



SENIORS' CHAT

Don's Column

Hello, Happy Hands Members and Friends,

Mark your calendar for our monthly meeting on October 4 at NVRC (see page 2). Social Chat at Wegmans will be on October 11 (see page 18). Our Social Chat via Zoom will be on October 25 (see page 6). See pages 3-4 for recap on the September 13 meeting. NVRC hosted Celebrate Communication on September 23, 2023. See pages 13-14 for pictures.



This issue has:

1. Recap of Hybrid Meeting on September 13 on pages 3-4
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As usual, Stay Happy Safely with Our Awesome Hands!

~ Don



HAPPY BIRTHDAY

...to the folks with birthdays in **October**

 <p>Ross Gilson [3rd] Robert Gault [4th] Donna Graff-Viall [5th] Chuck Kelley [13th] Sam Yates [19th]</p>	<p>Claudia Brawley [23rd] Julie Greenfield [24th] Cheryl Gault [25th] Kea Manfredonio [25th]</p>	
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Happy Hands In-Person Meeting

October 4 at 10:00 AM



We will have our 16th post-COVID in-person monthly meetings on October 4, 2023 at 10:00 AM - 2:00 PM. The Lunch Menu theme is Oktoberfest. Below is a list of suggested dishes. Please let Pat Beech at pgbeech@aol.com know what dish you will bring. For more information about the menu, please contact Cathleen Potosky at cfpotosky@gmail.com. Please bring \$8 worth of food (\$16 for couple) - enough for 15-20 people per dish. If you don't bring a dish, please pay \$8.00 at the door.

Oktoberfest Menu:

- * Soft Pretzels — ??
- * Mustard — Rick & Cathy Thompson
- * Bratwursts — Don Ames
- * Rolls for Bratwursts — Don Ames
- * Shepherd Pie — Melanie & Steve Williams
- * Skewers — ??
- * Deviled Eggs — Rick & Cathy Thompson
- * German Potato Salad — Barbara Eger-Klatt
- * Potato Cakes — ??
- * Small Red Potatoes — Jill Moebus and Cathleen Potosky

Dessert Menu:

- * Apple Cake — Rick & Cathy Thompson
- * German Chocolate Cake — Bob Hickey
- * Apple Brownies or German Chocolate Cake Cookies — Lois Herberger
- * Crisp Caraway Twists — ??
- * Brownies — Bill Morris
- * Cupcakes — Lynn Keefe and Linda Naiditch
- * Pumpkin Pie — Eddie Drawdy

More ideas for Oktoberfest dishes:

- * <https://www.tasteofhome.com/collection/recipe-ideas-for-oktoberfest/>

Vicki Shank and Barry Harlan will give a presentation on “Incredible India.”

Zoom Info:

<https://us02web.zoom.us/j/89934823277>

Meeting ID: 899 3482 3277

- * Sauerkraut — Jill Moebus
- * Corn Casserole — ??
- * Sweet Potato Casserole — Vicki Shank
- * Green Bean Casserole — Mary Ann & Tim Beatty, and Tom & Laurie Dowling
- * Three Bean Salad — Eddie Drawdy
- * Spätzle — ??
- * Fruit Salad — Linda Naiditch
- * Slices Cucumbers with German Beer Cheese Dip — ??

Beverages Menu:

- * Water — Barry Harlan
- * Coke & Diet Coke — Tom & Laurie Dowling, and Steve & Melanie Williams
- * Pepsi — ??
- * Sprite — ??

Tableware, etc:

- * Paper Plates, Silverware, Napkins — Pat Beech
- * Cups and Ice — Jonathan Kiell



1912 Massive Grey Granite Mysore Place in India
September 2014



Recap of Hybrid Meeting

September 13, 2023



We had our 15th Hybrid Meeting on September 13, 2023. We had 34 people in person and 7 people on Zoom. Before lunch, a presentation on Camp Mark 7 was given by three campers - Felix Chevere, Jonathan Kiell, and Linda Naiditch. They shared their experiences during the ASL and Deaf Culture Immersive Week (see page 15 in the September issue).

After lunch, representatives from the Inova Health System Patient and Family Advisory Council (PFAC) shared information about the Inova PFAC, and explained how to join this council. The participants shared their experiences as patients at Inova. Interpreters were provided. For more information about PFAC, see: <https://nvr.org/wp-content/uploads/2023/08/INOVA-PFAC-Flyer-final.pdf>.

Here is link for viewing the entire Hybrid Meeting: <https://youtu.be/IvHKQRr8hJg>

For the “Camp Mark 7” section, here is the link: <https://youtu.be/WgAYIIqR3Os>

For the “Inova PFAC” section, here is the link: https://youtu.be/Qjq6AERF3_s

For the “Inova PFAC” section (with sound), here is the link: <https://youtu.be/xlcaggp-cl0>



Camp Mark 7 Presenters
Felix Chevere, Linda Naiditch,
and Jonathan Kiell



PFAC Presenters
Eileen McCartin, Kelvin
Centeno, and Carolina Kim



PFAC Interpreters
Chiquita Jackson-Grant
and Donielle Harris



Buffet Line



Inova Health System PFAC



HYBRID

Recap of Hybrid Meeting on September 13, 2023



HYBRID

(continued from page 3)



Mary Ann Beatty and
Melanie Williams



Tim Beatty and
Eleni Triantafell



Jill Moebus, Eileen
Goran, and Pat Beech



Front: Paul Daniels and
Eddie Drawdy
Back: Bob Hickey,
Cathleen Potosky,
Don Ames, and Jill Kotchen



Lynn Keefe
and Bill Morris



Tom Dowling and
Lois Herberger



Don Ames and
Serry Fahmy



Margaret Huang,
Darren Marquardt,
Linda Naiditch,
and Felix Chevere



Tony Heller and
Steve Williams



Lydia Olugbodi and
Melanie Williams



Aurora Ray Abraham
and Don Ames

Zoom Participants

Song Jo	Jean Buffardi	Terrice Boone	Nancy Rarus
Lanny Quarles	Barbara Eger- Klatt	Joan Corley	



Richard
Cohen



Cheryl Gault and
Melanie Williams



Tips and Tricks

Senior Citizens Health Resource Information
Barbara Eger-Klatt, Community Health Educator
October 2023

TRIVIA FUN QUESTION

The answer to the September trivia question is A — Whole Wheat is the most commonly abused from the food groups or diet.

What is “low and slow impact” exercise?

The University of Texas - Anderson Cancer Center explained about “low and slow impact” exercise that has been proven to be very effective for long-term health benefits. The benefits are developing endurance, more muscle mass and learning to breathe better to reduce stress. There are a few low impact exercises, including yoga. The others are walking 10,000 steps per day, swimming, Tai Chi/Qi Gong and pilates. There is one additional exercise called “low impact interval training” that focuses on “easy” strength training to build muscle. It helps you to learn exercises correctly and feel safe.

How often should you exercise using low impact? At least 150 minutes of moderate exercise or 75 minutes of vigorous exercise each week is recommended. You can split into 1/2 hour daily to slowly build your repertoire of activities.

In the long run, you will be able to handle high intensity activities like hiking or running.

<https://www.mdanderson.org/publications/focused-on-health/why-slow-low-impact-exercise-can-be-good-for-your-health.h14-1593780.html>



Apple Feta Tossed Salad



Ingredients:

- * 2 tbsp unsalted butter
 - * 1 tbsp sugar (use honey or maple syrup as substitute)
 - * 1/8 tsp pepper
 - * 1 cup raw walnuts (cut in half)
- Preheat oven to 350 degree. Melt butter over medium heat, Stir in sugar and pepper. Add walnuts: toss to coat. Spread evenly onto a baking sheet. Baked until lightly browned, about 15 minutes, stirring every five minutes. Cool on wire rack.

Dressing:

- * 1/3 cup olive oil
 - * 3 tbsp white wine vinegar
 - * 1 1/2 tsp Dijon mustard
 - * 2 garlic cloves, minced
 - * 1/2 tsp sugar (use honey or maple syrup as substitute)
 - * 1/4 tsp dried oregano
 - * 1/8 tsp salt optional
 - * 1/8 tsp dried parsley flakes
 - * 1/8 tsp pepper
 - * 2 tbsp finely chopped onion
- Put the dressing ingredients in the blender and process well.

Salad:

- * 5 cups torn romaine
- * 5 cups torn red leaf lettuce
- * 1 medium green apple, chopped
- * 1 medium red apple, chopped
- * 1/2 to 1 cup crumbled feta cheese

<https://www.tasteofhome.com/recipes/apple-feta-tossed-salad/>



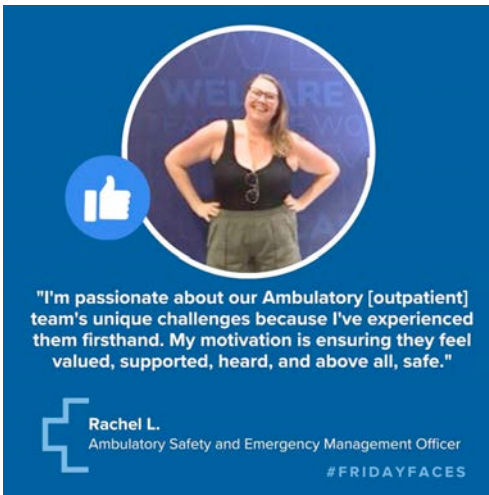
News of Interest



Deafopia will be held at Union Market in DC on October 21, 2023. For more information, see: <https://deafopia.com/washington-dc-event-2/>.



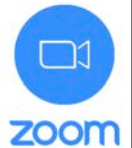
Steve & Melanie’s daughter, Rachel, was featured in Inova News on FaceBook in September 2023. She is the ambulatory safety and emergency management (EM) officer at Inova. She is credentialed as a Certified Healthcare Emergency Coordinator and a CPI Certified Trainer and Coordinator.



Rachel started her career at Inova six years — at the front desk of what is now known as Inova GoHealth Urgent Care - Dulles South. While working there, she learned quickly about the unique challenges that Ambulatory (outpatient) team members face daily. Now Rachel works with multidisciplinary committees on workplace safety and emergency management projects for Ambulatory care sites. She has a significant role in laying the foundation of the new Ambulatory EM program.

FUN FACT: As a CODA, Rachel loves to read and see emotions during a conversation and prefers one-on-one conversations over email or text exchanges.

Happy Hands Zoom Chat October 25 at 10:15 AM



On October 25 at 10:15AM-11:45AM, Surya Sehatapy from RIT will give a presentation on Indonesia. Surya is a Jakarta Sign Language Instructor.

Zoom Info:
<https://us02web.zoom.us/j/82823855210>
Meeting ID: 828 2385 5210





More News of Interest



A group met at Air & Space Museum IMAX Theatre in Chantilly on August 13, 2023 for the Open Caption showing of “Oppenheimer”. Picture on right: Steve Williams, Adele Polk with daughter Fiona, Melanie Williams with grandson Maverick Lanoue, and Pat Beech. The movie being shown on the IMAX screen was spectacular. “Oppenheimer” was about J. Robert Oppenheimer and his role in the development of the atomic bomb.



Lanny Quarles and Sam Yates went to Syracuse, NY in August 2023. They visited with Lanny’s daughter Aurelia Tunru and her husband Darwin. They all went to the Great New York State Fair [<https://news.syr.edu/blog/2023/08/22/new-york-state-fair-preview-guide-what-you-need-to-know/>]. They had delicious food and various drinks. They saw different cows. Lanny and Sam also visited Sam’s daughter, Noreen Yates, and friend Surya Sehatapy.





More News of Interest



Happy Hands had a social chat at Wegmans in Fairfax on September 6, 2023.

Picture on left:
Sitting - Tony Heller and Pat Beech
Standing - Jean Buffardi, Eddie Drawdy, Linda Naiditch, Jonathan Kiell, Don Ames, and Darren Marquardt

Fairfax’s Wegmans had ASL Silent Social on September 17, 2023. Approximately 35 people showed up. It was very lively. The large group was later broken into 4 smaller groups. For more information, see page 18.



On August 27, 2023, Barry Harlan attended “Rise Above” honoring Tuskegee Airmen and women service pilots (WASP) at Manassas Regional Airport. In the picture on left, Barry is standing next to one of the four (restored) P-51C Mustang planes that can continue to fly. This particular plane flew in to Virginia from Alabama.

For more information, see: <https://youtu.be/NvKbLrbbnAo?si=rII7GZyAgsgwxjAl>.



Cheryl & Rocky Rockburn celebrated their 50th wedding anniversary with children, grandchildren, and friends on September 24, 2023. They met as students at Gallaudet University, and got married on September 15, 1973.



DeafBlind Camp of Virginia

During August 10-13, 2023, ten deaf-blind people, seven SSPs (support service providers), and four interpreters spent a full weekend in New Castle, VA near Roanoke. It was the first time a camp specifically for deaf-blind adults was held in Virginia. Charity Reid-Davis set up this camp. For most of the campers, this was the first time they experienced a camp where they could do all the camp activities in an accessible environment. Activities included ziplining, canoeing, hiking, archery, games, and swimming.



Lanny Quarles was one of the campers. She enjoyed the zipline the most. Another new experience for her was using the bow and arrow. Campers participated in an orientation and mobility class (see picture on right). Lanny enjoyed meeting new deaf-blind people at the camp.





Veditz and Company Brewing



Veditz and Company Brewing had its grand opening on September 2, 2023. The brewery is named in recognition of George Veditz, an historical icon in the Deaf community, best known for his efforts to preserve American Sign Language. Pictures taken at the grand opening were taken by Erik Nordlof and Tom & Laurie Dowling, who attended the grand opening.

URL: <https://veditzandcompany.com/>

FaceBook: <https://www.facebook.com/veditzbrewing/>

Veditz: https://en.wikipedia.org/wiki/George_Veditz

Address: 7G River Lane, Sperryville, VA

E-mail: greg@veditzandcompany.com

Mobile: 202-288-8623



Photo Credit:
Erik Nordlof



Photo Credit:
Erik Nordlof



Photo Credit:
Erik Nordlof



Photo Credit:
Erik Nordlof



Laurie & Tom Dowling with
Joey Seifner and Greg Randall,
co-owners



Erik Nordlof and Laurie Dowling
Photo Credit: Laurie & Tom Dowling



Photo Credit:
Erik Nordlof



Photo Credit:
Laurie & Tom Dowling



Two pugs entertaining the Dowlings
Photo Credit: Laurie & Tom Dowling





Deaf Awareness Night on 09-09-2023



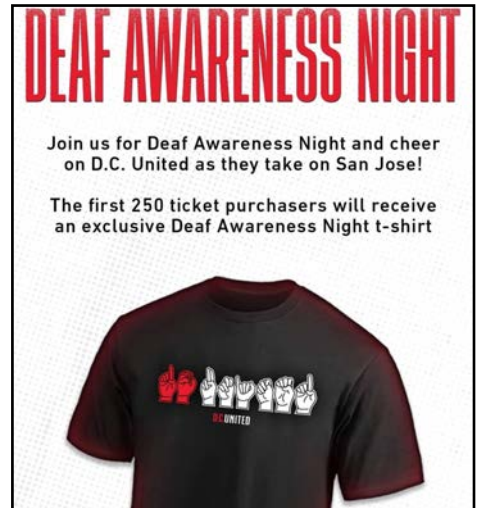
D.C. United played against San Jose Earthquakes on September 9, 2023. Pictures below are from Erik Nordlof and Laurie & Tom Dowling, who attended this game, which was held at Audi Field. The first 250 ticket purchasers received an exclusive Deaf Awareness Night t-shirt (see picture on right). The final score was 0 - 0.

Here is URL for recap of the game:

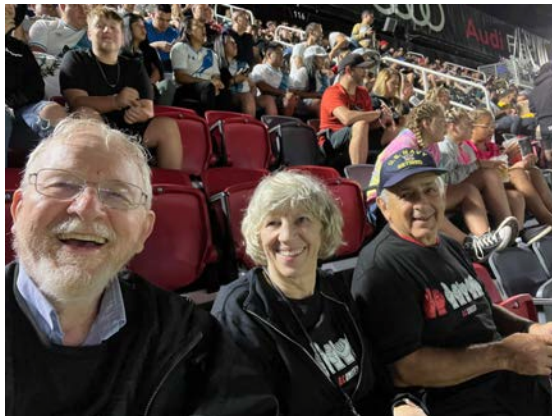
<https://youtu.be/RvnBd9kBtOM?si=mpJ3UjU9Wd50SIUy>

For more information about D.C. United, see:

https://en.wikipedia.org/wiki/D.C._United



Laurie Dowling



Tom & Laurie Dowling, and Jonathan Kiell



Erik Nordlof with friends

[Photo Credit: Laurie & Tom Dowling]

[Photo Credit: Erik Nordlof]



Erik Nordlof with friends



[Photo Credit: Erik Nordlof]



ASL Social Mozzeria in DC



The ASL Social at Mozzeria in DC was hosted on September 10, 2023 by Linda Naiditch, Erik Nordlof, and DC Deaf & ASL Events. Mozzeria is located at 1300 H St. NE in Washington, DC. Mozzeria was founded in 2011, and created with the goal of providing customers a welcoming, memorable, and visual environment to experience Deaf culture.

URL: <https://mozzeria.com/washington-dc/>



Linda Naiditch



Erik Nordlof, Pat Beech, and Jonathan Kiell



Alex Biggs and Darren Marquardt



Matthew Sampson and Pat Beech



Celebrate Communication on September 23, 2023



NVRC Staff
Aseel Elayna,
Eileen McCartin,
and Cheryl Gault



VAD T-Shirt Booth
Tom Dowling



VAD T-Shirt Booth
Tim Lavelle,
NVAD President
Robert Goodwin,
NVAD Treasurer



Eddie Drawdy, and
Bonnie O'Leary
(NVRC Staff)



Tim & Mary Ann Beatty,
and Alison & Ray Kovachik



NVRC Staff
Debbie Jones



Jeremy Smith
and Robert Gault



Pat Beech
with Yellow Dog



George & Barbara
Sidawy,
and Serry Fahmy



Cecile Lim and
Regina Sleeper



Lois Herberger
and Denise
Drake



Phuong Duong
and Jeanne
Lavelle



Kea & Al
Manfredonio
with Tom Dowling
(in background)



Jill Kotchen
and Laurie Warren



Lanny Quarles
and Sam Yates



Peggy Daniels
and Lynn Keefe



Denise Proulx



Celebrate Communication on September 23, 2023

(continued from page 13)



Happy Hands Booth
Peggy & Paul Daniels,
and Pat Beech



Don Ames
with daughter Nicole
and son Justin



Lanny Quarles
with Yellow Dog



Margaret Huang
and Jason Dean
(Trusted Solutions
Insurance, Inc.)



NVRC Booth
Jonathan Kiell



Jeanne & Tim Lavelle
with daughter Jennifer



Melanie & Steve Williams
with daughter Rachel and her family



Eleni Triantafell



Barbara Sidawy, Laurie
Dowling, and Laurie Warren



Sherri Tebeau and Geneva
Riffe with Sorenson Rep



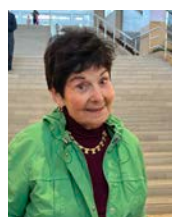
Margaret Huang
won a prize
"Steve Madden Adult
Backpack"
filled with blanket, cap,
pocket knife, card
game, etc.



Daniel
Murray



Jonathan Kiell with Letia
Derderian & her family



Paula
Olejarz



Bill Athy
and Tim Lavelle

VAD CONFERENCE 2023

VAD CONFERENCE 2023



VIRGINIA ASSOCIATION OF THE DEAF

VAD CONFERENCE 2023

Hosted by
NORTHERN VIRGINIA ASSOCIATION OF THE DEAF

Thursday—Saturday, November 2-4 2023

Shaping The Future Trends & Insights for Tomorrow



Fairfax County
Government Center
12000 Government Center Pkwy
Fairfax, VA 22035



Registration Combo

- Thursday Night: Welcome Reception at Honor Brewing Kitchen
Friday: Keynote Speaker/Workshops/Entertainment/Hors d'oeuvres
Saturday: Election/Awards

\$60 Members/\$70 Non-Members

Online Payments:

- PayPal https://paypal.me/nvad1945
Venmo: https://venmo.com/nvad1945
Zelle: nvadtreasurer1945@gmail.com

OR

Mail to:

NVAD Treasurer/VAD Conf 2023
c/o NVRC
10467 White Granite Drive Suite 312
Oakton, VA 22124

Any questions: Jeanne Lavelle at vadconf2023chair@gmail.com/
VP 571-350-8029
Special Accommodations/Special Diet Request

TENTATIVE SCHEDULE

November 2: Honor Brewing Kitching at 11250 James Swart Circle, Fairfax VA [https://www.honorbrewing.com/]

November 3: Jacob Leffler, NAD Region One Representative, will give a brief presentation about NVAD. This will be followed by a possible keynote speaker from the Division of Equity, Diversity, and Inclusion at Gallaudet University. We will have VAD membership meeting and workshops. That night, we will have a Magic Show, featuring 3 professional magicians: JT Mielnicki, Comedy Magic; Alec Negri, Normal Magic and Sunnier Sun, Four Rings and Special Trick. The main attraction will be Tito and Letty, a husband-wife comedy team. Hors d'oeuvres will be served.

November 4: VAD business meeting and elections, and Awards.



18th Biennial DSA Conference

August 15-21, 2025 | Kansas City, Missouri

COMBO REGISTRATION FORM

One Form Per Person – Please Print Clearly

TERMS & CONDITIONS

Read the information below carefully before you sign this registration form.

CONFIRMATION

Once payment is received, you will receive a confirmation letter with assigned ID number via email (or postal mail). Please use this ID number when you contact the registration coordinator. When you arrive for registration at the conference, be prepared to present your driver's license or personal identification card with photo (required).

RETURNED (BOUNCED) CHECKS

A service fee of \$50 will be applied to all checks returned by the bank due to non-sufficient funds. Registrations will not be processed until after payment has been satisfied.

CANCELLATIONS & REFUNDS

A fee of \$130 will be charged for each canceled registration prior to June 30, 2025. Registration fees are non-refundable on and after July 1, 2025. Phone cancellations are not accepted. Documentation is required after July 1, 2025 for refunds due to hospitalization (medical records) or death (obituary notice or death certificate). DSA membership dues are not refundable, except for death.

NON-TRANSFERABLE

Completed registrations are not transferable to other persons. DSA will not honor those that are sold or exchanged by unauthorized parties before or during the conference.

LOST BADGES

A processing fee of \$50 will be applied lost registration badges. This fee is not refundable if the lost badge is found later.

MAILING & CONTACT INFO

Please notify the registration chair ASAP if there are changes to your mailing address or contact information.

ACCESSIBILITY

If you have accessibility needs, please contact dsa2025access@deafseniors.us for more information.

REGISTRATION QUESTIONS

Ann Cooper, Registration Chair
dsa2025reg@deafseniors.us

FULL NAME: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____

VIDEOPHONE: _____ CELL/TEXT: _____

I give DSA permission to list my name on its website: YES: NO:

I have dietary needs; please contact me: YES: NO:

COMBO REGISTRATION

July 1, 2023 – December 31, 2023	\$400.00
January 1, 2024 – June 30, 2024	\$425.00
July 1, 2024 – December 31, 2024	\$450.00
January 1, 2025 – June 30, 2025	\$475.00
July 1, 2025 – Conference (August 15-21, 2025)	\$500.00

Includes:

- >> DSA 2025-2027 membership dues (\$30 non-refundable).
- >> DSA 2025 conference registration fee, program book, exhibits, workshops, meetings, entertainment, opening/welcome reception, and farewell/gala luncheon.

PAYMENT METHODS & REGISTRATION SUBMISSION - Please Print Clearly

>> CashApp, payable to: **\$DSA2025FUND**

>> Zelle, payable to: treasurer@deafseniors.us

>> Credit card (Visa or MasterCard): add \$15.00 to cover processing fees

Name on card: _____

16-digit card number: _____

Expiration date: _____ CCV (3 digit): _____

Note: Complete and *email* registration form to:
dsa2025reg@deafseniors.us (or send via *mail* to the postal address below)

>> Check/money order, payable to: **DSA 2025 Kansas City Conference**

Note: Complete and *mail* registration form with check/money order to:
DSA 2025 Kansas City Conference
9314 Forest Hill Blvd. #506
Wellington, FL 33411

AGREEMENT

I agree to abide by conference rules/regulations. I understand DSA is not responsible for damage to or loss of my personal property. I have read and understand the terms and conditions outlined on this registration form.

Signature: _____ Date: _____

OFFICE USE ONLY

Registration ID: _____ Date Received: _____

Payment Method: _____ Amount Received: _____

Deposit Date: _____

Events for October 2023

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

Thanks to:

- Pat Beech for giving a presentation on “Real IDs” on August 23 (<https://youtu.be/p4hlbsF0-Ps>)
- Everyone for bringing appetizers for the Hybrid Monthly meeting on September 13 (see pages 3-4)
- Felix Chevere, Jonathan Kiell, and Linda Naiditch for giving a presentation on “Camp Mark 7” at the Hybrid Monthly meeting on September 13 (see pages 3-4)
- Carolina Kim and Kelvin Centeno for sharing information about Inova Health System Patient and Family Advisor Council (PFAC) at the Hybrid Monthly meeting on September 13 (see pages 3-4)
- Pat Beech for facilitating the Hybrid Monthly meeting on September 13 [see pages 3-4]
- Jonathan Kiell for helping with the Tech Set-Up and PowerPoint Presentation at the HH Hybrid Monthly meeting on September 13 [see pages 3-4]
- Paul & Peggy Daniels and Pat Beech for the Happy Hands booth during Celebrate Communication 2023
- Lois Herberger on “Sunflower Lanyard Project” (<https://youtu.be/FrRYqHbxdcQ>); Pat Beech & friends on “Lighthouses” (<https://youtu.be/tR9nDjxrfZ0>); and Bill Morris on “Lighthouses” via Zoom on September 27
- Those who sent pictures of lighthouses for the Zoom presentation on September 27
- Everyone who submitted articles and photos for the October 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





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)

Texting Codes (Funny) for Senior Citizens

Lois Herberger found a picture of a t-shirt listing text codes for Senior Citizens on FaceBook (see below). After searching online, Pat Beech found a website: <https://caringbeast.com/what-is-the-senior-texting-code>.



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 October 1 and 15. FYI: The date for HH Social Chat is on October 11.

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!



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