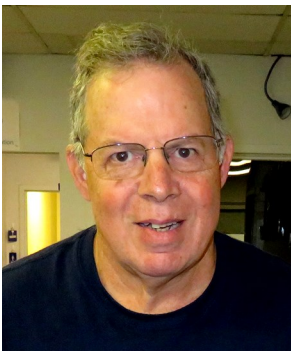




SENIORS' CHAT



Don's Column



Hello Happy Hands Members and Friends,

Mark your calendar for November 7th Luncheon at NVRC. See page 2 for more information.

We had nice field trip to Cumberland, MD for "Fall Foliage Train Ride" on October 10th. Fourteen people enjoyed the ride. We visited Frostburg, MD for an hour before returning back to Cumberland. See pictures on page 5.

Come and join us at Cracker Barrel for Turkey Lunch on November 14th. See page 2 for more information.

Have a Happy Thanksgiving!

~ Don



HAPPY BIRTHDAY...to the folks with birthdays in **November**

Elaine Shaffer [8th]

Janice Barker [12th]

Thayer Dow [16th]

Donna Mog [16th]

Deborah Titus [21st]

Ann Marie Swiatkowski [25th]

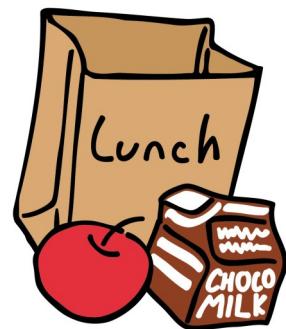
Happy Hands Luncheon

November 7, 2018 at 10:00 AM



The Happy Hands group will have a presentation on nutrition at 10:30AM. The presenter is Dominique Hoffman, founder of Zizania. She has Master's Degree in clinical nutrition and has been working as a nutritionist for 10 years. She has helped dozens of people reverse Type II Diabetes and Autoimmune Disease. She lectures internationally about the benefits of nutrition for autism, ADHD, diabetes, and other metabolic disorders. For more

information about Ms. Hoffman, see: <http://www.zizania.com/the-founder/>.



After the presentation, we will have brown-bag lunch and games (i.e., Crazy 8, Quiddler). For more information about the meeting, contact Don Ames at dames@cox.net.



Turkey Lunch at Cracker Barrel

on November 14, 2018 at 11:00AM

Happy Hands members decided to have Turkey Lunch at Cracker Barrel at 11:00AM till 1:00PM on Wednesday, November 14. The address for Cracker Barrel is: 10801 Battleview Pkwy, Manassas, VA 20109.

The Turkey n' Dressing meal is listed for \$10.49. It comes with a good portion of roasted Turkey with gravy, a side of Cornbread Dressing, and your choice of two country vegetables n' sides. After tax without a drink, it comes to \$11.12. Tip is up to you.

Pat Beech made reservation for 20-25 people in a private dining area. Please RVSP to Pat Beech at pgbeech@aol.com by November 9, 2018 (Friday), so we can give a count to Cracker Barrel.



E-mail: info@nvrc.org

URL: www.nvrc.org

VP 571-350-8656
3951 Pender Drive
Suite 130
Fairfax, VA 22030



URL:

<http://nvrc.org/resources/happy-hands/>

Don Ames, Chair

dames@cox.net

Janet Blakely, Vice Chair

lurajb51@gmail.com

Pat Beech, Editor

pgbeech@aol.com

Photos from Happy Hands Luncheon on October 3, 2018

To see more pictures taken by Pat Beech, here is URL: <http://www.beechasl.net/happyhands/10-03-2018/Photos.html>.



Our lovely goblin friend
stopped by



Selina Gilson (Treasurer)
and Jill Moebus (Raffles)



Sitting: Peter & Claudia Brawley,
and Norma Thompson
Standing: Phuong Duong and Jerry Pelarski



Sitting: Tom Dowling, Don Ames, and Serry Fahmy
Standing: Rocky Rockburn, Gary Viall,
Steve Williams, and Marty Blakely



Sitting: Melanie Williams and Nancy Rarus
Standing: Jean Poole, Laurie Dowling,
Sang Mclauchlin, and Pat Beech



George Herberger



Elizabeth Noriega
and Nancy Rarus



Photos from Happy Hands Luncheon on October 3, 2018

(continued from page 3)



Ross Gilson and
Robert McNab



Ann Marie Swiatkowski, Cheryl Rockburn,
Joe Cohen, and Janet Blakely



Raffle 50/50 Winner
Jill Moebus (1st Place)



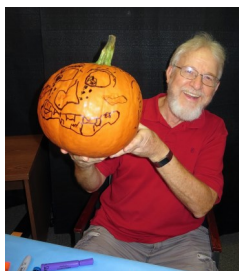
Judges for the Pumpkin Art Contest
Ann Marie Swiatkowski and Ross Gilson



Raffle 50/50 Winner
Don Ames (2nd Place)



Jean Poole



Tom Dowling
(Winner)



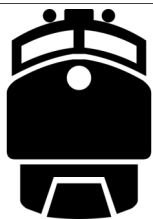
Melanie Williams
(Winner)



Marty Blakely



Peter & Claudia Brawley proudly
showed Claudia's cap craft



Photos from Fall Foliage Experience Train Ride on October 10, 2018



To see more pictures taken by Pat Beech, here is URL: <http://www.beechasl.net/happyhands/10-10-2018/Photos.html>.



Gary & Donna Viall, Laurie Dowling, Jill Moebus, Don Ames, Laurie Warren, Nancy Rarus, Tom Dowling, Ricky Newman, Melanie Williams, Sally Newman, Steve Williams, and Pat Beech



Judy Joy and
Ricky Newman





Sunshine News



This was the first time Nancy Rarus ever heard of a Columbus Day weekend! When did that happen, a Monday in October designated as a federal holiday?? Amelia, her granddaughter, came down to visit with her from RIT for 5 heavenly days. Then, lo and behold, Keaton (Amelia's brother) found a ride down to Gallaudet, from NTID. Of course, Nancy battled the traffic both ways to have this photo taken at Union Market, which was CROWDED! All in all, it was a wonderful Columbus Day weekend!

For more information about Columbus Day, see:

<https://www.timeanddate.com/holidays/us/columbus-day>



Thanks to:

- Marty Blakely for helping with the set-up at the October Luncheon
- Janet Blakely for planning the Halloween Hunt game and setting up the Pumpkin Art Contest
- Ross Gilson and Ann Marie Swiatkowski for being judges for Pumpkin Art Contest
- All who helped with clean-up at the October Luncheon
- Those who brought goodies to the October Luncheon
- Jill Moebus for helping Selina Gilson with Raffles Tickets at the Money Table at the October Luncheon
- Tom Dowling for planning the train tour in Cumberland, MD on October 10
- Don Ames for picking up and driving the van for the train tour on October 10
- Pat Beech taking pictures at the events in October
- Pat Beech for doing the monthly HH Newsletter issue
- Sharon Svenningsen for proofreading the monthly HH Newsletter issue
- Debbie Jones for stuffing the monthly HH Newsletter hardcopies and getting them ready for mail



Events for November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 NVAD General Meeting and Election
4 	5	6	7 Happy Hands Luncheon (page 2)	8	9	10 NVRC Presentation on nutrition
11	12 	13	14 Happy Hands Turkey at CB (page 2)	15	16	17
18	19	20	21	22  NVRC closed	23  NVRC closed	24
25	26	27	28 Happy Hands Fine Tuners	29	30	

If Fairfax County Government is closed due to weather conditions, NVRC will be closed, too.

- For more information about Maryland Deaf Senior Citizens, Inc. (MDSC), contact Leslie Zinza at detpep1948@gmail.com, or see: <http://www.mddeafseniors.org/>.
- For more information about Frederick Deaf Seniors, contact Jackie Kanekuni at Jackiekanekuni@gmail.com.
- Northern Virginia Association of the Deaf (NVAD) will have General Meeting and Election on November 3 at NVRC during 9:30AM-12:00PM. For more information about NVAD, contact Melanie Williams at mywilliams@verizon.net.
- Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC) will have a presentation on Nutrition on November 10. See <http://www.nvrc.org> for more information.
- For more information about the Cascades Coffee Chat group, contact Bev Young at bevpager@aol.com. This group meets @ 10:00AM at Starbucks Marketplace, 210-21 Southbank Street, Sterling, VA 20165.





Cranberry Pumpkin Bread



This Recipe was submitted by Peter Brawley

Prep: 20 minutes

Bake: 70 minutes & cooling

Makes 2 loaves (16slices each)

Quote from a lady named Dixie Terry, Goreville, IL: Put leftover cranberries and pumpkin to great use in the moist quick bread. It's very good with my secondhand turkey casserole for an after-Thanksgiving meal.

Ingredients:

- 3 3/4 cups all-purpose flour
- 3 cups sugar
- 4 teaspoons Pumpkin pie spice
- 2 teaspoons Baking soda
- 1 teaspoon Salt
- 4 large eggs
- 1 can (15 oz.) solid-pack pumpkin
- 1/2 cup canola oil
- 2 cups fresh or frozen cranberries, thawed
- 1 cup chopped walnuts (Peter used pecans)



Directions:

- In a large bowl, combine the flour, sugar, pumpkin pie spice, baking soda and salt. In another bowl, whisk the eggs, pumpkin and oil; stir into dry ingredients just until moistened. Fold in cranberries and walnuts.
- Spoon into two greased 9 X 5 in. Loaf pans. Bake at 350 degrees for 70-80 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

Nutrition Facts:

- 1 slice:
- 197 calories, 6g fat (1g saturated fat), 27 mg cholesterol., 162 mg sodium.,
- 32g. carbohydrate (19 g sugars, 1g fiber), 4g protein

Source: <https://www.tasteofhome.com/recipes/cranberry-pumpkin-bread/>