



THE ARCHDIOCESE OF
GALVESTON-HOUSTON

SPRING 2024
VOLUME 48, Issue I

SENIOR CHATTER

A PUBLICATION OF THE OFFICE OF AGING

CATHOLIC CONFERENCE ON AGING



*Thank you for attending our first bi-annual
Catholic Conference on Aging.*

We look forward to seeing you at the next one!

MEET OUR STAFF



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SENIOR SENATES

ARCHDIOCESE OF GALVESTON-HOUSTON

CENTRAL SENIOR SENATE-2024

President - Barbara Murray

Meeting: 1st Monday of each month

St. Dominic Auditorium - 10 a.m.

2403 Holcombe Blvd. - Houston, TX 77021

NORTHERN SENIOR SENATE-2024

President - Mary Jo Butler

Meeting: 2nd Monday of each month

St. Monica Church - 10 a.m.

8421 W. Montgomery Rd., Houston, TX. 77088

SOUTHWEST SENIOR SENATE-2024

President - John Johnson

Meeting: Quarterly meetings—10 a.m.

St. Cyril of Alexandria Church

10503 Westheimer Rd.- Houston, TX 77042

NEXT CHATTER DEADLINE:

JUNE 15, 2024

SEND CHATTER ARTICLES TO: CHATTER@ARCHGH.ORG

PLEASE LIMIT ARTICLES TO 125-150 WORDS.

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AGING ON THE WEB AT:

WWW.ARCHGH.ORG/AGING

ST. CYRIL SAVVY SENIORS

We have had a very interesting spring and are looking forward to summer. We did not have our program meeting in January due to bad weather. In February, Gonzalo Murrilo from Harris County Health gave a presentation on Heart and Stroke Symptoms. It was a great presentation enjoyed by our club.

Gayle Naar

ST. LAURENCE J.O.Y. CLUB

The JOY (Just Older Youth) Club at St. Laurence Parish has had a busy and enlightening spring. In February, we gathered supplies and created handmade Valentines that were delivered along with chocolate candy treats to St. Dominic Village's nursing home residents. In March, we heard from our own Fr. Jaison, who shared his reflection on preparing for Lent. He discussed his youth and the cultural traditions of his native India and answered questions about fasting guidelines for seniors. He emphasized the importance of confessing and performing good acts for others. Trinh and Ngoc Phan programmed an electronic bingo game with a Lenten theme on their laptop to project on our big screen. We so appreciate their efforts. Everyone had a great time playing several games for prizes. Members are looking forward to celebrating Easter and our dear Lord's Resurrection. April plans to have us visit a local city park for a picnic and play a combination of outdoor and table games. Who's up for kicking a soccer ball or flying a kite? Perhaps we will get a domino competition going. May plans will focus on physical fitness Silver Sneaker style to help get us in shape for summer.

Leslye Henderson

ST. EDWARD SENIOR SAINTS

January - several of our members traveled as a group by bus, to Stag Works in Houston to see the stage play Blithe Spirit. But not before enjoying a meal at Rudys Bar B Q. What a fun afternoon that was.

February - After our meeting we enjoyed games and had a pizza luncheon. We also took a trip. Several of our members traveled by bus to Galveston, Texas to tour the Rail Road Museum. That was an interesting and very informative. This was followed by a pleasing seafood feast at Katie's Seafood Market.

March - several members will attend the Houston Livestock Show and Rodeo. This is an anual trip that The Senior Saints plan and look forward to.

April - 3rd we will have our Easter Luncheon.

-Pam Barrow

ASSUMPTION HARVEST YEARS SENIORS

The Harvest Years Seniors kicked off the New Year 2024 with the election of officers. Fr. Osas, pastor of Assumption installed the new officers followed by potluck luncheon.

Our February meeting paid tribute to the Rodeo season with a delicious barbeque luncheon provided by our members. Emphasis for this meeting centered on planning trips and programs for the coming year.

Our March meeting saluted St. Joseph, the patron saint of the universal Catholic Church. Several members shared information on St. Joseph Altars at area churches. Members prepared a delicious Italian luncheon. On March 11, 2024, twenty members traveled to Theatre Suburbia to see a family comedy entitled "Over the River and Through the Woods." Following the play, everyone enjoyed dinner at Rudy's Bar-B-Que.

As we approach the end of March we anticipate the joyous resurrection of our Lord, Jesus Christ.

Wishing everyone a blessed and holy Easter!

Judy Hoya

ALL SAINTS THIRD AGE LEARNING CENTER

The All Saints Third Age Learning Center (TALC) senior program opened for its Spring Semester on Monday, February 19, 2024 and will conclude on Thursday, May 9, 2024. TALC, located on the campus of All Saints Catholic Church, 215 E. 10th Street in the Heights, offers seniors in the community a variety of classes, activities, seminars and hot lunch program during its spring and fall semesters. The Fall Semester will open in September 2024. Interested seniors are welcome to visit TALC and enjoy a hot lunch in a safe, friendly environment for the nominal fee of \$4.00. Reservations are required before 10:30 am on the day attending. For lunch reservations and/or information on the TALC program, call 713-248-1277. Visit www.allsaintsheights.com for list of classes and activities offered at TALC.

Carolyn Kares

CHRIST, THE GOOD SHEPHERD

Welcome 2024! What's in store for Seniors this year? Lots of community - enjoying monthly Fun Days ,Bridge Nights, And Game Days each month. Our new dine out groups have been established and are ready to go . It has been a great way to get to know other members and also to try new restaurants.

We eased into January but by February we were ready to have fun. Our Mardi Gras pot luck celebration had lots of costumes, decorations, beads , and live music! Each table even had a crossword puzzle to solve and the challenge was on. A King and Queen were named who then led us on a parade around our social hall ! Not New Orleans but oh, what fun! Also, a reminder of what is approaching - Ash Wednesday.

Our trip in February was to Stages Theater to see , "Sisters Irish Catechism" ! Brought back so many classroom memories . Absolutely fabulous. A must see...

Our speaker for March was from , The Conservatory, a Senior living facility in our area. She spoke about Senior living options - how words describing individual facilities and what they offer, can be confusing. Understanding what you are looking for, plus cost - matching those two at the beginning will help in the decision making process.

The trip this month was to the BeeWeaver Honey Farm in Navasota ,Tx. After taking a tour, we visited their gift shop to discover they have flavored honeys that included raw honeycomb honey, bees wax candles , and much more. A very special place to explore any day.

Blessings to all this Easter Season.

Helen Moorman

PRINCE OF PEACE KEENAGERS

Prince of Peace Keenagers greeted 2024 with a speaker on Heart and Brain Health from Houston Methodist and mass for new officer installation.

Our spring trips included a visit to the St. Anthony Cathedral Basilica in Beaumont in February, with a wonderful lunch at Floyds. We went west in March to visit the George Bush Library and Museum in College Station with lunch at C&J BBQ. We plan to visit the Brookwood Community in April and Villa de Martel in May.

Keenagers prepared for the Lenten season with donations to the parish Lenten Brown Bag collection and helped staff collection stations and sort donations. Several members also helped serve their community by volunteering with Kindergarteners at Hancock Elementary.

We enjoyed many speakers this spring learning about different types of Social Security Scams from Anna Lambert and Tammy Mermelstein informed us about key senior resources. Health topics included a visit from YMCA about the silver sneaker program and Texas A&M AgriLife helped us learn the difference between the different types of sugars. Tracey Bradford shared ways to determine which collectibles are for fun or for investment. Sherri Harrah from Plants for All Seasons helped us with herb container gardening. Keenagers are regulars at the movies on Tuesdays enjoying Ordinary Angels, Cabrini, One Life and Arthur the King.

Gloria A Sequeira

ST. BARTHOLOMEW THE HAPPY HEARTS

The Happy Hearts had their meeting on Monday, March, 4th. In honor of Easter, many ladies and one gentleman displayed their bonnets, hats and baskets. So everyone could see the display of bonnets and baskets, they paraded around the room so everyone could view the great handiwork of those participating.

It was a great event enjoyed by all. We ended the meeting with our usual meal of chicken provided by the club and other dishes by members.

Carol Morris

HOLY FAMILY GOLDEN FRIENDSHIP

The new year began with prayers for members who are sick and those who have died. Members were told to bring a legacy item to the next meeting and tell a short story about the item. In February, one member wore a dress she had worn to some big gala in 2016, still fit, and she looked good in it. March's meeting had another show-and-tell, a handheld scale owned by the member's dad. A bag could be attached to the scale, weighing the Cotton whoever would pick. This was between 40-50 years ago.

Clara Lyons



Starting the year off in 2024 has been dynamic thus far. We have had two awesome speakers.

In February, Ms. Andrea Williams, informed us about Alzheimer Disease.

In March, Dr. Tara Davis Jones, Pharmacist educated us and spoke on the proper use of prescription and over the counter drugs. Both speakers were knowledgeable and shared very valuable information.

Several of our Senior Friends attended the Day of Prayer, March 5, 2024 at St. Helen Catholic Church in Pearland, TX. The day was enjoyable and Deacon Michael Jenkins from St. Francis Xavier Catholic Church delivered a powerful message.

Our Senior Friends continue to exercise each Wednesday at 10am followed by 12pm mass.

ST. PHILIP NERI SENIOR FRIENDS

Sherry Chilo

ST. JUSTIN MARTYR MAVERICKS

The Mavericks welcomed in the New Year with a bus trip to La Grange to visit the Czech Heritage and Cultural Center. We took a tour of a restored Czech village and had a Czech-style lunch of chicken noodle soup and salad with kolaches for dessert. We also visited the Texas Quilt Museum that showcases antique & contemporary quilts from around the world.

In February we took a bus trip to Navasota to see a play called "Eurydice" at Navasota Theater Alliance. We enjoyed a barbecue lunch at Mallett Bros. Barbecue & Grill before the play.

In March our bus trip was to Schulenburg where we toured three of the "Painted Churches". We enjoyed the scenic drive in the country and saw our beautiful Texas bluebonnets!

We recently lost one of our founding members, Ed Quin. He was 95 years old. May he rest in Peace.

SENIOR FRIENDS OF ST. IGNATIUS OF LOYOLA

We started off 2024 in January with a speaker from our own parish, Gloria Scoyola. She talked about her book, "Intentionally Catholic". It is a great read and details how Gloria left the Church and found her way back. Our trip this month was to the National Museum of Funeral History to see a certified copy of the Shroud of Turin. Included in the exhibit was a copy of the Crown of Thorns, and the Scourging Whip. This is a must-see exhibit, especially the image on the cloth.

In February, one of our parochial vicars, Father Wayne Ly, gave us some inspirational thoughts for Lent. We also enjoyed seeing "West Side Story" at the Crighton Theatre in Conroe. We ate at The Pacific Yard House afterwards, which was a wonderful ending to our outing.

Mikey Newton and her team from "Maxim at Home" gave a talk on their main purpose to help you or a loved one extend their independence at home. Four vendors each gave a 15 minute, educational talk about what services they offer. They also provided a delicious lunch of chicken salad sandwiches.

Pray for all our Seniors, Service Members of the Military and Peace in Ukraine and Israel.

Sarah Doyle, Senior Friends of St. Ignatius of Loyola



Our winter was not dull this year. We were blessed with great weather for our trips and events. In January we had an interesting guided tour of St. Mary's Co-Cathedral on Galveston. Lunched at Riondo's on the Strand, then a tour of Bryan Museum. February included even more activities starting with the Buckingham's Rhythm Styx at our monthly meeting. Later, we traveled downtown to Christ Church Cathedral for a tour and lunch at Treebeards. A newer event is our "Coffee & Chat" at our local La Madeline to socialize in smaller groups. A "High Tea" event was initiated at a local hotel, great service and socializing.

March meeting was a speaker from CCSC, Karen Holliman, explaining all their charity works. Next day Houston Rodeo was a first time event! Mario Sanchez gave our members VIP treatment.

We had our regular monthly trip attending a piano performance by Rob Landes at newly renovated 1894 Grand Opera on Galveston. Other periodic activities such as Movie Day (Mother Cabrini), Book Club, dessert donations and volunteering for Lenten Fish Fry have gotten good member support.

Margaret Fuller, treasurer



KOLBE SENIORS

Kolbe Seniors started the year with a great attendance at our January 19 meeting. Over 80 members played Bingo with gusto. This perfect way to start the new year.

In February we went by bus to the Rob Landes Piano concert at The Centrum. We loved his beautiful piano sound. Our February 16 meeting featured two speakers from the Houston Rodeo Speakers Committee. We were able to hear the history of the rodeo and all of the benefits to our community and to the scholarship winners. We can highly recommend having them visit your group. Their video presentation reminded us all of the impact of the Rodeo on our community. Our membership for this meeting was 72. Attendance is up for Kolbe Seniors!

March had us back on the bus for a trip to the Houston Holocaust Museum. We were able to lunch at Cleburne's Cafeteria, a Houston fixture since 1941.

Several members of our Kolbe Seniors attended the Day of Prayer for the Senior Senates which was held at St Helen's in Pearland on March 5, 2024. St Helen's made us all so very welcome. Kolbe Seniors always send representatives to the Senate meetings. Kolbe Seniors was represented at the Northern Senior Senate meeting on March 11, 2024. The presentation at the NSS was on Native Plants and how our environment benefits from their use. Buchanan's Native Plants did a great video presentation and answered all our questions.

Then at our March 15th meeting we played Right, Left and Center. We look forward to all the fun planned for 2024.

Mary Ann Harvey

SOUTHWEST SENIOR SENATE

Some of us attended the Valentine's Day party offered by the Office of Aging and had an enjoyable time. We also enjoyed the day of prayer sponsored by the Central Senior Senate for all of the senates. The speaker emphasized that we are "on the clock" for God until our last breath. We participated in bringing homeless items to this event. In February, Mark Ciesielski presented "Communicating with loved ones about aging issues." It was quite informative. He emphasized planning ahead for aging issues, discussing aging issues with love and caring, and asking the Holy Spirit for wisdom and help. We are looking forward to Vernita Metoyer's presentation, "Facility Placement and Home Care Costs," in April. We enjoyed several new attendees at our February meeting.

Gwen Reinke, Secretary



LABELING BOTTLES FOR CHRISM MASS



SENIOR SENATES "DAY OF PRAYER"

March 5, 2024

"WE ARE ONE"

St. Helen's - Pearland

All those who attended had an opportunity to connect with friends and made new friends. Fr. Jim presided at this special Mass and all in attendance with filled with the Holy Spirit. Fr. Jim spoke with passion during his homily he said "instead of being referred to as old or a senior, he preferred "Experience and Seasoned".



We were enriched by Deacon Michael Jenkins. It was an amazing act of love in servings as a disciple of Jesus Christ, and as

Deacon Jenkins puts it

"WE ARE STILL ON THE CLOCK"





We would like to express our gratitude to the generous seniors who donated to our Service Project on the Day of Prayer at St. Helen Catholic Church. We extend a special thanks to Mrs. Ethel Wind, all the officer members from the Central Senate, and Gina Pasket for their support and assistance with this Service Project.

Furthermore, we wanted to share a couple of pictures of the donations and the Ministry for the Homeless at St. Joseph (Moving Waters).

Thank you for your kindness and support, which greatly impact the lives of those in need!





THE ARCHDIOCESE OF
GALVESTON-HOUSTON

SENIOR SENATE NEWS



THE OFFICE OF AGING MINISTRY

CENTRAL SENATE

St. Dominic – Auditorium
92401 Holcombe Blvd. Houston 77021

April 4th

"Oral Hygiene"
by Dr. Margaret Allen

May 6th

"Fall Prevention"
by Cheryl McClure

June 3rd

"Game Day"

NORTHERN SENATE

St. Matthew the Evangelist;
9915 Hollister Street; Houston 77040

April 8th

"Elder Law Care"

May 13th

"Wedding Anniversary"
Mass and Lunch
50, 55, 60 & beyond

June 10th

"Dietician/Nutrition"
by HEB

Purpose and Goals:

Provide a place where all parish senior ministries (clubs) meet together to discuss common concerns and activities, and to share in formation with one another.

Goals:

Bring awareness of issues affecting seniors. To encourage them to take back and share with others.

CENTRAL SENATE OFFICERS



NORTHERN SENATE OFFICERS



SOUTHWEST SENATE OFFICERS



SOUTHWEST SENATE

St. Cyril of Alexandria;
10503 Westheimer Rd. Houston 77042

April 24th

**"Facility Placement and
Home Care Cost"**
by Vernita Metoyer
Metoyer Rountable Consulting



**SAVE
THE DATE**

Health Fair
Friday, June 21, 2024
9:00 AM - 2:00 PM



ST. DOMINIC VILLAGE
A Senior Care Community

Auditorium

**FOR MORE INFORMATION,
PLEASE CONTACT, MARTHA JEFFERIES
713-440-3417**

CHARISMATIC PERSON IN GOD'S EYES!

OLGA NAJAR

We all have unique gifts and talents that help us discover our calling in life. As we grow older, our wisdom and talents become more evident, and it's essential to analyze how we can use them to serve God and bring glory to His name. The Holy Spirit is poured upon the Church through Charisms, gifts of supernatural grace given to individuals to lead others toward experiencing the healing power of Jesus' love. Each charism is associated with specific activities of service that help build up the Body of Christ. God bestows excessive grace upon each member in service to others, resulting in amazing things happening with each member playing a pivotal role.

I invite you to reflect on how we can become more charismatic.

- 1) You are made to feel understood. It is the ability to feel understood, empathize with others, put yourself in their shoes, and connect with their emotions.
- 2) You make people feel special. One compliment or a word of encouragement can exude natural charisma and leave the person with a lasting positive impression, making others feel special and valued.
- 3) You are not always assertive. Allow others to express their views and ideas, step back, and do not be afraid to let others take the spotlight or be in control of every situation or conversation.
- 4) You adapt to different social situations. Charismatic people can adapt to different social situations. It could be a formal dinner or a casual gathering with friends to fit the context. Your adaptation makes others feel comfortable and able to connect with diverse groups or people.
- 5) You genuinely care about others. People with genuine concern for others, truly caring for the well-being of those around them. Those who naturally empathize with others and always try to help them with authenticity and compassion.
- 6) You have a positive outlook. The ability to find good situations and a cheerful disposition make those around them feel good.
- 7) You inspire and motivate others. They push you to dream bigger, work harder, and believe in yourself. One of the most remarkable attributes of charismatic people is their ability to inspire and motivate those around them.
- 8) You don't try to impress. People who are comfortable being themselves and do not need to impress others are naturally charismatic. Authenticity shines through, making others feel comfortable.

Our older adults are a beacon of light in many homes, providing love, wisdom, and compassionate service to their families, communities, and society. Despite their valuable roles as grandparents, mentors, and even second-time fathers to their grandchildren, many older adults do not fully appreciate their charisma and gifts. Therefore, reflecting on the charisma within us and our older adults is essential.

As a body is one though it has many parts, and all the parts of the body, though many, are one body, so also Christ. - 1 Corinthians 12

¡PERSONA CARISMÁTICA A LOS OJOS DE DIOS!

OLGA NAJAR

Todos tenemos dones y talentos únicos que nos ayudan a descubrir nuestro llamado en la vida. A medida que envejecemos, nuestra sabiduría y talentos se vuelven más evidentes, y es esencial analizar cómo podemos usarlos para servir a Dios y traer gloria a Su nombre. El Espíritu Santo se derrama sobre la Iglesia a través de los carismas, dones de gracia sobrenatural otorgados a individuos para guiar a otros a experimentar el poder sanador del amor de Jesús. Cada carisma está asociado con actividades específicas de servicio que ayudan a construir el Cuerpo de Cristo. Dios otorga gracia excesiva a cada miembro en el servicio a los demás, lo que da como resultado que sucedan cosas asombrosas en las que cada miembro desempeña un papel fundamental. Los invito a reflexionar sobre cómo podemos volvernos más carismáticos.

- 1) Te hacen sentir comprendido. Es la capacidad de sentirse comprendido, empatizar con los demás, ponerse en su lugar y conectar con sus emociones.
- 2) Haces que la gente se sienta especial. Un cumplido o una palabra de aliento pueden irradiar carisma natural y dejar en la persona una impresión positiva duradera, haciendo que los demás se sientan especiales y valorados.
- 3) No siempre eres asertivo. Permita que otros expresen sus puntos de vista e ideas, dé un paso atrás y no tenga miedo de dejar que otros sean el centro de atención o tengan el control de cada situación o conversación.
- 4) Te adaptas a diferentes situaciones sociales. Las personas carismáticas pueden adaptarse a diferentes situaciones sociales. Su adaptación hace que otros se sientan cómodos y capaces de conectarse con diversos grupos o personas.
- 5) Te preocupas genuinamente por los demás. Personas con preocupación genuina por los demás, preocupándose verdaderamente por el bienestar de quienes les rodean. Aquellos que empatizan naturalmente con los demás y siempre intentan ayudarlos con autenticidad y compasión.
- 6) Tienes una perspectiva positiva. La capacidad de encontrar buenas situaciones y un carácter alegre hacen que quienes les rodean se sientan bien.
- 7) Inspiras y motivas a otros. Te empujan a soñar en grande, trabajar más duro y creer en ti mismo. Uno de los atributos más destacables de las personas carismáticas es su capacidad para inspirar y motivar a quienes les rodean.
- 8) No intentas impresionar. Las personas que se sienten cómodas siendo ellas mismas y no necesitan impresionar a los demás son carismáticas por naturaleza. La autenticidad brilla y hace que los demás se sientan cómodos.

Nuestros adultos mayores son un faro de luz en muchos hogares, brindando amor, sabiduría y servicio compasivo a sus familias, comunidades y sociedad. A pesar de sus valiosos roles como abuelos, mentores e incluso padres por segunda vez de sus nietos, muchos adultos mayores no aprecian plenamente su carisma y sus dones. Por eso, reflexionar sobre el carisma que hay en nosotros y en nuestros adultos mayores es fundamental.

Como el cuerpo, aunque tenga muchos miembros, es uno, y todos los miembros del cuerpo, aunque sean muchos, son un solo cuerpo, así también Cristo. - 1 Corintios 12