands 2025 Members (as of April 23, 2025)

As of 04-23-25, Happy Hands has 92 paid members for 2025:

- 1. Don Ames
- 2. William Athy
- 3. Janice Barker
- 4. Mary Ann Beatty
- 5. Tim Beatty
- 6. Pat Beech
- 7. Josephine Bergner
- 8. Claudia Brawley
- 9. Peter Brawley
- 10. Dot Brenner
- 11. Jean Buffardi
- 12. Cindy Burton
- 13. Steven Burton
- 14. Lew Carr
- 15. Felix Chevere
- 16. Patty Christenson
- 17. Eve Christian
- 18. Richard Cohen
- 19. Joan Corley
- 20. Paul Daniels
- 21. Peggy Daniels
- 22. Janice Dillman
- 23. Laurie Dowling
- 24. Tom Dowling
- 25. Denise Drake
- 26. Tom Drake
- 27. Eddie Drawdy
- 28. Nate Drown
- 29. Deanna Dunham
- 30. Phuong Duong
- 31. Newby Ely
- 32. Serry Fahmy

- 33. Kathy Ferris
- 34. June Freeman
- 35. Pam Gannon
- 36. Laura Garrett
- 37. Cheryl Gault
- 38. Robert Gault
- 39. Ross Gilson
- 40. Selina Gilson
- 41. Eileen Goran
- 42. Barry Harlan
- 43. Anthony Heller
- 44. Lois Herberger
- 45. Bob Hickey
- 46. Irene Hunter
- 47. Margaret Huang
- 48. Vicki Hurwitz
- 49. Song Jo
- 50. Kathy Jones
- 51. Lynn Keefe
- 52. Mary Kay Kelley
- 53. Jonathan Kiell
- 54. Maryann Kielsgard
- 55. Barbara Eger-Klatt
- 56. Walter Klatt
- 57. Jill Kotchen
- 58. Jeanne Lavelle
- 59 Tim Lavelle
- 39. Tilli Lavelle
- 60. Kea Manfredonio
- 61. Frances Marzolf
- 62. Eileen McCartin
- 63. Kerry Anne Mike
- 64. Jill Moebus

- 65. Bill Morris
- 66. Sally Newman
- 67. Paula Olejarz
- 68. Rose Otterman
- 69. Cathleen Potosky
- 70. Cyril Potosky
- 71. Denise Proulx
- 72. Lanny Quarles
- 73. Iryna Ravliuk
- 74. Cheryl Rockburn
- 75. Rocky Rockburn
- 76. Rebecca Sadler
- 77. Nancy Sanders
- 78. Thelma Schroeder
- 79 Vicki Shank
- 80. Prudence Shaw
- 81. Shelley Simms (deceased)
- 82. Barbie Sidawy
- 83. George Sidawy
- 84. Stan Smith
- 85. Sharon Svenningsen
- 86. Cathy Thompson
- 87. Rick Thompson
- 88. Mike Toms
- 89. Eleni Triantafell
- 90. Melanie Williams
- 91 Steve Williams
- 92 Sam Yates

2025 MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 HAPPY MAY DAY!	National Truffle Day	NVRC CPR & AEM Training (p. 20)
Social Night at Wegmans (p. 24) ATTHE 4TH BE WITH YOU	5 Classical de Major	HAPPY NATIONAL WASSES DIAV	HH Monthly Meeting (p. 2)	8	Celebration of Life for Frank Turk (p. 20)	NVAD Meeting and Bingo (p. 20)
HQPPY MOTHER'S *DQY **	12	13	HH Social Chat at Wegmans (p. 24)	15	"Deaf President Now" movie premieres on Apple + (p. 9)	NVRC on Hearing Dogs by Fidos for Freedom (p. 20)
Social Night at Wegmans (p. 24)	19	Ree Day	Fine Tuners Meeting 10AM-12PM	UORLD TURTLE Day	23	24
25	MEMORIAL DAY	27	HH Social Chat, Lunch, and Bingo at NVRC 10AM-2PM (p. 19)	29	30	31 © BlankCalendarPages.com

Thanks to:

- Room Set-Up Crew before the meeting Jonathan Kiell, Cyril Potosky, Cathleen Potosky, Eddie Drawdy, Pat Beech
- Room Clean-up after the meeting everyone
- Menu Committee Eddie Drawdy, Lois Herberger, Cathleen Potosky, Jill Moebus
- Lois Herberger for getting the Chicken and Ham slices prepared for the lunch (big job!!)
- Food dishes and desserts everyone
- Board Games those who brought games
- 9-1-1 Survey interviewers Linda Jackson and Arber Deski
- 9-1-1 Survey everyone who participated
- 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]

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

Thanks for donating to Happy Hands:

- * Jill Moebus
- * Vicki Shank



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 May 4 and 18. 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 May 14.

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

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

